



The Best Attitude Is Gratitude

How often have we been told to be grateful? It is an expression most of us hear from an early age. For example, “Be grateful that you’re in good health” or “Be grateful you have a roof over your head.” I would agree that both of those things are pretty important.

When we are told to be grateful, some of us indeed are, but unfortunately, some of us are inclined to half-heartedly say, “Yeah, yeah.”

Gratitude is all too often cast aside when it should be embraced. To my mind, *the best way to be filled with gratitude is to show gratefulness.* The best way to obtain richness is to show gratitude. Abundance is the result of appreciation, not accumulation. I don’t mean you need to show it in a flashy way, but to embrace and live your gratitude.

With Thanksgiving just a few weeks away, here are seven ways in which any

one of us can show gratitude:

- 1. Do something nice for someone anonymously.** Former UCLA basketball coach John Wooden said, “You can’t live a perfect day without doing something for someone who will never be able to repay you.” Instead of attaching our name to something we did for someone, do it namelessly because we appreciate what we have. Doing or giving anonymously intensifies our relationship with the spiritual and always results in our feeling better about ourselves. Anonymous giving is *not* about money or ego, but an intention. It shifts the focus from you to them. The manner of giving always has been, and always will be, worth more than the gift.
- 2. Listen without sharing about yourself.** Someone reaches out to you for help. Maybe they are sad or lonely, going through a bad financial time or a physical challenge. They might see you as someone with power or abundance or great happiness or compassion. They need you to listen. Instead of saying “I know just how you feel,” reflect on what they are saying. Be mindful of their situation and remember that life can change, literally, in a heartbeat. Celebrate your gratitude by understanding that all of us need help from time to time. Also recognize that someone needing you is a blessing beyond riches.
- 3. Thank someone with a thank you note.** I am a huge proponent of thanking people by writing in a card something that expresses your appreciation. Whether you were given an unexpected gift or someone treated you to a delicious dinner, there is nothing like sending a handwritten note of gratitude. I am not talking about a post on Facebook or an email, but an actual, handwritten note. A handwritten note shows how much you care.
- 4. Engage with the world.** If you want to show gratitude, show the world that you care. I once knew a person who reminded me of King Midas, remembered in Greek mythology for his ability to turn everything he touched into gold. Hence the “Midas Touch!” The person I know became wealthy through real estate investing, and as his wealth grew, he retreated into his home. There were hundreds of things he could have done from coaching a kids' baseball team (he was a former minor league player) to attending community meetings and supporting local philanthropic events. Having abundance is not the same thing as living an abundant life.
- 5. Believe in something bigger.** I am not suggesting or promoting a particular belief, but explaining that the image of the self-made person is largely a myth. We might undoubtedly work hard or have an incredible focus to achieve a goal or hit upon an unbelievably tremendous idea, but even if one never showed gratitude by thanking God, there are surely parents or teachers or mentors to thank. As I speak, I am reminded of the people in my life who influenced me to become who I am today. When you believe in something bigger, you strive to enhance people as a result of them being around you so that when you are not around they remember your inspiration.
- 6. Love people as yourself.** To have abundance, to say you are grateful and not see the stranger in need, is to believe that your “luck” was deserved and theirs was not. I don’t know who said it, but “There but for the grace of God go I” is a phrase upon which we should reflect. Our society is not always fair. If we can assist the stranger in need, even in the

smallest way, we have helped repay some of which we might otherwise take for granted.

- 7. Recognize it is never too late.** If we are going through a rough time, it is never too late to express gratitude for the things we do have. There is a story I once heard of a family that endured The Great Depression of the 1930s. Every penny was pinched, everyone worked, everyone struggled. Yet, once a week, the mom found a way to buy a gallon of ice cream. On Sundays, she served ice cream for dessert to the large family. Years later, one of the children recalled, "Whenever I think of those times, I don't think of the dingy apartment or accepting hand-me-down clothes, but how delicious the ice cream tasted. I have always taught my children to be grateful for the smallest blessings."

The secret to having it all is knowing you already do. Expect nothing and appreciate everything, because *the best attitude is gratitude.*

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York Electric Cooperative Team

“One minute we were belly laughing, and the next we had our tissues out wiping compassion tears. You are the best. We could not have asked for anything more.”

