

Cultivate Gratitude

The world is a prettier place when you wear “rose-colored glasses”. In other words, if you were to focus on the beauty of life instead of the chaos, uncertainty and fear that is swirling around you on any given day, you would feel better. Period. It’s not that you would not be aware of the stresses and challenges in life, it’s simply that you would not be plugged into the emotional current of negativity that drains your energy and stops you from doing your great work.

So, how do you train yourself to cultivate gratitude?

Your Gratitude Journal

This exercise seems absurdly simple, yet it is a powerful tool to shift your daily attention from the horrors of the world, to the wonders of the world. Amazing, beautiful things are all around you, but it is up to you to notice.

Grab a journal, or designate a special spot on your computer or phone, to jot down **THREE THINGS** you are grateful for at the end of each day. It could be as simple as a smile from a stranger or as awesome as hitting the lottery. Commit to doing this exercise for at least **THREE WEEKS**. After a few days you will start to notice that you are looking for things that you are grateful for throughout the day.

Rose-colored glasses are always in style...