

# Wroten & Associates

## November 2013 Leadership Insight

### Count Your Blessings!

"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude."

-- Denis Waitley

Can you believe it? The holidays are almost upon us! With Thanksgiving just around the corner thoughts turn to gatherings with family, friends and co-workers. It is a time when we reminisce about experiences, people and events for which we are most thankful. Thankfulness is gratitude and gratitude is thankfulness. When you count your blessings and notice and acknowledge the simple pleasures in your life you are showing gratitude. Being thankful creates a focus on the positive elements in your life because when we feel thankful, our focus shifts from what our life lacks to the abundance that is already present in our lives.

Research conducted by Robert Emmons, at UC Davis and Michael McCollough, at Southern Methodist University, has shown that expressing gratitude, giving thanks, and showing appreciation have a significant impact on our well-being. For example, those in the study who expressed gratitude, gave thanks to others and showed appreciation, experienced less depression, less stress, and were more likely to help others. They also appeared to be happier, healthier and more energetic. In another study, conducted by Dr. Martin Seligman, who is considered to be the father of Positive Psychology, asked participants to write weekly five things for which they were grateful, and to write letters of gratitude to significant individuals in their lives. It was again shown that counting our blessings and expressing our gratitude and appreciation to others on a regular basis, improves our moods and overall level of happiness and health. Keep in mind that noticing, appreciating and expressing our feelings for life's little blessings can produce just as much benefit as noticing those rare monumental moments.

When you make an effort to integrate gratitude as an important part of how you think and act, you won't be disappointed with the results. So don't wait for the holidays, make an effort to adopt and express a thankful, grateful attitude year-round. The results may astonish you!

Wishing you an inspired month!

Positively provided to you by: Wroten & Associates and Marilynn W. Allemann, LCSW, CPC

Visit Wroten & Associates at [www.wrotenlaw.com](http://www.wrotenlaw.com)

Visit Marilynn Allemann at [www.MwaExecCoach.com](http://www.MwaExecCoach.com)