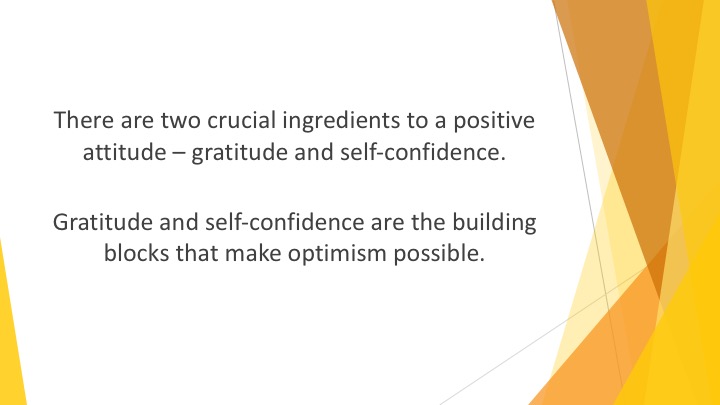
**Chapter 6: Optimism and Gratitude**

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**S1** : In this video, we’ll talk about “Optimism and Gratitude”

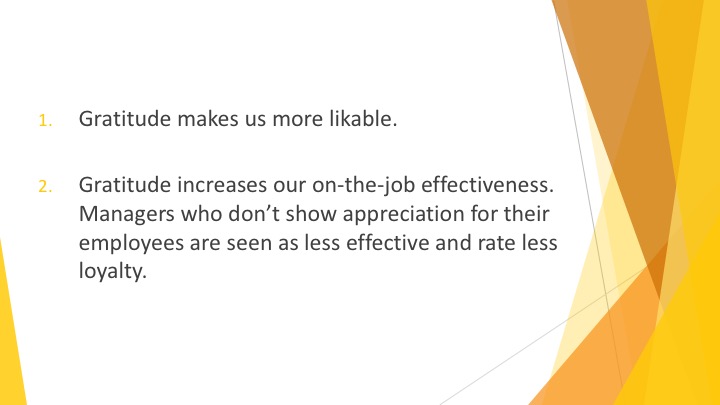


**S2** : In the previous chapter, we discussed how an optimistic attitude is everything. Let’s take this a step further. There are two crucial ingredients to a positive attitude – gratitude and self-confidence. The more you enhance these personal qualities, the greater your optimism is likely to be.

Gratitude and self-confidence are the building blocks that make optimism possible.



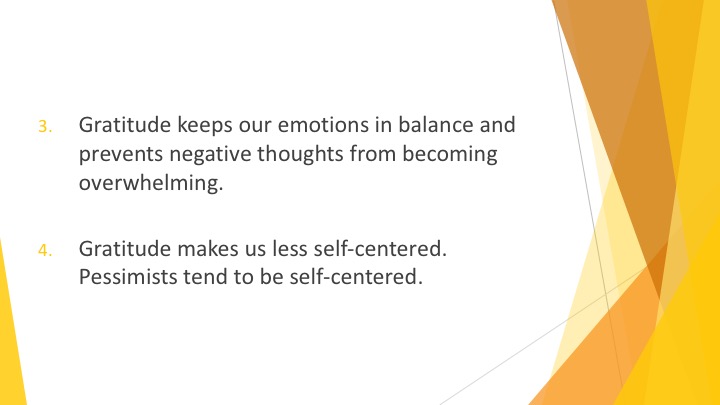
**S3** This chapter and the following one will show the benefits of gratitude and self-confidence and how we can use these traits to enjoy the benefits of a more optimistic life.



**S4** :

1. Gratitude makes us more likable. An attitude of gratefulness is appreciated by those around us and draws people to us. It makes us nicer and more pleasant. People who spend their lives complaining are usually viewed to be annoying and unfriendly.

2. Gratitude increases our on-the-job effectiveness. Managers who don’t show appreciation for their employees are seen as less effective and rate less loyalty. Managers who encourage their staff with praise, recognition, and financial rewards hold on to their valuable workers and help increase overall production. Sixty-five percent of workers feel their efforts are not noticed or appreciated.

