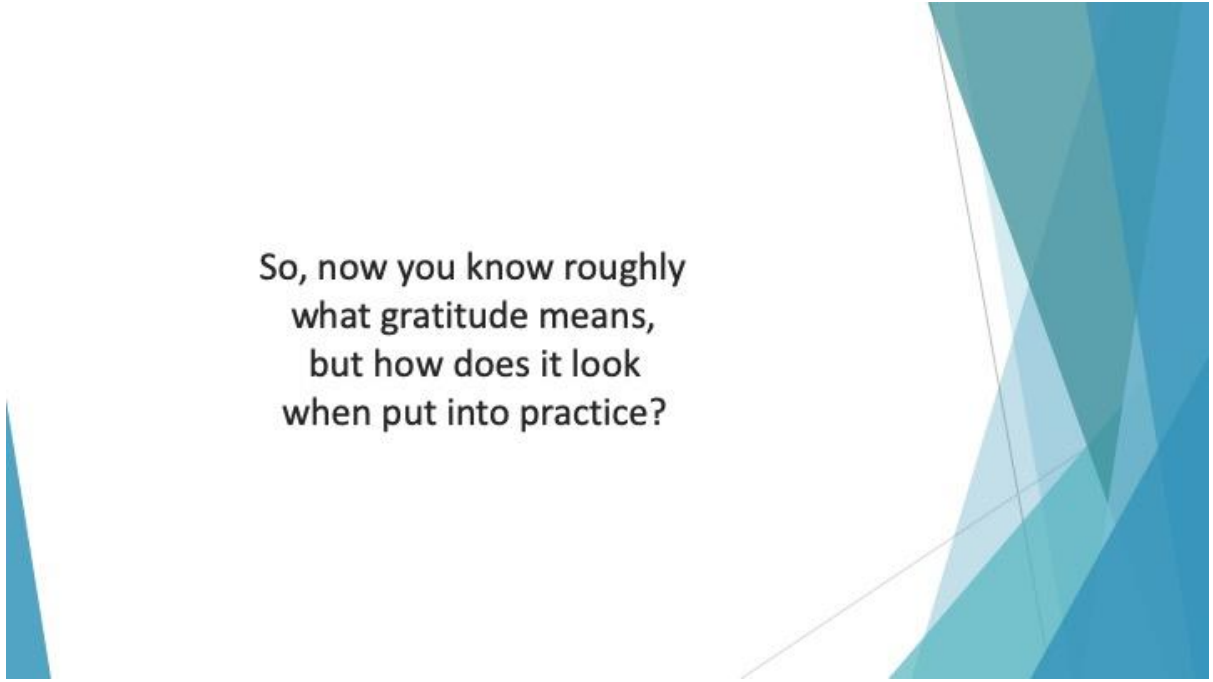


Chapter 2: Gratitude Practice – An Overview



S1 : In this video, we'll talk about "Gratitude Practice – An Overview"

The image features abstract blue geometric shapes. On the left, a small blue triangle points upwards. On the right, a larger, more complex shape composed of overlapping translucent blue polygons is visible. The text is centered in the white space between these shapes.

So, now you know roughly
what gratitude means,
but how does it look
when put into practice?

S2 : So, now you know roughly what gratitude means, but how does it look when put into practice?


In this chapter, we look at
how thankfulness can
manifest itself in your life.



S3 : In this chapter, we look at how thankfulness can manifest itself in
your life.




Why Introduce Gratitude Practice Into Your Life?



Gratitude has strong links to life satisfaction and good mental health.


S4 : Why Introduce Gratitude Practice into Your Life?

Gratitude has strong links to life satisfaction and good mental health.
People who are grateful experience more enthusiasm, love and joy.

The image features abstract blue geometric shapes. On the left, a small blue triangle points upwards. On the right, a larger, more complex shape is composed of several overlapping triangles in various shades of blue, ranging from light to dark. A thin white line extends from the bottom left of this larger shape towards the center of the page.


They also have better protection from emotions that have a destructive impact like bitterness, greed and envy.

S5 : They also have better protection from emotions that have a destructive impact like bitterness, greed and envy.




Not only that, but gratitude can
reduce your lifetime risk of
developing a substance abuse
disorder, anxiety or depression.


