

## A good life begins with learning to be grateful

If you are feeling that life just cannot be any worse for you, it can be challenging to think positive thoughts. When we are stressed, depressed, upset, or otherwise in a negative state of mind because we perceive that "bad things" keep happening to us, it is important to shift those negative thoughts to something positive. If we don't, we will only attract more "bad things."

It is often very hard to think positive when so many things are negative, but I can assure you that someone, somewhere is worse off than you. We can choose to think differently by beginning with the smallest of steps.

If you start with one small, positive thing and repeat it during the course of your day, you will begin to move into a more positive situation: positive thoughts, feelings, opportunities and people will start showing up in your life. With practice, you will find that over time, you will change your outlook and choose to be happy, irregardless of the events around you.

Here are a few examples for you to practice. Say them out loud and with feeling!

1. Begin and end each day with a "Thank you for this wonderful day!"
2. When you see the gas prices hiking, say "I am so glad that I am blessed to have a vehicle in which to get around."
3. When you are late for work, say "I am so happy and grateful for my job as I know that many don't have one."
4. If you are having health problems, be grateful for what does work: "I really do appreciate my eyes that see, my ears that hear, my mouth that tastes, my legs that walk, my arms that lift, my hands that write, my mind that thinks, my knees that bend and my tongue that talks." The possibilities here are endless: insert what does work for you and feel good about it!
5. Write down what you're grateful for each day. In moments when you're feeling really down, read what you wrote previously. This will help uplift your spirits. If you practice this regularly, you will find that your list will get longer and longer.

The key is to move yourself into a positive thought and keep it there long enough to make it a moment of blissful peace. The more you practice, the happier you'll be.

## Translation and Extension of A good life begins with learning to be grateful

如果你感觉生活对你来说实在是糟糕之极，你可以挑战着想些积极的东西。当我们不堪重负、沮丧、失落，抑或因为我们认为倒霉的事总是光临我们而处于消极状态时，将这些消极的思想转变为积极的至关重要。如果我们不这么做，只会招致更多的霉运。

有如此之多消极因素还要想些积极的东西，通常情况下这很难，但我可以保证，在某个地方有人比你情况还糟。我们可以换种方式，一步一步细细思考那些消极的东西。

从一件积极的小事情开始，并且一整天就一直重复想着，你将进入一个更加积极的状态：积极的思想、情感、机遇、人们开始装扮你的人生。这样练下去，很快你会发现你将改变你的观点，选择快乐的生活，而不在意周围那些琐事。

下面有一些方法供你选择练习。要有感情的把它们大声说出来。

在每一天开始和结束的时候，说一句“感谢这么一个愉快的一天”。

燃气价格高涨的时候，说“我很高兴我至少还有着这辆车可以到处兜风。”

上班迟到时，说“我很幸福并感激我的工作，因为我知道很多人还没有工作。”

如果你的健康出了问题，对目前所拥有的要心存感激：“我真的感激我的眼睛还能看，我的耳朵还能听，我的嘴还能品味，我的双腿还能行走，我的双臂还能抬起，我的双手还能写字，我还能思考，我的双膝还能弯曲，我还能说话”。这儿有无穷尽的种种可能：珍惜你所拥有的，并善待它们！

记下每天让你感激的事，每当你失落的时候，读一读你曾经写下的心情，这会让你从新振作起来。经常这样练习去，你会发现你所感激的东西越来越多。

转为积极情绪并长久保持着这种状态的关键在于为自己创造幸福、宁静的一刻。练的越多，你就越幸福。

### 1 positive

adj. 积极乐观的;自信的;积极的;建设性的;朝着成功的;表示赞同的;拥护的

n. 优势;优点;正片;

参考例句:

His family have been a very positive influence on him. 他的家庭对他有十分良好的影响。

We must take positive steps to deal with the problem. 我们必须采取积极步骤处理这个问题。

### 2 depressed

adj. 抑郁的;沮丧的;意志消沉的;患抑郁症的;不景气的;萧条的;经济困难的

v. 使抑郁;使沮丧;使消沉;使失去信心;使萧条;使不景气;

