



Asian Woman focus

INSPIRING ASIAN WOMEN EVERYWHERE TO LEAD
EMPOWERED, PASSIONATE AND FULFILLED LIVES

Newsletter packed with ideas, latest research, tools & techniques
specially geared to supporting Asian women excel in their career,
relationships, family and in celebrating their own individuality.

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April 2011 ISSUE 10

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- ◆ Feature article: Accessing the Power of Gratitude

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I recently came back from India after having said my final farewell to my much loved father. As I scattered his ashes in the flowing water, the sadness was coupled with a deep sense of gratitude. Gratitude for being the daughter of a great man, gratitude for having maintained a fulfilling relationship with him through thick and thin, gratitude for having witnessed and learnt from his humanity and been inspired by how he overcame challenges, I couldn't even imagine. And gratitude for a million and one other things that makes my memories of him warm and compassionate.

Accessing the Power of Gratitude

The practice of gratitude as a tool for happiness has been in the mainstream for years. Long-term studies support gratitude's effectiveness, suggesting that a positive, appreciative attitude contributes to greater success in work, greater health, peak performance in business and sport, a higher sense of well-being, and even faster rate of recovery from surgery.

But while we may acknowledge gratitude's many benefits, it still can be difficult to sustain.

So many of us are trained to notice what is broken, undone or lacking in our lives. And for gratitude to meet its full healing and performance potential in our lives, it needs to become more than just something we think is a good idea.



**We have to learn a new way of looking at things, a new habit...
...and that can take some time.**



That's why *practicing* gratitude makes so much sense. When we practice giving thanks for all we have, instead of complaining about what we lack, we give ourselves the chance to see all of life as an opportunity and a blessing.

Remember that gratitude isn't a blindly optimistic approach..

..in which the bad things in life are whitewashed or ignored. It's more a matter of where we put our focus and attention. Pain and injustice exist in this world, but when we focus on the gifts of life, we gain a feeling of well-being. Gratitude balances us and gives us hope.

There are many things to be grateful for: colorful autumn leaves, legs that work, friends who listen and really hear, chocolate, fresh eggs, warm jackets, tomatoes, the ability to read, roses, our health, butterflies.

What's on your list?

Some Ways to Practice Gratitude

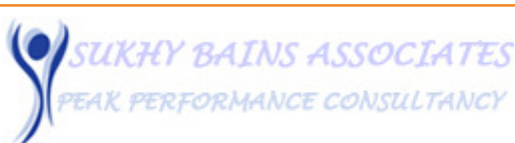
- Keep a gratitude journal in which you list things for which you are thankful. You can make daily, weekly or monthly lists. Greater frequency may be better for creating a new habit, but just keeping that journal where you can see it will remind you to think in a grateful way.
- Make a gratitude collage by drawing or pasting pictures.
- Practice gratitude around the dinner table or make it part of your nighttime routine.
- Make a game of finding the hidden blessing in a challenging situation.
- When you feel like complaining, make a gratitude list instead. You may be amazed by how much better you feel.

Notice how gratitude is impacting your life. Write about it, talk about it, express thanks for gratitude.

As you practice, an inner shift begins to occur, and you may be delighted to discover how content and hopeful you are feeling. That sense of fulfillment is gratitude at work.



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