The Benefit of Being Grateful

Oprah Winfrey once discussed how she started writing in a gratitude journal. She went on to share how this changed her and helped her through hard times.

Often in life we have so many things on our plate and so many pressures that we feel like the world is pinning us in. We can feel trapped and overwhelmed. Or maybe it seems like no matter what, circumstances just keeping working against us. It is in these moments that it is easy to lose perspective on the good things we have going for us.

A list of things we have to be thankful for can help remind us about all of the things going for us each day. If we were to write down a few things we are thankful for each day, we would soon have a list which would likely be very long. From the basic necessities like having shelter, food, family and friends to having specific skills or individual strengths we can often find key ingredients as to what makes us so fortunate.

Being appreciative or thankful can be one of the key ingredients in living a happy life. The art of looking at the wonders we have can be an incredible asset to making us live to our full potential. Having peace, being content and being happy can each be linked to being thankful for who we are and where we are. Get a notebook and jot down a few things each day you are thankful for and review this each week. You just might find the magic Oprah was talking about.

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