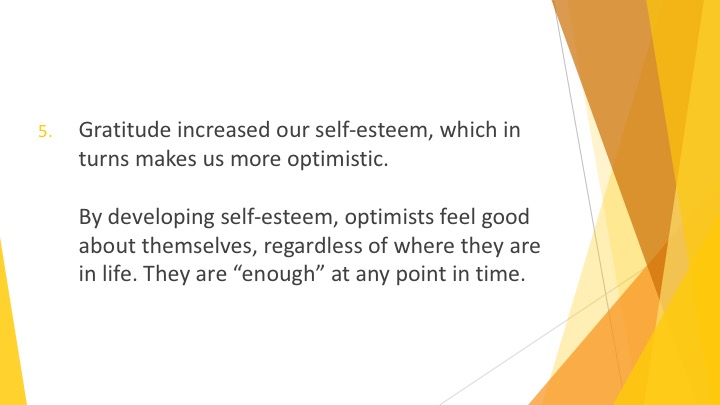


**S5 :**

3. Gratitude keeps our emotions in balance and prevents negative thoughts from becoming overwhelming. One of the primary obstacles to gratitude is envy, that underlying fear that someone may have something that we don’t.

Envy happens when we compare ourselves to someone else. When we begin such a comparison, we are far more likely to become less satisfied and optimistic with our own existence. Practicing gratitude is the best antidote to envy.

4. Gratitude makes us less self-centered. Pessimists tend to be self-centered. Everything revolves about their fears and how to protect themselves against the next disaster, which they are sure is lurking around the corner. Other people and their feelings are rarely given much thought. Gratitude shifts our mental focus from ourselves to others. That is why optimists are easier to like, as a rule.



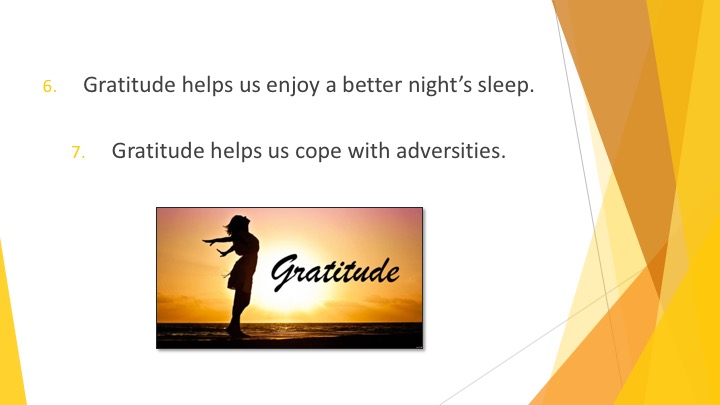
**S6 :**

5. Gratitude increased our self-esteem, which in turns makes us more optimistic. It’s the parts working as a whole.

We are surrounded by messages that we aren’t enough every day. We need the right clothes, the appropriate job title, the latest car, and access to the most fashionable restaurants. We should look a certain way and be thin and gorgeous, with thousands of likes on Instagram. Advertisers certainly go far in bringing forth this message. If we don’t live up to these artificial standards, we aren’t quite “good enough.” Many of us aren’t even aware of how we may be influenced by these messages.

This can be hard on a person’s self-esteem. Pessimists may frantically try to keep up, trying one self-improvement method after another, only to become depressed when faced with failure. They strive for perfection, and that is the opposite of optimism.

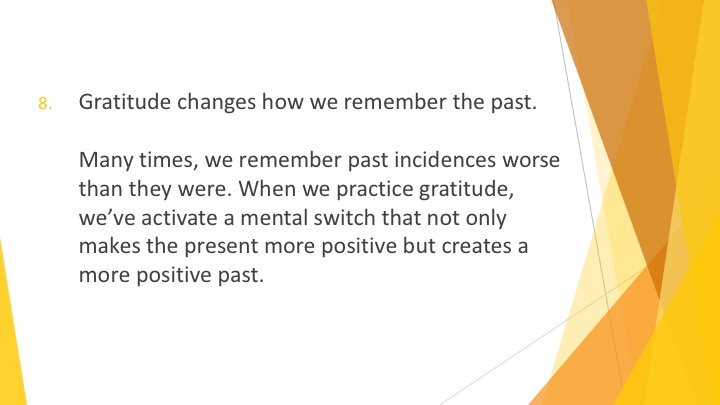
By developing self-esteem, optimists feel good about themselves, regardless of where they are in life. They are “enough” at any point in time. Of course, they can work for more, and usually do. But their self-esteem is never dependent on material goods. It’s a feeling that optimists cultivate deep within themselves. They are grateful for what they have right now, and grateful for the possibility of having more in the future.



