

# Wroten & Associates

## November 2015 Leadership Insight

### The Mindset of Gratitude

"The more grateful we are, the more we practice this in our everyday lives, the more connected we become to the universe and those around us." -- Stephen Richards

As the Thanksgiving Holiday is fast approaching it is a time to pause and reflect on the many people, things and experiences we are grateful for. It is a perfect time to acknowledge the importance of all of the support, help, comfort, teaching and advice that we received from others. Gratitude involves acknowledging and appreciating the positives that others bring into our lives. We should recognize a wide range of good things from the beauty of the nature around us to the enjoyment of a good meal. It helps us appreciate our lives rather than taking it for granted.

Dr. Emmons, a Psychology Professor at the University of California, Davis and a pioneer in the study of gratitude refers to gratitude as a "relationship-strengthening emotion." And we know strong relationships are one of the most important ingredients for a happy life. Dr. Emmons' research has shown that gratefulness is a positive trait in colleagues, family members and friends and can be an extremely important aspect of improving most relationships.

In fact, numerous studies are now linking counting one's blessings to not only health but a general sense of well-being. Physical health has been linked with gratitude because it improves psychological health (*Personality and Individual Differences*), and with better psychological health people are more likely to participate in health-promoting activities!

Gratitude without generosity of spirit is empty. You must be genuine and sincere. Having a consistent mindset of gratitude can change your perspective, improve your health and improve your relationships. There are limitless opportunities for expressing gratitude both in your personal life and professional life. Make an effort to consciously be aware of the things and the people you are grateful for and give the "gift" of gratitude every chance you get!

**Wishing you a Happy Thanksgiving and month of gratitude and inspiration!**  
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