



# Attitude of Gratitude

## What is a gratitude?

### Wiki definition:

Gratitude, thankfulness, gratefulness, or appreciation is a positive [emotion](#) or attitude in acknowledgment of a benefit that one has received or will receive.

### Easy Definitions

*Being thankful*

*The unthankful heart... discovers no mercies; but let the thankful heart sweep through the day and, as the magnet finds the iron, so it will find, in every hour, some heavenly blessings! ~Henry Ward Beecher*

*"We can only be said to be alive in those moments when our hearts are conscious of our treasures." — Thornton Wilder*

*"gratitude is the parent of all virtues."- Cicero*

Modern psychology has studied gratitude extensively and found that expressing qualities of gratitude have an amazing ability to reduce stress, promote longevity and health and to promote happiness. It is easy to see how those who are thankful for the people and experiences around them are the most happy and emotionally stable. Yet sometimes we get in the habit of overlooking the positive things in our lives and focusing on the negative events. In the process of becoming great martial artists, we must commit to cultivating an attitude of gratitude.

Journal assignment #1: Make a master list of everything you are grateful for in your life.

Journal Assignment #2: Each day, reflect on the day write down something you are grateful for that happened that day.



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