



New Pathways Wellbeing Circles
EXPLORING FOUNDATIONS OF WELLBEING
ONLINE

GRATEFULNESS

Gratitude is a constant attitude of thankfulness and appreciation for life as it unfolds. Living in the moment we are open to abundance around us and within us. We express appreciation freely. We contemplate the richness of our life. We focus on beauty. We note small graces and are thankful for daily gifts. In life's trials, we seek to understand and accept, and to learn. Gratitude is the essence of genuine happiness. It is a virtue we can never have too much of. Gratitude is a continuation celebration of life.

The Virtues Project

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

Denis Waitley

Gratefulness is about shining a light on achievements and joys, and set our spirit free.

Annette Subhani

We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognising and appreciating what we do have.

Frederick Keonig

Enjoy the little things, for one day you may look back and realize they were the big things.

Robert Brault

As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them.

John F. Kennedy

If you want to turn your life around, try thankfulness. It will change your life mightily.

Gerald Good

Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow.

Melody Beattie

The world has enough beautiful mountains and meadows, spectacular skies and serene lakes. It has enough lush forests, flowered fields, and sandy beaches. It has plenty of stars and the promise of a new sunrise and sunset every day. What the world needs more of is people to appreciate and enjoy it.

Michael Josephson

At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

Albert Schweitzer

Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude.

A.A. Milne

Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.

Henri Frederic Amiel

A Story - The Black Dot

One day, a professor entered the classroom and asked his students to prepare for a surprise test. They all waited anxiously at their desks for the exam to begin. The professor handed out the exams with the text facing down, as usual. Once he handed them all out, he asked the students to turn over the papers.

To everyone's surprise, there were no questions – just a black dot in the center of the sheet of paper. The professor, seeing the expression on everyone's faces, told them the following:

"I want you to write about what you see there."

The students, confused, got started on the inexplicable task. At the end of the class, the professor took all the exams, and started reading each one of them out loud, in front of all the students. All of them, with no exception, defined the black dot, trying to explain its position in the center of the sheet. After all had been read, the classroom silent, the professor started to explain:

"I'm not going to grade you on this, I just wanted to give you something to think about. No one wrote about the white part of the paper. Everyone focused on the black dot – and the same happens in our lives. We have a piece of paper to observe and enjoy, but we always focus on the dark spots. Our life is a gift, and we always have reasons to celebrate – nature renewing itself daily, friends around us, the job that provides our livelihood, etc.

However, we insist on focusing only on the dark spot – the health issues that bother us, the lack of money, the complicated relationships with others, or the disappointment with a friend. The dark spots are very small when compared to everything we have in our lives, but they're the ones that pollute our mind. Take your eyes away from the black dots in your life. Enjoy each one of your blessings and each moment that life gives you. Be happy and enjoy each moment of your life.

Author unknown

What separates privilege from entitlement is gratitude.

Brene Brown

Forget yesterday--it has already forgotten you. Don't sweat tomorrow--you haven't even met. Instead, open your eyes and your heart to a truly precious gift--today.

Steve Maraboli

What is Gratitude?

1. Gratitude allows us to recognize good in our lives. Focusing on and appreciating the good in our lives constantly reminds us about great things all around us.
2. Gratitude allows us to see that the sources of that good are usually close by. Practising gratitude allows us to recognize those who bring goodness into our lives and humbles us in order to give credit to those we are grateful for.

<https://www.proflowers.com/blog/practice-gratitude>

Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.

Ralph Waldo Emerson

Emerson offers a helpful introduction into what practicing gratitude can look like. Gratitude is an emotion similar to appreciation, and positive psychology research has found neurological reasons why so many people can benefit from this general practice of expressing thanks for our lives, even in times of challenge and change.

<https://positivepsychology.com/gratitude-appreciation/>

I truly believe we can either see the connections, celebrate them, and express gratitude for our blessings, or we can see life as a string of coincidences that have no meaning or connection. For me, I'm going to believe in miracles, celebrate life, rejoice in the views of eternity, and hope my choices will create a positive ripple effect in the lives of others. This is my choice.

Mike Ericksen

In life, one has a choice to take one of two paths: to wait for some special day--or to celebrate each special day.

Rasheed Ogunlaru

The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness (depending on the context). In some ways gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power. In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude). Regardless of the inherent or current level of someone's gratitude, it's a quality that individuals can successfully cultivate further.

<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

Being grateful for all that we have in life is one of the keys to true happiness. By recognising all of the wonderful things we have to be appreciative for, rather than dwelling on the negative, often those 'not so wonderful' things don't seem so bad after all. Recent studies have found that counting your blessings on a regular basis not only leads to feeling more optimistic and enjoying a greater overall satisfaction with life, it can also have some pretty amazing physical and emotional benefits.

Being grateful doesn't imply you've got your rose-coloured glasses permanently on. Nor does it mean that everything is necessarily wonderful, it simply indicates that you're aware of your blessings, appreciate the small things and acknowledge all that you do have. Being grateful shifts the lens from what is lacking or not ideal to what is already present and good. A lot of the time we tend to take for granted everything that's actually great in our lives and instead dwell on what we perceive is wrong, what we don't have or what we don't like.

<https://happysnackcompany.com.au/importance-of-gratitude>

The meaning of life is to find your gift. The purpose of life is to give it away.

Pablo Picasso

A Story

When Mrs. Klein told her first graders to draw a picture of something for which they were thankful, she thought how little these children, who lived in a deteriorating neighborhood, actually had to be thankful for. She knew that most of the class would draw pictures of turkeys or of bountifully laden Thanksgiving tables. That was what they believed was expected of them.

What took Mrs. Klein aback was Douglas's picture. Douglas was so forlorn and likely to be found close in her shadow as they went outside for recess. Douglas's drawing was simply this:

A hand, obviously, but whose hand? The class was captivated by his image. "I think it must be the hand of God that brings us food," said one student.

"A farmer," said another, "because they grow the turkeys."

"It looks more like a policeman, and they protect us." "I think," said Lavinia, who was always so serious, "that it is supposed to be all the hands that help us, but Douglas could only draw one of them."

Mrs. Klein had almost forgotten Douglas in her pleasure at finding the class so responsive. When she had the others at work on another project, she bent over his desk and asked whose hand it was.

Douglas mumbled, "It's yours, Teacher."

Then Mrs. Klein recalled that she had taken Douglas by the hand from time to time; she often did that with the children. But that it should have meant so much to Douglas.

Reader's Digest Editors

Everyday, think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it. The roots of all goodness lie in the soil of appreciation for goodness. Our enemies provide us with a precious opportunity to practice patience and love. We should have gratitude toward them.

Dalai Lama

Smile at each other. Smile at your wife, smile at your husband, smile at your children, smile at each other- it doesn't matter who it is- and that will help to grow up in greater love for each other."

Mother Teresa

*We hope you enjoyed the reflections and discussions. Come join us next time.
Feel free to invite family and friends to a future session.*

Wednesday July 8th – Tact

Wednesday July 29th – Social Cohesion

Wednesday August 12th

Please book online early to secure a place ~ www.newpathwayslifecoaching.com.au/wellbeingcircles



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