**S7 :**

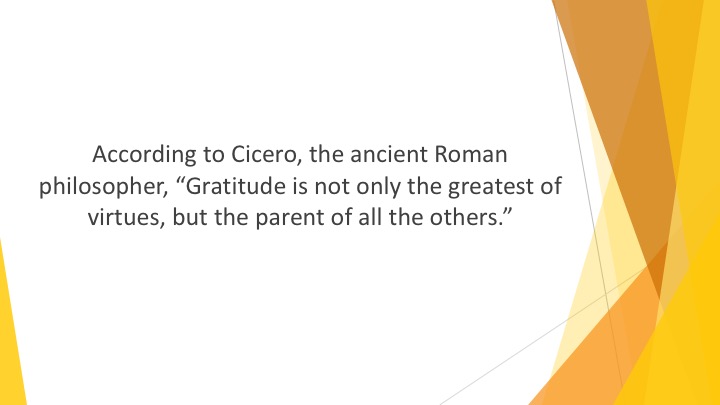
6. Gratitude helps us enjoy a better night’s sleep. Optimists spend less time worrying and more time actively pursuing their goals, so their mind is at ease. They fall asleep quicker and enjoy a more peaceful night’s rest.

7. Gratitude helps us cope with adversities. Optimists are more likely to be pro-active in their actions when things go wrong than pessimists.

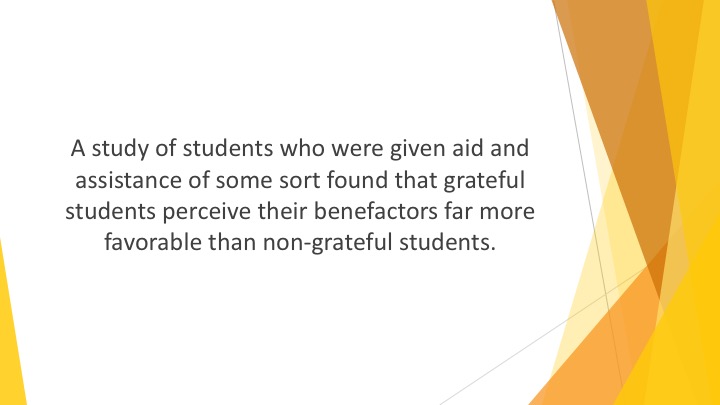


**S8 :**

8. Gratitude changes how we remember the past. We may think of memories as absolutes, but they are rarely set in stone. Pessimists can remember the past as being bleak, as in, “I was always miserable,” “I was never hugged.” The problem with “always” and “never” is that they can distort memories and block out the good as we focus only on the bad. Many times, we remember past incidences worse than they were. When we practice gratitude, we’ve activate a mental switch that not only makes the present more positive but creates a more positive past. In that respect, we can indeed change the past. This lessen the grip that the past has over us and allows us to let go and enjoy the present and plan for a better future.

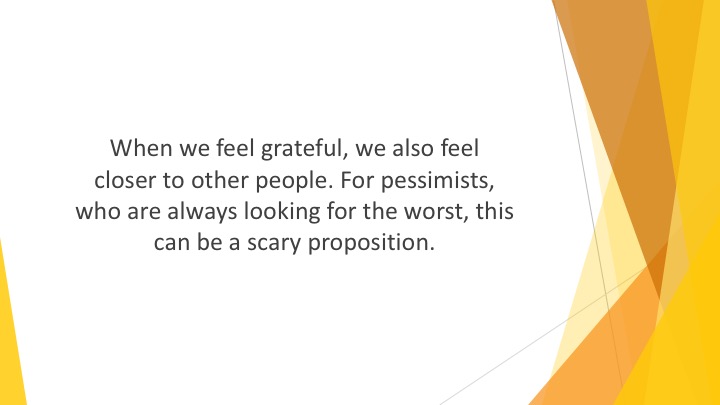


**S9 :** According to Cicero, the ancient Roman philosopher, “Gratitude is not only the greatest of virtues, but the parent of all the others.” When we have gratitude, we can make anything else possible. Studies have shown that grateful people interpret events differently than less grateful people.

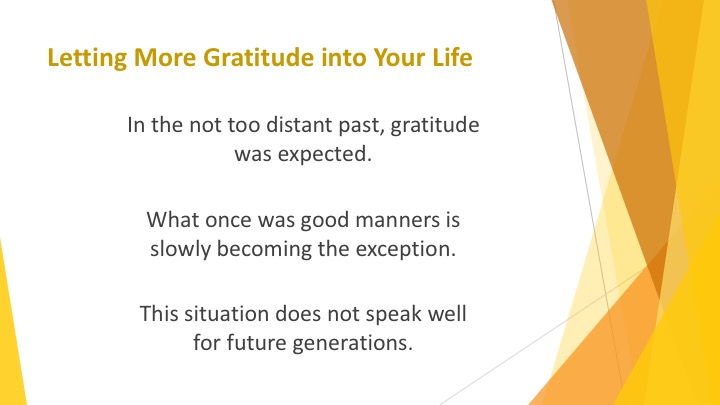


**S10 : Overall Health**

A study of students who were given aid and assistance of some sort found that grateful students perceive their benefactors far more favorable than non-grateful students. Pessimists invariably find reason to complain, and that makes gratitude very difficult.

