

# Tip of the Month

## Attitude of Gratitude

In this month of giving thanks, I invite you to try on an Attitude of Gratitude. Being grateful for what we have—rather than focusing on what we don't have—can be a game-changer.

What do I mean by this? Have you ever noticed that what we focus on tends to expand? With thousands of thoughts racing through our minds every day (the majority of which are negative and subconscious), it seems natural to focus on our fears, our complaints, and our concerns. This is human nature.

However, when life isn't going the way we would like, we can still choose to respond with gratitude. Despite our circumstances, we can ask ourselves, "What am I grateful for?" Is it your home? Your family? Your health?

Some of you may even decide to write down what you are grateful for. Start by writing one thing you are grateful for in the morning and another before you go to bed.

As you become more conscious of your thoughts, you will be empowered to choose which ones you're willing to put up with in your head! You will notice interesting people and details you hadn't noticed before. You will be more likely to reach out and help someone else, which could inspire gratitude in others!

How will YOUR LIFE shift when you choose an Attitude of Gratitude? How will you positively impact someone else? How will you make our world a little brighter, no matter your situation?

Wishing you and your loved ones a happy and healthy Thanksgiving holiday.

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November, 2014