What is Gratitude ?

**What are you grateful for?**

When you feel gratitude, you're pleased by what someone did for you and also pleased by the results.

Gratitude is pausing to notice and appreciate the things that we often take for granted, like having a place to live, food to eat, clean water, friends and family around us, even computers and technology.

It's taking a moment to reflect on how fortunate we are when something good happens — whether it's a small thing or a big thing.

Can you think of what you are grateful for today? Take a few moments to think of one thing that you are really grateful for today.

Take a few moments to notice how you feel.

Now say out loud what you are grateful for. Try this “ I am so happy and grateful for ………” say it out loud and take a moment to notice how you feel.

I am guessing that it makes you feel good to notice and say what you are grateful for. That is the theory we are aiming to prove that positive thoughts plus positive feelings equal positive results and make you feel more positive.