Paulette L. Warmoth, York Electric Cooperative, Inc.

“Your message is a great reminder of things we may have known in the past that develop new meaning as we experience changes in our lives. Your refreshing perspective is enjoyably effective.”

Gary Langston, IMTA

“Members used words to describe your message like awesome, incredible, talented and funny, and the list goes on.”

**Jerry Gunter & Mike Mabe, Greensboro North Carolina,
Financial & Administrative Services**

“Simply put, the 90 minutes in which you spoke were not only captivating but absolutely hilarious! In between your interactions with the crowd, I do not believe that you could hear a sound throughout the room. Every single person was not only engaged, but all eyes were locked on you.”

Judy Rang, The Pennsylvania State Council of SHRM, Inc.

LOOKING AHEAD...

Steve's November 2018 Schedule

- 1 - Falls Church, VA
- 2 - Charlotte, NC
- 6 - Kansas City, MO
- 7 - Rosemont, IL
- 8 - Naples, FL
- 9 - Loretto, MN
- 13 - Louisville, KY
- 14 - Huntington Beach, CA
- 15 - St. Paul, MN
- 16 - Savannah, GA
- 27 - Winston-Salem, NC
- 30 - Greenville, SC

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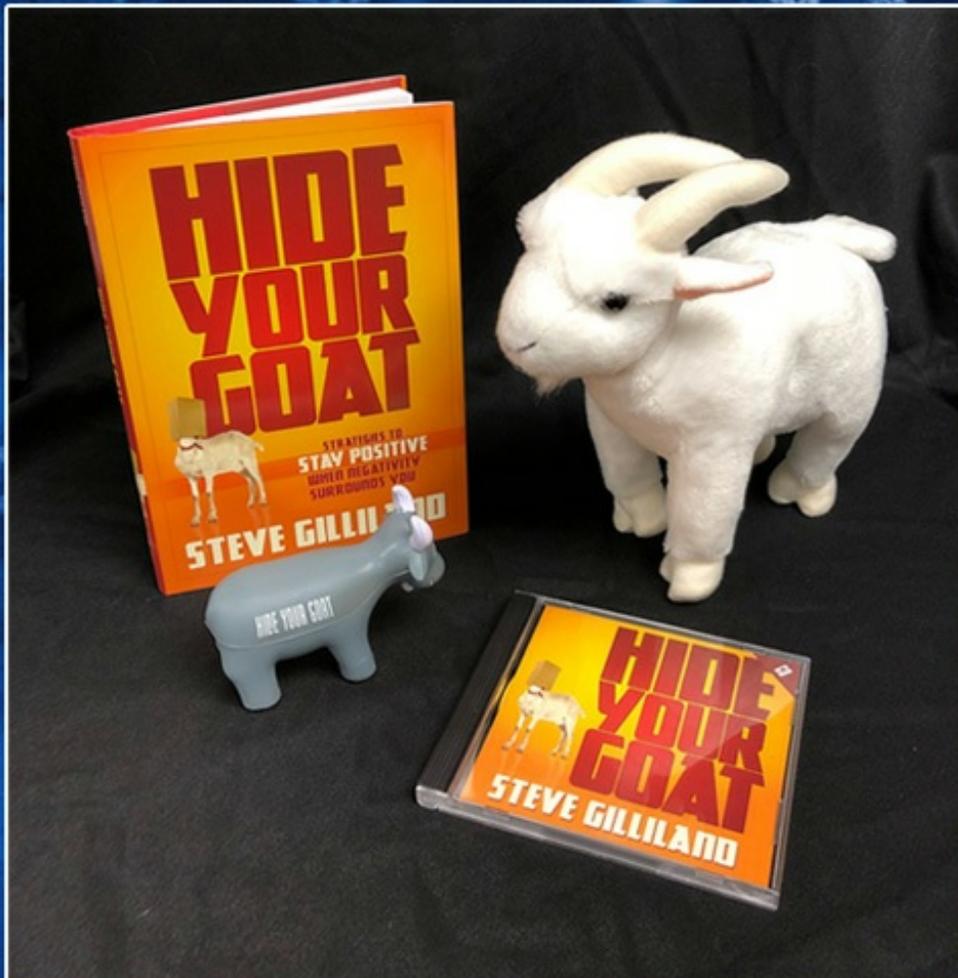
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