S6 : Not only that, but gratitude can reduce your lifetime risk of developing a substance abuse disorder, anxiety or depression. It can also help those suffering from these issues and many other conditions find healing and closure.



Being thankful helps you to
understand that there is
goodness out there, even if
you're suffering or uncertain.




S7 : Being thankful helps you to understand that there is goodness out there, even if you're suffering or uncertain.

The image features a white background with decorative blue geometric shapes. On the left, there is a small blue triangle. On the right, there is a larger, complex shape composed of several overlapping triangles in various shades of blue, ranging from light to dark. The text is centered in the white space between these shapes.

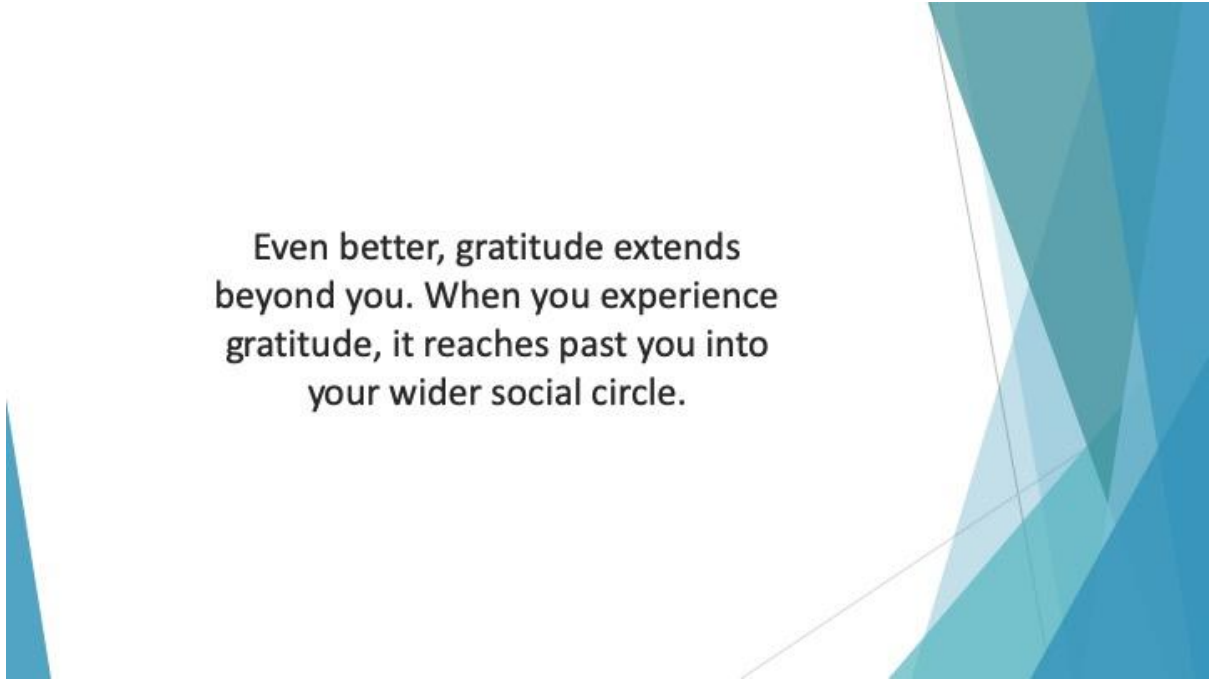
Gratitude isn't just an
uplifting and warm feeling; it
can also benefit your body.

S8 : Gratitude isn't just an uplifting and warm feeling; it can also benefit your body.