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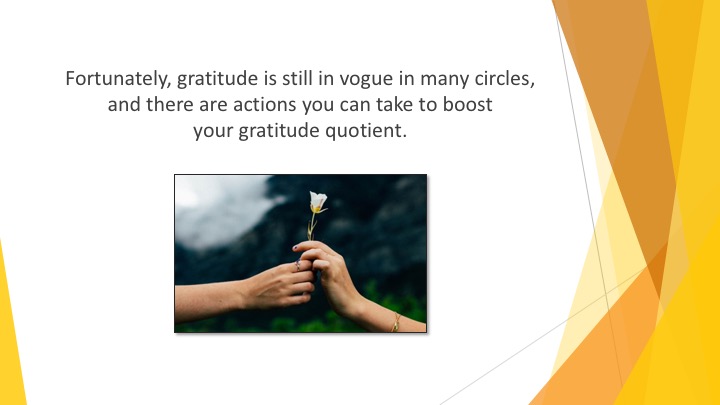
**S11 :** When we feel grateful, we also feel closer to other people. For pessimists, who are always looking for the worst, this can be a scary proposition. Being close to people makes them vulnerable.



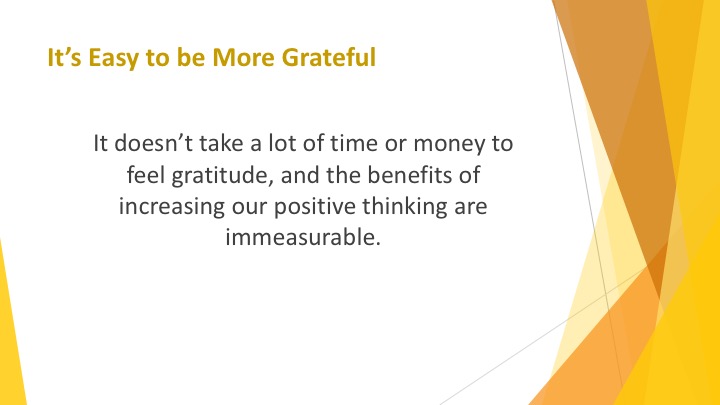
**S12 : Letting More Gratitude into Your Life**

In the not too distant past, gratitude was expected. Thank you letters and reciprocal kindness was the norm. Regrettably, this is becoming a lost art. Grandparents and givers of gifts wait in vain for a note, or even a phone call, of appreciation and gratitude. Brides complain that the value of their wedding gift wasn’t enough to cover the cost of the meal. What once was good manners is slowly becoming the exception.

This situation does not speak well for future generations. A recent Twitter rant highlighted the extent to which many people today lack gratitude and optimism. A young woman had received a number of Christmas presents from an aunt. Instead of simply saying “thank you,” said young lady ranted about how the aunt should have given her gift cards instead of “forcing” her to accept the aunt’s choices, and that the aunt was stupid and thoughtless and certainly wouldn’t be receiving any thank you for her “horrendous and thoughtless” actions. To say that this is an unhappy and miserable young woman would be an understatement. Talk about focusing on the negative …

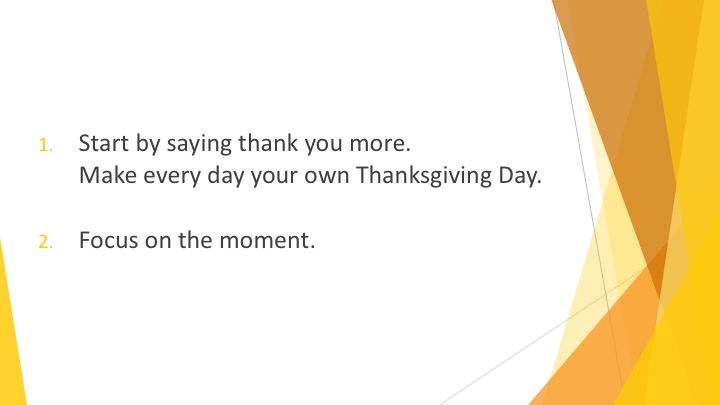


**S13 :** Fortunately, gratitude is still in vogue in many circles, and there are actions you can take to boost your gratitude quotient.



