FEATURE | PARTNERSHIP | WOMEN

Gratitude: It's more than a feeling

If you are not feeling the way that you want to, take a moment and get into your gratitude. And then show that gratitude by taking action.

by **Mark Semple**

670 words | 3 pages

As you embrace the principles of success, you are sure to hear gratitude mentioned repeatedly.

In the hit movie *The Secret*, being grateful was described as one of the foundations of the Law of Attraction. After all, if you are not grateful for that which you already have, why should the Universe deliver more to you?

Gratitude is defined as '*a sense of being thankful for something received*'. Thus, we can interpret gratitude as a feeling.

> ***Be advised that it is so much more than just a feeling.***

I have a daily morning ritual where I connect with my gratitude. While it is still dark, I sit in my favorite chair in my game room and look out at the lake. After I pray, and have been still for a while, I say aloud all the things I feel grateful for at that moment. Expressing my gratitude verbally adds so much more emphasis for me.

When you have thought, felt and expressed your gratitude, the next step is to use it.

> ***Gratitude is something that you DO.***

Think about love for a moment. You feel it, you express it and you *show* it. If you tell someone you love them yet your actions don't reflect that, it will not be long before they do not believe you.

So how do you show your gratitude? There are many opportunities that are presented to us. For example: If someone freely gave something to you, be willing to do the same for a person you know or have yet to meet. If you are grateful for the prosperity in your life, use some of it to make a difference for someone less fortunate.

I am deeply grateful for my wife. The difference she has made in my life is simply amazing. I show that gratitude (and my love) by being available to her and not passing on an opportunity to be supportive of her life or her business. She reciprocates and supports me in the things that are important to me. Which creates more gratitude in my life. See the pattern?

> ***The more you PRACTICE gratitude, the more it will grow in your life.***

There are additional benefits to an attitude of gratitude. When you are truly grateful, you cannot feel unhappy, afraid, resentful or angry. Gratitude is incompatible with such negative emotions and simply cannot co-exist with them.

If you are not feeling the way that you want to, take a moment and get into your gratitude. And then show that gratitude by taking action.

As Ghandi said: *'Be the change you want to see in the world'.*

How will you show your gratitude?

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Mark Semple calls himself the Supporter-in-Chief to his wife Cheri, who joined the Direct Selling community in 2002 and left corporate captivity in November 2004 to pursue her business full-time. Mark takes advantage of every opportunity to support her in her business and her life.

As most of the women Mark met in Direct Sales / Network Marketing, and other home businesses, expressed a lack of support from their significant other, he recognized an opportunity to make a difference.

Mark is a Certified Comprehensive Coach, speaker and author in the area of spouse / partner support for home businesses. The essence of his work is relationships and communication, as these are the foundation the business stands upon.

Successful Together Coaching serves the woman who desires more support, the partner who provides support and the couples seeking success together.

No woman actually needs a man in order to be successful – it simply makes the journey more enjoyable and productive when it is shared.

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