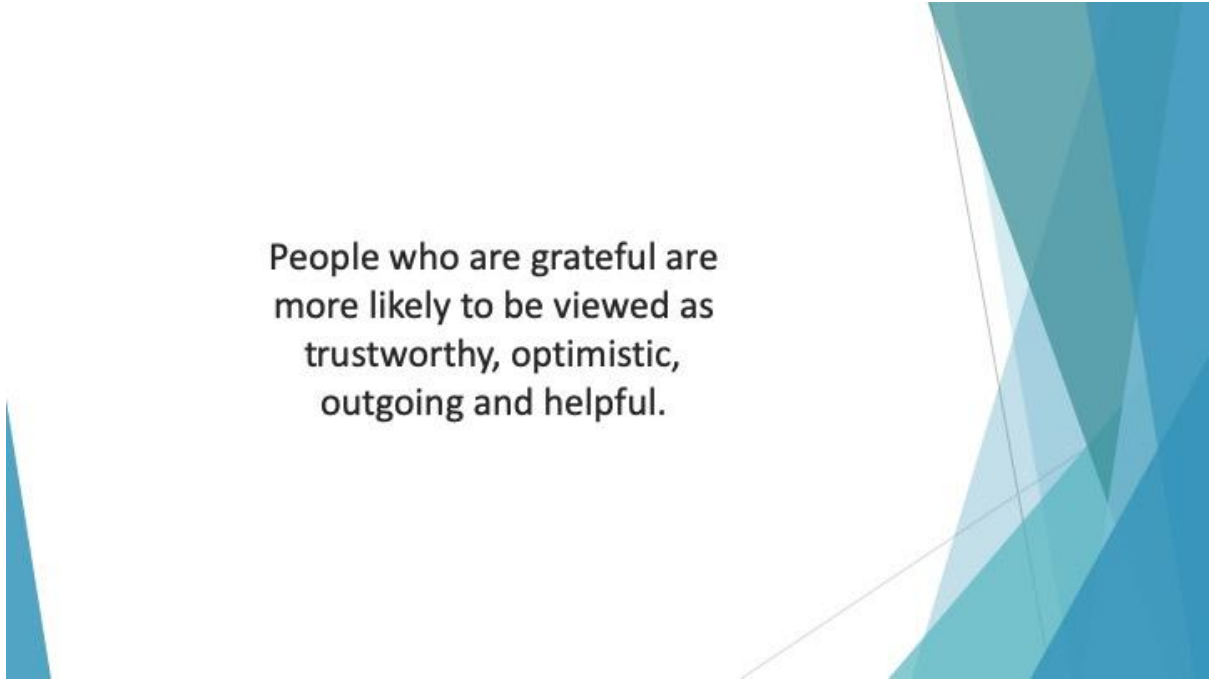
People who introduce gratitude practice into their lives cope more effectively with stress, enjoy better physical health and recover more rapidly from illnesses.

S9 : People who introduce gratitude practice into their lives cope more effectively with stress, enjoy better physical health and recover more rapidly from illnesses.




Even better, gratitude extends beyond you. When you experience gratitude, it reaches past you into your wider social circle.

S10 : Even better, gratitude extends beyond you. When you experience gratitude, it reaches past you into your wider social circle. Gratitude has the power of inspiring others to act more kindly, and it can strengthen your bond with others around you.


The image features a white background with several overlapping, semi-transparent blue geometric shapes. On the left, there is a small blue triangle. On the right, there is a larger, more complex shape composed of several overlapping triangles and quadrilaterals in various shades of blue, ranging from light to dark. The text is centered in the white space between these shapes.

People who are grateful are
more likely to be viewed as
trustworthy, optimistic,
outgoing and helpful.


S11 : People who are grateful are more likely to be viewed as trustworthy, optimistic, outgoing and helpful. These are valuable characteristics that draw others to you and help you forge positive and strong relationships.



When you introduce gratitude practice into your everyday routine, you'll experience positive effects such as:




S12 : When you introduce gratitude practice into your everyday routine, you'll experience positive effects such as:

- 
- A sense of abundance in your life
 - A greater appreciation of how others contribute to your well-being


S13 : • A sense of abundance in your life

- A greater appreciation of how others contribute to your well-being

- 
- Recognition of the small pleasures in life
 - Developing a more positive outlook that allows for a happier life experience

S14 : • Recognition of the small pleasures in life

- Developing a more positive outlook that allows for a happier life experience




If you start practicing
gratitude regularly, you can
begin to reap all those
benefits for yourself.

S15 : If you start practicing gratitude regularly, you can begin to reap all those benefits for yourself.



Banishing Negativity, Focusing On Positivity



A key element of introducing gratitude practice into your life is banishing negativity and focusing on positivity in return.


S16 : Banishing Negativity, Focusing on Positivity

A key element of introducing gratitude practice into your life is banishing negativity and focusing on positivity in return.


