

Gratitude, What is Our Attitude?

13 Ways to create an environment of gratitude

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Many times, we find ourselves not liking or enjoying where we are in life. This put us on the path of complaining and of feeding fear, which is the enemy of faith. This then becomes habitual. One key area in living a prosperous life is having an attitude of gratitude. Let's look at the definition of gratitude according to Webster's dictionary it is: **"the state of being grateful: thankfulness"**

Having a positive attitude in life and in your network marketing business is one of the pillars of success.

Actually it's important to any goal or dream you want to reach in life. There are many ways to practice gratitude so that it becomes a positive habit. The one I would like to focus on for this writing is being grateful for the everyday things in your life and for what you already have.

When you start your day with an attitude of gratitude, thankfulness and appreciation for what you are accomplishing and already have in your life, you will start to develop a mental habit of being grateful for what you have. This gratitude habit will allow you to place your focus on the abundance you already have as opposed to the lack that may be around you. You can start by being thankful, for the things that help you get through the day and the small things you do that many times we consider insignificant.

Be thankful for the running water in your house, a healthy family, your spouse, your children, the job that is helping you pay the bills and support your network marketing business while it grows, your friends, your

parents, your siblings, your upline, your downline (Yes, even those that are just sitting there using product every month and not building a business yet.), brushing your teeth, combing your hair, getting dressed, getting out of bed! You get what I mean.

Start and end your day with gratitude and you will soon see a difference on where you are putting your focus.

You will soon see a shift from negative to positive. You will also see things turn for the better, as you understand that you can control your thoughts and it is much more empowering to be grateful rather than unappreciative.

How do you create an environment of gratitude?

- * Take pleasure in the little things of life
- * Look beyond yourself and do good to other people
- * Have no agenda
- * Concentrate on solutions rather than problems
- * Remember to say thank you
- * Do small acts of kindnesses and bring joy to someone's heart
- * Give praise to others
- * Focus on what you have and what's going right in your life
- * Start a gratitude journal – write down little and big things you are grateful for.
- * Write at least 10 things each day for which you are grateful in your gratitude journal

* Be appreciative of other people and let them know, you'll make their day

* Show your gratitude by giving a card or small gift

* Look for the good in people and situations

* Spend time helping people who are worse off than you

Gratitude is a powerful tool that we can use to raise our awareness of what we already have, how blessed we truly are and how we can acquire more blessings in our lives. When you create an environment of gratitude and make it part of your daily life, such as writing it down in your gratitude journal, you truly recognize that you are already so very blessed in your life with all that you need and the rest is just a plus.

Gratitude is the partner of abundance and gives us the ability to get more.

It is similar to an affirmation I learned a few years back that says, "I Cannot Lose What I Do Not Have. I Operate Only in Gain." Be grateful for what you have!

When you start to acknowledge what you are grateful for, you will develop the ability to attract more abundance and become empowered through gratitude.

You see by focusing on what you are grateful for, you will be focusing on the positive and therefore when you are focusing on the positive you cannot focus on the negative at the same time. Be grateful for having a mind to think and choose with. Now just decide which one you want to focus on in your life. Which one do you think will be more beneficial to you? Try gratitude, you may like it.

Focusing on gratitude does not mean we disregard reality and go into some fantasyland or that what your current circumstances are, is the way it's going to stay. However, it does give you a fertile environment to focus on your blessings and expand your mind to what else is possible for you.

Here is a quote from the bible that speaks on this very matter: *"Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things."*
Philippians 4:8

As you go about recognizing what you are grateful for, be sure it is sincere and from the heart.

Gratitude cannot be faked for it to have the effect you are looking for and create the paradigm shift that could possibly change your life and your business, it must be sincere.

In closing, I would like to say that I am grateful for the opportunity to write this short article, for in writing it I was able to look at my own life and see what I am grateful for and the blessings I have received.

Finally, I would like to leave you with an acronym that may help you on the journey of gratitude.

G = Give
R = Receive
A = All
T = Thanks
I = Identified
T = Towards
U = Universal
D = Daily
E = Empowerment

In gratitude, I thank you for taking the time to read this article. I wish you well on your journey to a life full of blessings and abundance.



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Roberto currently mentors people sharing his keys to winning in network marketing based on his experience in the network marketing profession since joining in 2000.

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