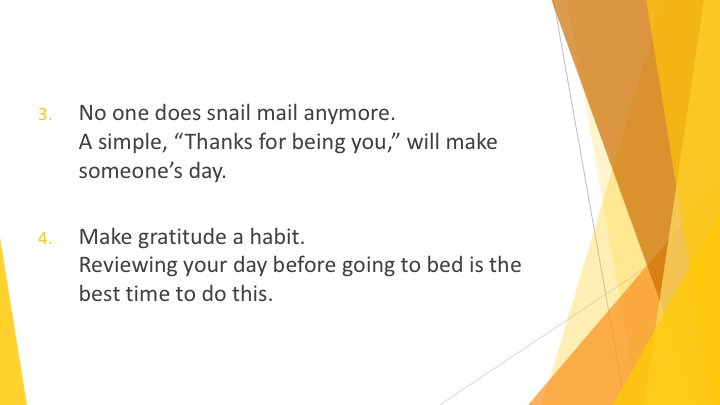
**S14 : It’s Easy to be More Grateful**

It doesn’t take a lot of time or money to feel gratitude, and the benefits of increasing our positive thinking are immeasurable.



**S15 :** 1. Start by saying thank you more. Show gratitude to your loved ones for being in your life. Say thank you to the waiter or clerk who has contributed to your day in many intangible ways. Genuinely feel the gratitude. We spend one day a year, Thanksgiving, giving thanks. Make every day your own Thanksgiving Day.

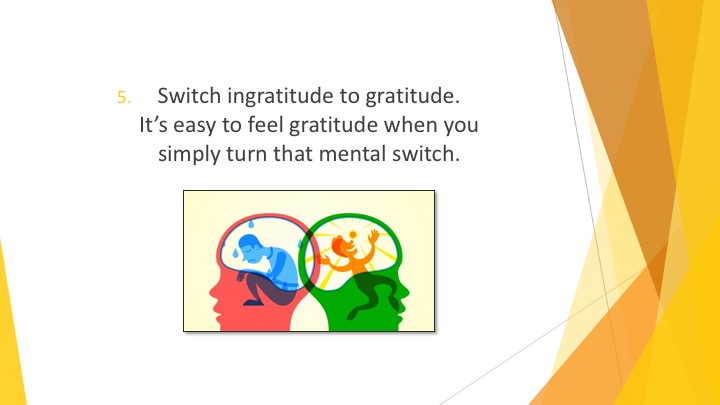
2. Focus on the moment. Truly appreciate the food you are eating instead of worrying about a report while not tasting what you are eating. Enjoy the sunshine instead of worrying when it will begin to rain. Simply be quiet for a few minutes and embrace all of the abundance and goodness around you.



**S16 :**

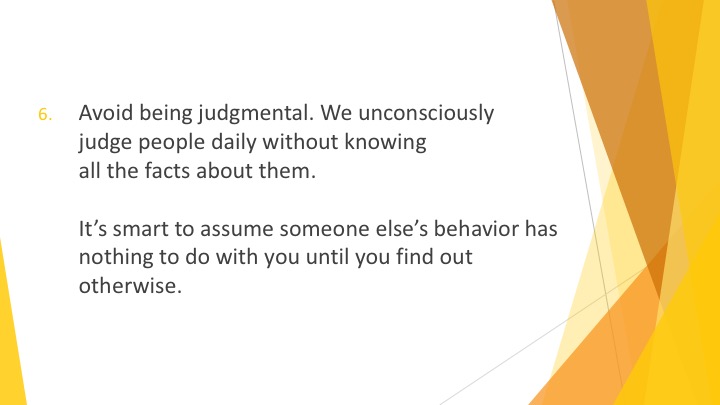
3. No one does snail mail anymore. So, imagine the surprise when you write to an old teacher, neighbor, co-worker who has made a difference in your life. It doesn’t have to be anything elaborate. A simple, “Thanks for being you,” will make someone’s day.

4. Make gratitude a habit. Set aside a few minutes every day to remember all the reasons you have to be thankful. Reviewing your day before going to bed is the best time to do this.



**S17 :**

5. Switch ingratitude to gratitude. When you find yourself fuming because the bus is late, imagine that there aren’t any buses and you’d have to walk. Does the long line at the market make you feel impatient? Imagine there were no supermarkets and you have to walk from small store to small store for hours. Does your best friend drive you crazy occasionally? Imagine the thousands of lonely people without companionship. It’s easy to feel gratitude when you simply turn that mental switch.



**S18 :**

6. Avoid being judgmental. We unconsciously judge people daily without knowing all the facts about them. Did you co-worker snap at you? Maybe she has a sick child at home or in the hospital. Did you neighbor fail to acknowledge your greeting? Perhaps he or she is worried about losing his or her job. It’s smart to assume someone else’s behavior has nothing to do with you until you find out otherwise.