Thinking positively comes with
a host of benefits including:



S17 : Thinking positively comes with a host of benefits including:

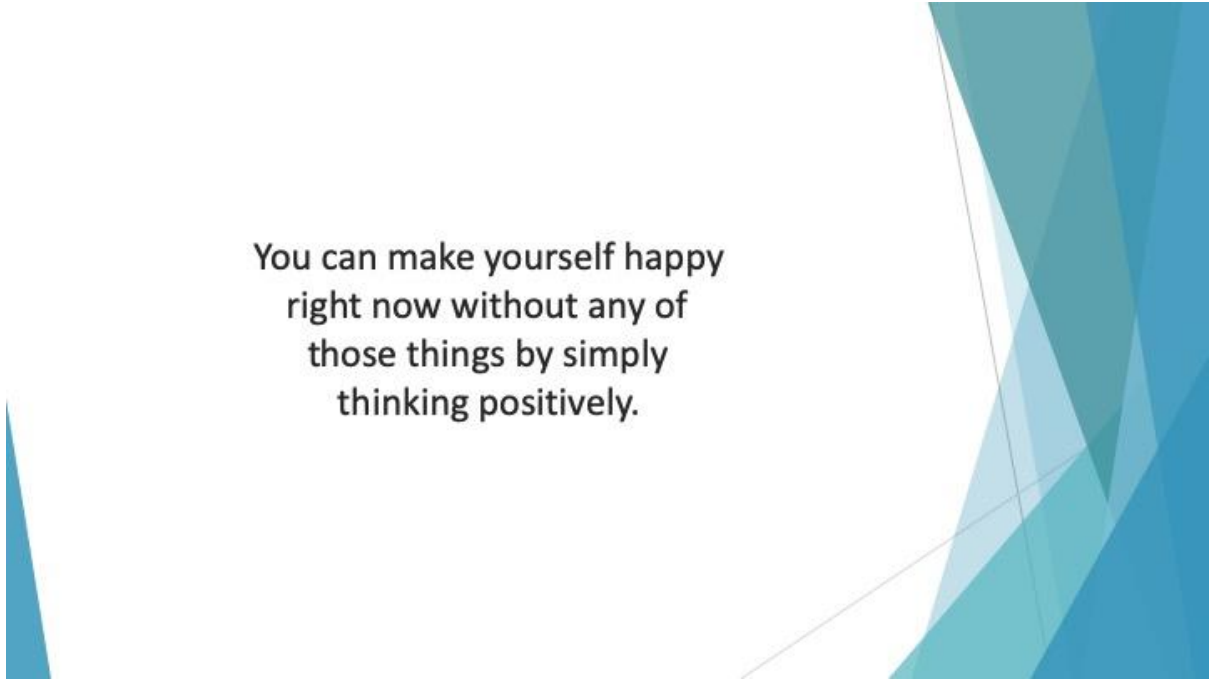
- 
- Happiness – banishing negativity in favor of a positive attitude can awaken happiness in your life. If you have a positive mindset, you automatically become happy.

S18 : • Happiness – banishing negativity in favor of a positive attitude can awaken happiness in your life. You may not be rich and you may not have reached the career goals you set yourself, but happiness is all about attitude. If you have a positive mindset, you automatically become happy.




Recognize your happiness
doesn't depend on an external
cause. We delay adopting a
positive mindset. I'll be happy
when I lose weight.

S19 : Recognize your happiness doesn't depend on an external cause. Rather, it comes from within. All too often, we find reasons not to be happy. We delay adopting a positive mindset. I'll be happy when I lose weight. I'll be happy when I win the lottery... Banish negative thoughts like "I'm too fat to be happy", or "I'm too poor to be happy".




You can make yourself happy
right now without any of
those things by simply
thinking positively.

S20 : You can make yourself happy right now without any of those things by simply thinking positively.


- 
- Motivation – when you banish negative thinking, you can actually become more motivated to accomplish the goals and dreams you set for yourself.

S21 : • Motivation – when you banish negative thinking, you can actually become more motivated to accomplish the goals and dreams you set for yourself. Being motivated in itself is a positive characteristic, pushing you forward, encouraging you and helping you to overcome obstacles.




Being positive makes you more motivated to succeed and it also helps you believe that you can be successful. As a result, you will be able to achieve more than you ever imagined.

S22 : Being positive makes you more motivated to succeed and it also helps you believe that you can be successful. As a result, you will be able to achieve more than you ever imagined.