参考例句:

Depressed people may mix up their words 心情抑郁的人可能会前言不搭后语。

He got depressed and began to let things slide. 他意气消沉，得过且过。

### 3 perceive

v.注意到;意识到;察觉到;将...理解为;将...视为;认为

参考例句:

I perceived a change in his behavior over those months. 我注意到他的举止在那几个月里有些改变。

She perceived that all was not well. 她意识到并非一切都顺利。

4 shift

v.转移;挪动;赶快;快速移动;变换;更替;变动

n.改变;转移;转换;变换

参考例句:

She shifted her weight from one foot to the other. 她把身体的重量从一只脚换到另一只脚上。

We need to shift the focus of this debate. 我们需要转换一下辩论的焦点。

5 attract

v.吸引;使喜爱;引起...的好感(或爱慕);招引;引起(反应)

参考例句:

They were attracted to each other from the first. 他俩一见倾心。

I had always been attracted by the idea of working abroad. 我总是向往去国外工作。

6 assure

v.使确信;向...保证;弄清;查明;确保;使确定

参考例句:

He is assured of his place in history. 他相信自己一定会在历史上占有一席之地。

'He'll come back,' Susan assured her. “他会回来的。”苏珊安慰她道。

7 situation

n.情况;状况;形势;局面;(建筑物或城镇的)地理位置, 环境特点;职业;工作岗位

参考例句:

The situation might all too easily have become a disaster. 这形势本来是很可能成为一场大灾难的。

The situation required that he should be present. 这种情形需要他在场。

8 opportunity

n.机会;时机

参考例句:

It is not often that you get such an opportunity. 你得到这样的机会, 可不是常有的事。

This is the opportunity he needs to make a fresh start. 这是他所需要的重振旗鼓的机会。

9 irregardless of

漠不关心的; 不关, 不顾; 不注意

参考例句:

With practice, you will find that over time, you will change your outlook and choose to be happy, irregardless of the events around you.

这样练下去, 很快你会发现你将改变你的观点, 选择快乐的生活, 而不在意周围那些琐事。

10 hiking

n.远足;徒步旅行

v.去...远足;做徒步旅行;远足;徒步旅行

## 参考例句:

Her hobbies include hiking and photography. 她的业余爱好包括徒步旅行和摄影。

If the weather's fine, we'll go hiking this weekend. 如果天气好, 我们这个周末就去远足。

11 vehicle

n. 交通工具; 车辆; 手段; 工具

## 参考例句:

Art may be used as a vehicle for propaganda. 艺术可以用作宣传的工具。

A less rugged vehicle would never have made the trip. 要不是这车结实, 根本走不完这段路程。

12 tongue

n. 舌; 舌头; 口条; 语言

v. 吹奏(管乐器); 舔

## 参考例句:

The dog's tongue was hanging out. 狗的舌头耷拉在外面。

I'll thank you to keep a civil tongue in your head. 请你说话讲究礼貌。

13 previously

adv. 先前; 以前; (一段时间) 以前

## 参考例句:

Previously she had very little time to work in her own garden. 以前, 她没什么时间打理自己的花园。

The building had previously been used as a hotel. 这座楼房早先曾用作旅馆。

14 regularly

adv. 有规律地; 间隙均匀地; 经常; 均匀地; 匀称地

## 参考例句:

Water the plants regularly to keep the soil moist. 定时浇灌植物以保持土壤湿润。

Mothers regularly go short of food to ensure their children have enough 为了保证自己的孩子吃饱饭, 做母亲的经常忍饥挨饿。

15 blissful

adj. 极乐的; 幸福的

## 参考例句:

We spent three blissful weeks away from work. 我们无忧无虑地度了三个星期的假。

We preferred to remain in blissful ignorance of what was going on. 我们乐得对正在发生的事情一无所知。