

Gratitude

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Synopsis

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When we talk about the practice of gratitude, we're not talking about saying "thank you" or counting your possessions. Rather, the practice of gratitude is about consciously taking time to be grateful for all the good things in our lives and altering our perspective to focus on that gratitude daily. There is an increasing global interest in gratitude, with the increasing numbers of articles and studies being published, but why all the fuss, and why now? Practicing gratitude can have many positive benefits, both psychological and physical, so why do many of us not practice gratitude in our lives today? It could be that we're just too busy or that our cultures are more inclined to negative thinking than positive. It could also be that the practice of meaningful gratitude is simply not "normal" in modern society. Most likely though, it's because we live in a world where we're taught to be ambitious, always striving for better. By doing so, however, we often forget to appreciate the things we do have and spend our lives thinking about what we lack rather than the good in our lives. It's no wonder that challenging this perspective can have such strong positive benefits. But can being grateful really have positive psychological benefits? The short answer is yes, and on day six, we'll look at that in more detail. Here's a preview of what we'll cover in the seven-day process:

- Day 1: Gratitude is a Choice
- Day 2: Counteracting Negativity
- Day 3: Stay Grateful When Striving for Goals
- Day 4: Bettering Relationships
- Day 5: Stop Being Complacent
- Day 6: Benefits of Practicing Gratitude
- Day 7: Reflection on the Week

Reader's comments

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