- 
- Self-esteem – when you have a positive mental attitude you'll have higher self-esteem. Ignore negative people and forget about what they say and think.

S23 : • Self-esteem – when you have a positive mental attitude you'll have higher self-esteem. You will look at yourself more kindly and begin to see your good traits rather than only the bad ones. Ignore negative people and forget about what they say and think.

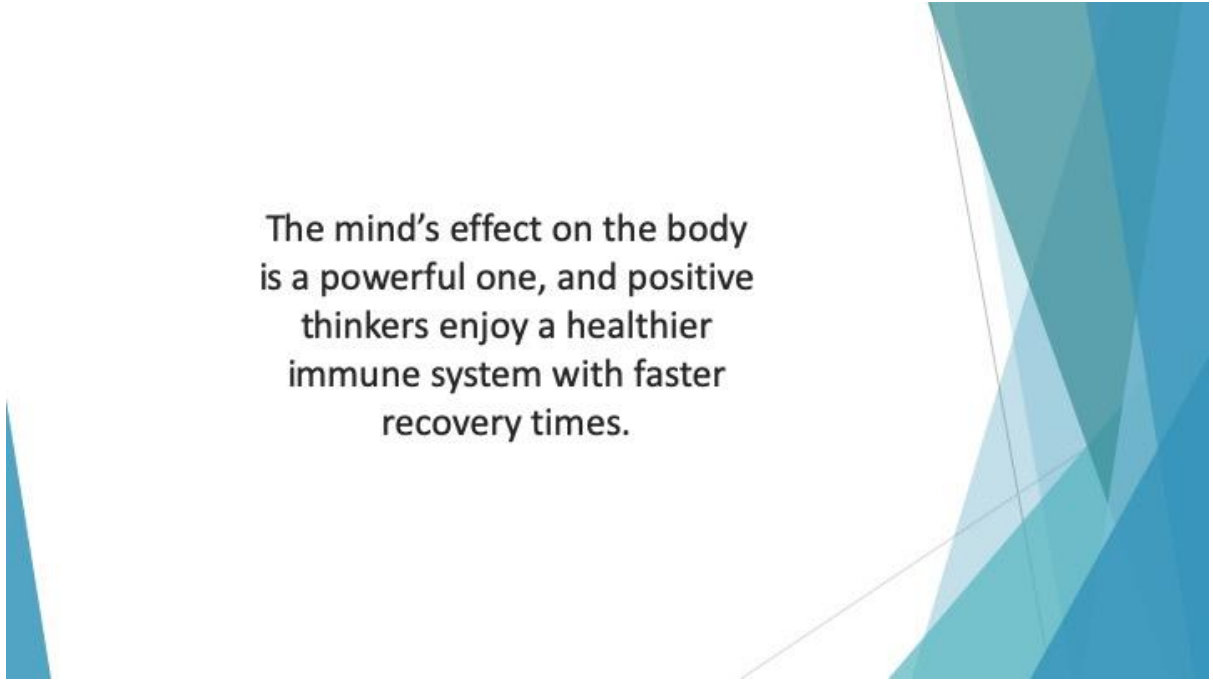


As soon as you adopt a positive mindset, others around you automatically raise their opinions of you and become more respectful.

S24 : As soon as you adopt a positive mindset, others around you automatically raise their opinions of you and become more respectful.


- 
- Better health – positive thinkers are usually healthier and more energetic than negative thinkers.

S25 : • Better health – positive thinkers are usually healthier and more energetic than negative thinkers.

