



**Happiness@TheSpeedofLife Newsletter  
Edition 15: Gratitude**

980 words of content -- approximate reading time required: 3.9 minutes. And isn't your happiness worth it?

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Welcome to my e-newsletter, which focuses on defining and applying the Principles of Happiness and Positive Emotion in your life and work. It is a (more or less) monthly communication. I invite your comments, reactions, and ideas. Jim

We are now mailing to over 1100 happy people! My new goal is to grow to over 1,500 readers, so....

==>If you like what you read, why not share it with a friend?  
==>If you received this from someone else you can join in a few seconds. Just send an email to [Subscribe@1LeaderCoach.com](mailto:Subscribe@1LeaderCoach.com). I do not rent, sell, or give away my lists.

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**I. GRATITUDE: A FOUNDATION FOR HAPPINESS**

Gratitude: *n.* a feeling of thankfulness and appreciation.

Gratitude is, essentially, a positive attitude we hold in the present about a past experience. An unexpected gift. A kind note of thanks. A pat on the back. We often appreciate the sense of inner well-being and pride we feel when we receive the genuine gratitude of others.

How do you feel when you express gratitude to others? Have you noticed that GIVING gratitude nets the same warm feelings as does receiving it?

Don't just take my word for it. There's much evidence that there is a powerful link between gratitude and personal well-being. "The simple exercise of keeping a gratitude journal had remarkable effects on the amounts of positive emotion and subjective well-being that our participants experienced." (For more information visit Dr. McCullough's Gratitude website at: [http://www.psy.miami.edu/faculty/mmccullough/Gratitude\\_Page.htm](http://www.psy.miami.edu/faculty/mmccullough/Gratitude_Page.htm) )

**Do This For Yourself!**

Want to play? Ponder the following, which are adapted from a presentation by Sonia Lyubomirsky, Ph.D. (a major "player" in the positive emotion field) on the "Architecture of Happiness":

- ~~ In the past week, what has happened for which you are grateful or thankful?
- ~~ In the past week, have you performed or were you the recipient of an act of kindness?



- ~~ Who was the most recent person you told "Thank you"?
- ~~ What can you do today to inspire gratitude and kindness in others?
- ~~ So, did you do it yet?

Remember: When you cherish and express your gratitude with others and yourself, you reinforce the experiences that lead to authentic happiness. Become aware of gratitude and kindness in your life and relationships.

~\*~\*~**QUOTES**~\*~\*

*"Since we cannot get what we like, let us like what we get." ~Spanish proverb*

*"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude." ~Denis Waitley*

*"Though I am grateful for the blessings of wealth, it hasn't changed who I am. My feet are still on the ground. I'm just wearing better shoes." ~Oprah Winfrey*

*"For all that has been, thanks. For all that will be, yes." ~Dag Hammarskjold*

If you'd like to download a 1-page summary of the 13 Principles of Happiness as a reference, you can do so right now: <http://www.1leadercoach.com/happiness/philosophies.cfm>

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**II. PERSONAL REFLECTION: LITERACY**

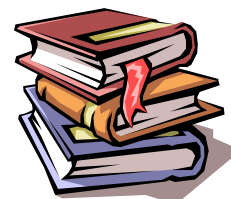
Of all the gifts I'm grateful for, I cherish deeply the gift of literacy. To be able to read is to enter entire worlds and build connections between ideas, people, and communities. Reading takes me to new places, supports my evolution, and feeds my soul.

Would it surprise you to know that in this information age, nearly 70% of the world's population is unable to read? War, famine, cultural barriers, and economics combine to keep education an unattainable goal for billions of people in the world. I encourage you to take a moment to be grateful for the simple fact that you can read this newsletter.

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**III. SUMMER READING LIST**

Each year, prior to taking two weeks of holiday on the Atlantic Coast (sun, sand, and surf) I ask my friends, clients, and colleagues what they are currently reading. I'm looking for serious books: coaching, leadership, change, and so on – as well as “frothy little beach books.” I'm so grateful for all those who shared with me their book discoveries from the past year, and I am pleased to share it with all of you.



I have made my usual eclectic selections, which will be packed in the van when we depart at the end of the week. With hours of beach and nothing much to do (yay!), I intend to fill my head with a mix of magic, memoirs, mystery, management, meditation, musical theater, and love.

You can review and download (pdf) the list at <http://www.1leadercoach.com/>, where you'll find the Summer Reading List icon. The list includes several titles that I've been recommending to clients and friends during the past year - there are some wonderful books out there!





***Happiness@TheSpeedofLife***

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**Happiness is a decision, not an event.  
How will YOU decide today?**

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