

Reasons to be Thankful for Thankfulness

Thanksgiving is a wonderful time as it often causes us to reflect on what's really important and it brings a fresh perspective into our lives. Unfortunately, after the festivities are over we often forget about being thankful and we get back to the daily grind of life. When we do this, we often miss out on the amazing benefits of being grateful.

To help maintain a spirit of appreciation and gratefulness all year long, I have listed some of the benefits of being grateful.

Thankfulness Improves Relationships.

Everyone has a need and desire to be appreciated—spouses, children, parents, friends, and coworkers, even the strangers we meet in passing. So when we express gratitude for people, we not only meet their needs and lift their spirits, but we make them feel validated.

Thankfulness Creates Contentment. Media is constantly telling us to buy more, do more, look like this, or act like this. With so much distraction, it can be difficult to appreciate what you have right now. By choosing to be thankful, you can ignore these messages and embrace contentment. In a heart filled with gratitude, there is no room for discontentment.

Thankfulness Keeps Us Healthy. Even though the holidays represent a stressful time for many of us, reflecting on what we're thankful for actually reduces stress. Psychologist, Robert Emmons, states that gratitude research is beginning to suggest that feelings of thankfulness have tremendous positive value in helping people cope with daily problems, especially stress. Emmons further explains that gratitude and optimism can even boost our immune system. When we stop focusing on what we don't have, and begin focusing on everything we do have, our shoulders relax and we invite peace, patience, and health into our lives.

Thankfulness Cultivates Humility. Arrogance and ungratefulness go hand in hand, but the opposite is also true. When we choose to be thankful for the big and small blessings in our lives, we foster a heart of humility and a spirit of graciousness.

Thankfulness is Contagious. Just as fear and worry are contagious, so is the spread of gratitude. Be the catalyst that spreads gratitude in your homes, offices, and communities.



Thankfulness Produces Positivity. When we are thankful, the natural byproduct is that we become more positive people. When we're intentionally thankful, it naturally redirects our thoughts to see the good in other people and in our everyday lives.

Thankfulness Promotes Generosity. When we are thankful for what we have, we can hold our blessings with an open hand and freely give to others. When we realize how abundantly blessed we are, we can confidently and joyfully become a blessing to others.

Thankfulness Increases Likeability. It's fair to say no one wants to be around ungrateful, entitled people. Yet we all enjoy spending time with grateful, down-to-earth people. When you are grateful, people see you in a positive light and they naturally like you and want to be around you.

Thankfulness Displays God's Character. The Bible is full of passages on gratitude and thankfulness. It's used in commands, parables, and prayers. This quality is important to God! So when we actively practice gratefulness, we become more of who God created us to be. Plus, we also get to connect with Him through our thankful thoughts and prayers. Unlike talent, gratitude is something that's freely available to all of us and completely within our control. Thankfulness also isn't a feeling that floats through the air until Thanksgiving and then ends. It's a choice.



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