


Chapter 1: What Does Gratitude Really Mean?

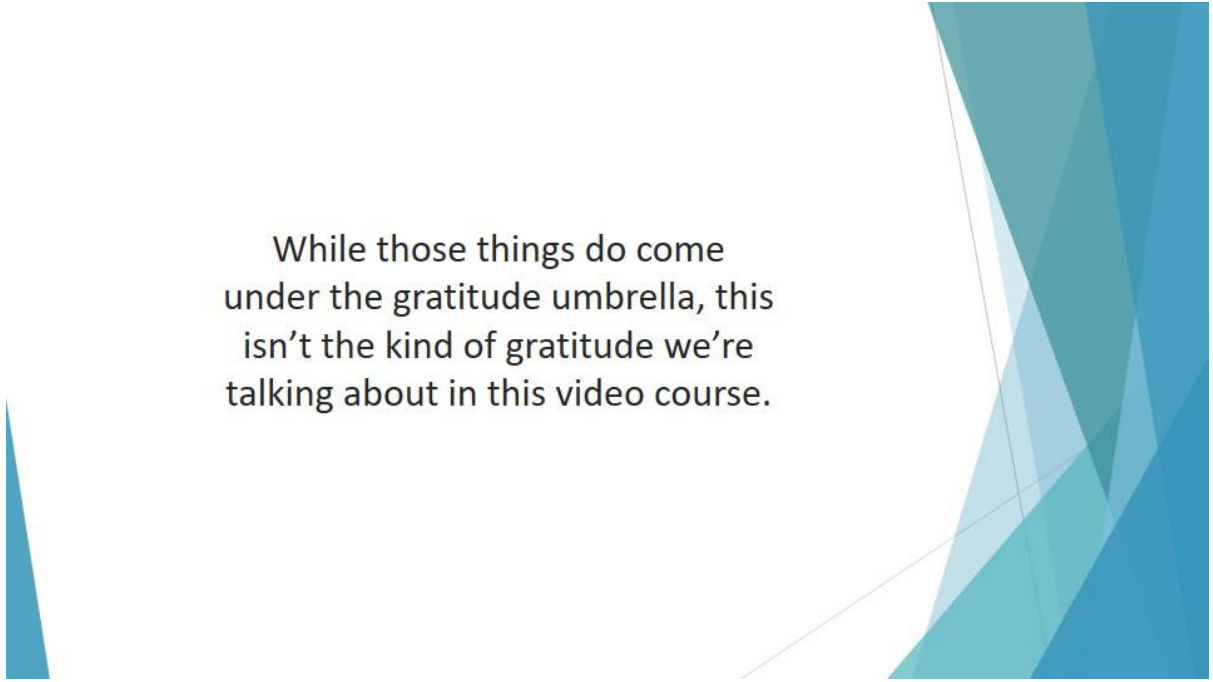


S1 : In this video, we'll talk about "What Does Gratitude Really Mean?"




When you think of the word
“gratitude” what comes to mind? Do
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S2 : When you think of the word “gratitude” what comes to mind? Do you automatically think of saying thank you when someone holds the door open for you? Or feeling grateful when somebody gives you a birthday gift?


The image features a white background with several blue geometric shapes. On the left, there is a small blue triangle pointing upwards. On the right, there is a larger, more complex shape composed of overlapping translucent blue triangles and polygons, creating a layered effect. The text is centered in the upper half of the page.

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S3 : While those things do come under the gratitude umbrella, this isn't the kind of gratitude we're talking about in this video course.




Here, we're talking about the
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thankfulness that can totally
change your life and give you
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S4 : Here, we're talking about the transformative type of thankfulness that can totally change your life and give you a whole new perspective on the world.




Gratitude – Just A Fashionable Word?



Even if you give the idea of gratitude a little more thought than the average person, you may still fail to grasp the importance of being thankful.

S5 : Gratitude – Just a Fashionable Word?

Even if you give the idea of gratitude a little more thought than the average person, you may still fail to grasp the importance of being thankful. We hear a lot these days about being grateful – so much so, that gratitude is starting to become nothing more than just a buzz word with little or no meaning.



If the whole idea of being grateful
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S6 : If the whole idea of being grateful has lost all relevance to you, it's time to look again, go back to the drawing board, and redefine the meaning of the word.




