



An Attitude of Gratitude Increases Your Altitude

I like to call the daily practice of expressing Gratitude as looking outside the window (at others) instead of looking at the mirror (self).

If you want a very good activity that will improve your emotional and physical life then learning to express and document your Gratitude is that activity.

It's not a bunch of airy-fairy mumbo-jumbo either. There has been some firm research on the benefits of expressing Gratitude.

Some Benefits of Expressing Daily Gratitude

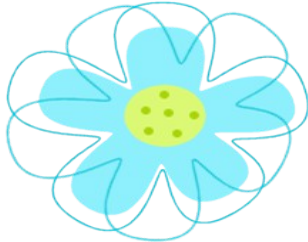
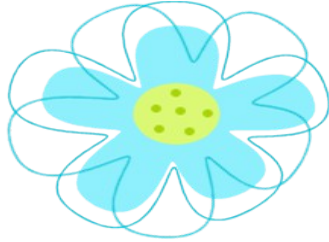
<i>Physical</i>	<i>Psychological</i>	<i>Social</i>
<i>Stronger immune systems</i> <i>Lower blood pressure</i>	<i>More positive emotions</i> <i>More joyful</i> <i>More optimism</i>	<i>More helpful, generous, and compassionate</i> <i>More forgiving</i> <i>More outgoing</i>

I encourage you to use this little worksheet to help keep you on track for a 28 day experiment of expressing daily Gratitude. I've found it extremely important to write down your Gratitude thoughts. It acts as a great refresher tool for those "bad days" when you need a little extra Blessing Boost!

Psalm 107:1 "O give thanks unto the LORD, for he is good: for his mercy endures for ever



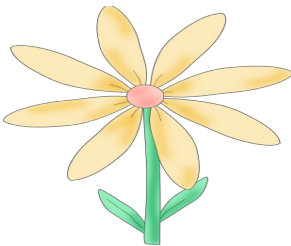
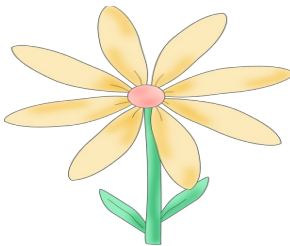
GRATITUDE

Date: _____ Today I am grateful for:	Date: _____ Today I am grateful for:	Date: _____ Today I am grateful for:
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	Date: _____ Today I am grateful for:	

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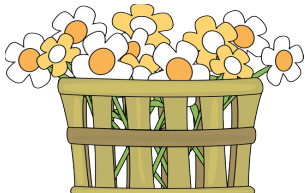
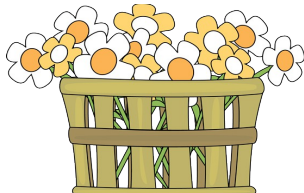
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“I have learned that in every circumstance that comes my way, I can choose to respond in one of two ways: I can whine or I can worship! And I can't worship without giving thanks. It just isn't possible.

When we choose the pathway of worship and giving thanks, especially in the midst of difficult circumstances, there is a fragrance, a radiance, that issues forth out of our lives to bless the Lord and others.”

[Nancy Leigh DeMoss](#),

GREATEST OF VIRTUES, BUT THE
PARENT OF ALL OTHERS.”
[MARCUS TULLIUS CICERO](#)

“God gave you a gift of 84,600 seconds today. Have you used one of them to say thank you?”

— [William Arthur Ward](#)

“The grateful heart sits at a continuous feast.”

— [Proverbs 15 15](#)

“For each new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends.”
Ralph Waldo Emerson

Although they only take a second to say, thank
you leave a warm feeling behind that can last for
hours.”

— [Kent Allan Rees](#)

An attitude of gratitude
increases your altitude
--Kim Steadman =)

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