

## I Feel Grateful For...

Gratitude is a gift to yourself in that it can help expand your sense of who you are and your sense of well being. By connecting with blessings in your life, acknowledging them, and allowing the experience of feeling blessed to wash over you, you also get a increased sense of being okay, worthy, and a strengthened confidence that whatever hurdles you are facing, you can overcome. Ah, the cynics among you might argue, believing you can overcome is potentially deluded, that there is no guarantee. Of course that is the case, but better to face a challenge with a sense of well-being and worthiness than with a belief that you are undeserving and merit bad things happening. Get into gratitude and practice feeling grateful for everything you can identify, and enjoy the benefit of an expanded sense of self. It won't hurt, and it can make a positive difference to your whole outlook on life.

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### Abstract

Benefits of actively being in a state of gratitude

### Keywords

Attitudes, beliefs, gratitude

### First Published

22 December 2012

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*What are you grateful for?*