Not Just For Holidays And Gifts

If you're in danger of only linking thankfulness with holidays and gift-giving, it's time to look again at the entire concept of gratitude.


S7 : Not Just for Holidays and Gifts

If you're in danger of only linking thankfulness with holidays and gift-giving, it's time to look again at the entire concept of gratitude.

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Living a life filled with gratitude means, essentially, that you're choosing to spend your time focusing on the things that you appreciate most.

S8 : So, what does it really mean to feel grateful? Living a life filled with gratitude means, essentially, that you're choosing to spend your time focusing on the things that you appreciate most.



That doesn't mean that you
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S9 : That doesn't mean that you have to block out any difficulties that you encounter or problems that you're facing.



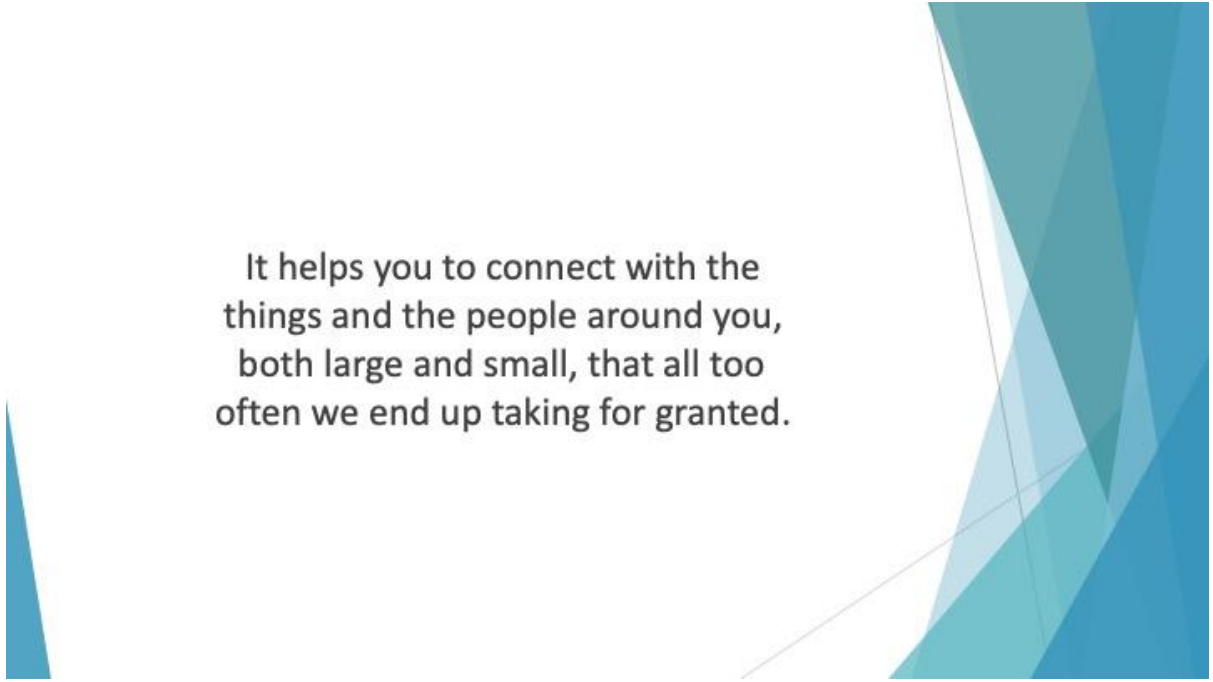
However, it does mean that
you can learn how to approach
such difficulties from a whole
new viewpoint.

S10 : However, it does mean that you can learn how to approach such difficulties from a whole new viewpoint.

Feeling appreciative can soften
you and soothe your mind.




S11 : Feeling appreciative can soften you and soothe your mind.

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It helps you to connect with the things and the people around you, both large and small, that all too often we end up taking for granted.

S12 : It helps you to connect with the things and the people around you, both large and small, that all too often we end up taking for granted.




The key to a thankful and transformed life is to look at the little things rather than focusing on the big ones.

S13 : The key to a thankful and transformed life is to look at the little things rather than focusing on the big ones. Often, the challenges we face can feel entirely overwhelming and they become the center of our universe.