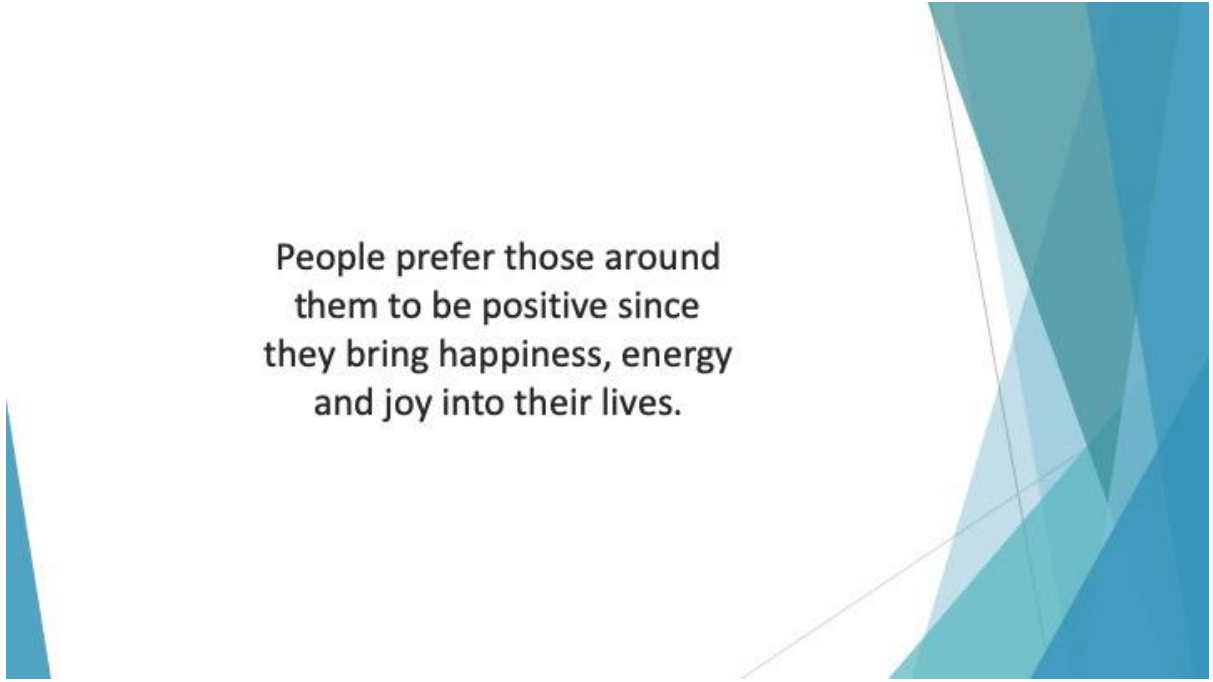
The image features abstract geometric shapes in various shades of blue and teal. On the left, there is a small, solid blue triangle. On the right, there is a larger, complex shape composed of several overlapping, semi-transparent triangles and polygons in different shades of blue and teal, creating a layered, crystalline effect. The text is centered in the white space between these two shapes.

The mind's effect on the body
is a powerful one, and positive
thinkers enjoy a healthier
immune system with faster
recovery times.

S26 : The mind's effect on the body is a powerful one, and positive thinkers enjoy a healthier immune system with faster recovery times.

- 
- Better relationships – when you think positively, you'll find that other people gravitate towards you.

S27 : Better relationships – when you think positively, you'll find that other people gravitate towards you.




People prefer those around
them to be positive since
they bring happiness, energy
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S28 : People prefer those around them to be positive since they bring happiness, energy and joy into their lives.




Gratitude – A Skill That Takes Work



Although we're all capable of being grateful for so many things in life, it's not something that we all do naturally.


S29 : Gratitude – A Skill That Takes Work

Although we're all capable of being grateful for so many things in life, it's not something that we all do naturally. This makes it a somewhat alien skill.

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When you first decide to start practicing gratitude it can be very difficult at first.

S30 : When you first decide to start practicing gratitude it can be very difficult at first.




You may find yourself
struggling to think of things to
feel thankful for, or you may try
telling yourself to be grateful
but not truly feeling it.

S31 : You may find yourself struggling to think of things to feel thankful for, or you may try telling yourself to be grateful but not truly feeling it. All of this is normal, and it's something that needs to be worked through to come out the other side and to reap all the benefits that gratitude can bring.

Remember that gratitude is a skill like any other.




S32 : Remember that gratitude is a skill like any other. Remember the old “how do you get to Carnegie Hall?” line? Of course, we all know that the answer is “practice”.



It's the same for gratitude.
Practice makes perfect, so keep
working on being grateful for
the little things.

S33 : It's the same for gratitude. Practice makes perfect, so keep working on being grateful for the little things. It may be hard at first.



In fact, it almost certainly will be.
But, with a little effort and time, it
will eventually become easier and
soon, being thankful will be
second nature.

S34 : In fact, it almost certainly will be. But, with a little effort and time, it will eventually become easier and soon, being thankful will be second nature.