

# Gratitude and Mindset UBP

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“**Gratitude** blocks **toxic emotions**, such as envy, resentment, regret and depression, which can destroy our happiness. It's impossible to feel envious and grateful at the same time.” Robert Emmons

When you have a gratitude mindset you focus on the limitless opportunities available in business and life, because you already appreciate what you have. When you are grateful, you choose to focus on the positive things rather than the negative things.

When you have a gratitude mindset you appreciate and express gratitude for what you have, which reduces negative thoughts and feelings.

Cultivating a mindset of gratitude is important because it shifts your focus from yourself onto others. Gratitude makes you feel thankful for what you have rather than always wanting more.

Gratitude creates an abundance mindset.

Rather than a scarcity mindset, gratitude ensures you are focused on appreciating and expanding what you have.

Expressing gratitude allows you to amplify your feeling of positivity and appreciation for everything you have in your life. Choosing gratitude and appreciation can change your life.

With gratitude, your first thought is always one of positivity, rather than negativity.

Engaging in a regular gratitude practice can change your mindset, self-confidence and perspective for the better when you focus on being thankful and thinking positively.

How to develop a Gratitude Mindset:

### **1. Measure your positive Progress:**

People with a GM appreciate the improvements and progress they make every day. They use measurable goals to guide their thinking and actions.

Every step forward and improvements achieved is a cause for gratitude and appreciation.

### **2. Choose to express gratitude every day:**

There are many things you can be grateful for in lie...but often we only express gratitude and appreciation on occasion.

### **3. Start your day with gratitude:**

### **4. Focus on the present to feel thankful:**

A GM starts with appreciating what you have and where in your life you are right now. Having present moment gratitude means you are fully aware of the moment and are choosing to express gratitude.

When you have gratitude for the present moment you can reframe how you think about your present circumstances. Instead of being negative about failures, the past or what you haven't achieved, you reframe your mindset to a focus on what you have and what you've achieved.

This makes you feel more positive and confident. When we feel more confident we can take the decisions, communications and actions to create the bigger future we want. Living in the present moment, and being intentional about that moment, can transform your life

### **5. Express gratitude for the people that matter most.**

We treat the people closest to us the worst because we're comfortable with them.

### **6. Adopt an intentional mindset.**

Practicing Intentional gratitude can transform your life.

## **Here are just some of the AMAZING PERSONAL BENEFITS OF GRATITUDE**

- Improved sleep – and the many flow-on effects if you are getting good sleep
- Improved immunity – meaning you are less likely to get sick
- You tend to exercise more
- Increased energy
- You tend to eat better
- Less materialistic
- Kinder to yourself, to others and the environment
- More friendships and social connections
- Increased self-esteem
- Deeper relationships which a lot of research suggests helps us live happier and longer lives
- More resilient
- Less stressed and more relaxed
- Happier and healthier marriages
- More positive feelings
- Happier memories
- More optimistic
- Less envious
- Helps you see the good and focus on what really matters
- You feel happier
- It makes more people like us because we are nicer, more trusting and more appreciative.
- Makes you a more effective manager
- Increases your productivity
- Can curb depression and anxiety