

GRATITUDE MOULDS YOU

Everybody has their own prospective about life. Some live for others and some live for themselves. Some take life very seriously and some casually. Some take positively and some take negatively for all the happenings.

We often forget how fortunate we are when we focus on the things what we have. But the greed , pride , selfish attitude, want etc will not allow us to think being grateful to God or parents or friends or to anyone else.



How many times you failed to count your blessings. If you have done that definitely it would have surprised you.

Do this small activity really it makes your family and you very happy.

Today, set aside 10 -15 minutes to consciously count your blessings. Take an empty box or jar from the store room or kitchen and make it your gratitude box or jar. Decorate it. Write on that "GRATITUDE" You can have a single gratitude box or jar for the whole family or encourage your children to make their own.



Express gratitude for everything you have – parents, children, grandparents, sisters, brothers, cousins, friends, a roof to protect your family, a bed to sleep, your 5 senses, food on the table, access to clean water, T.V., computer, WIFI, your family, your pets, cup of hot tea, sunsets, rainbows and so on.




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Every day, write down at least one thing you're grateful for on a piece of paper. Fold that paper and place it in the jar. Read those chits during times when you need the strength to move forward and overcome any obstacle.

Being grateful increases happiness and reduces the habit of whining and complaining. Thus improving the quality of your relationships.



Waking up every morning to a new day has become an underrated blessing these days. Always remember :

Life is a Greatest Challenge and also a Greatest Gift.

And your box or jar will not be empty if you meditate on this sentence till you feel a surge of gratitude flow through your mind body and soul.

Make your day joyful



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