

November EAP NOTES: Are you thankful enough?



Gratitude is one of the most important elements for success. It's the key to experiencing life at its best. Some think that only hard work and dedication produce success, however, being grateful for the blessings in your life is what will open the door to a life of ultimate success and prosperity.

The importance of being grateful

1. Gratitude flows from the heart of “thanksgiving.”

Thanksgiving is not just a date on the calendar. Thanksgiving can be a daily discipline that we should all develop in our lives. Write down three to five things that you are grateful for every single night. You can keep a journal by your bed and write what you are thankful for in your book, before you go to sleep. This exercise in gratitude can empower you to be thankful in even difficult situations.

2. Gratitude shifts the narrative of your life.

So many people in the world today are battling through toxic thoughts and negative words. These thoughts and words can create negative cycles in your lives. Being grateful can change the sequencing of words and the processing of your thoughts. When this happens, your story changes, allowing new possibilities in. You are able to have the right perspective and understand the value that each cycle of life brings. You go from a life of complaining to a life of compassion and appreciation.

3. Gratitude will change you for the better.

Humanity is in a constant state of evolution. We are all on a journey to become the highest expression of ourselves. Your best self begins with cultivating a lifestyle of gratitude. Once you make it a priority to express gratitude on a daily basis in your life, change will happen. Your heart will be more open, and you can be a more compassionate person to those around you. You'll be able to process experiences differently and more able to find the good in everything.

4. Gratitude produces a more meaningful life.

Nothing compares to living a life of gratitude. When you are truly grateful, you find yourself living with greater purpose and passion. Being grateful will give you meaning because it allows you to capture the full essence of every moment. It takes the burden out of life while adding a dimension of beauty, and contentment.

So, be grateful!

Being grateful is developing a mindset that nothing has the ability to compromise your happiness. Cultivating a lifestyle of gratitude will be the best decision you ever make.

If you need some help practicing gratitude in your life, Best Care EAP counselors can help. To schedule your confidential appointment, call **(402) 354-8000** or **(800) 801-4182**, or send an email to eap@bestcareeap.org.



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