Yet, that's where unhappiness
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S14 : Yet, that's where unhappiness lies.

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Often, the biggest problems are
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S15 : Often, the biggest problems are the ones that we can do little about or that take the longest time to put right.

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S16 : Spending all your time focusing on these things can only lead to unhappiness and dissatisfaction.




Instead, implement some
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S17 : Instead, implement some gratitude. Overlook those huge issues you're trying to overcome. Instead, narrow it down to the little blessings that you've experienced on a daily basis.



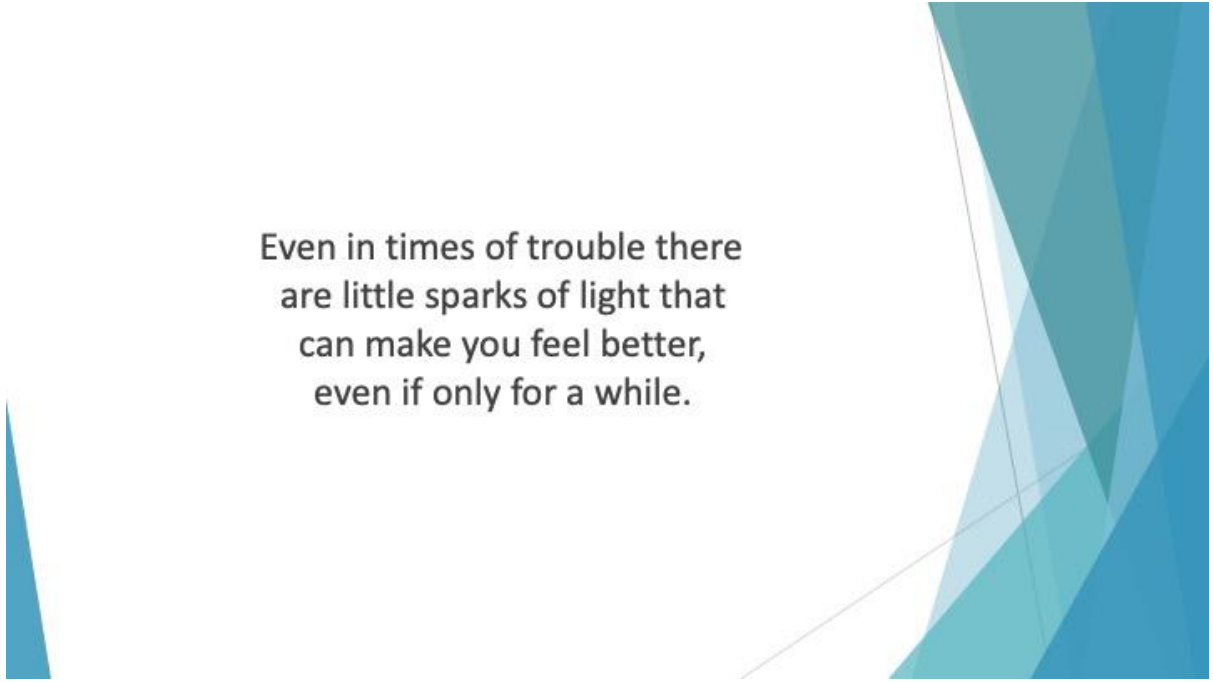
Something as simple as a sunny day or receiving a card from a loved one in the mail can make you feel grateful, and when you're feeling thankful, your whole body responds positively.

S18 : Something as simple as a sunny day or receiving a card from a loved one in the mail can make you feel grateful, and when you're feeling thankful, your whole body responds positively. You feel lighter, warmer and happier.

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Expressing that gratitude
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S19 : Expressing that gratitude changes your outlook and makes you feel better, even in the face of challenges. Simply put, gratitude helps us to see that not everything is awful all of the time.

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Even in times of trouble there
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S20 : Even in times of trouble there are little sparks of light that can make you feel better, even if only for a while.

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However, developing gratitude is a skill, and like any skill, it takes practice to get it right.

S21 : However, developing gratitude is a skill, and like any skill, it takes practice to get it right.



That's why you're going to learn
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S22 : That's why you're going to learn how to introduce thankfulness practice into your life so that you can experience the many and varied benefits it brings.