

# Growing some gratitude

I feel the flipside of gratitude manifests as complaining. Finding fault. Always a problem. Glass half empty stuff. What a sad way to go through life. Gratitude, on the other hand, feels like a flower unfurling to receive the sun. It has a positive openness about it.

Teaching your kids how to foster gratitude can be a game-changer for your family. Rather than spending time complaining about what's wrong, they'll start to look for the positives in their life, spiralling up instead of down.

**There are many ways to grow a little gratitude in your daily life, so here are a few of my suggestions:**

- ☉ On your next car trip, take turns to each say something you're grateful for, doing a few rounds.
- ☉ Have each family member write or draw three things they're grateful for on a fridge whiteboard or notepad every morning. Then ask them about it when you have time.
- ☉ When something challenging comes up, look for a positive in it that could benefit you.
- ☉ Put in the effort to help someone you know who is going through a difficult time. Great for instilling some appreciation of what *you* have!
- ☉ Teach your kids to express their gratitude to others through spoken words, a little note or card, or by doing something for them in return.
- ☉ During dinner, each share the best part of your day, finishing with something you're grateful for.
- ☉ Set up a "Gratitude Bowl" with cut-up pieces of colourful paper beside it, then encourage all family members to write (help the littlies!) or draw something they're grateful for and put it in the bowl. Make a set time every week or fortnight to read them out together.

Prompt your kids to be specific in describing what they're grateful for. Instead of just saying, "My mum", "My dad", "My house", encourage them to extend that to "Mum's loving hugs", "The way Dad plays with me" and "My warm house in winter". Ask them to be creative and notice the little things in their life – "Crunchy Cornflakes for brekkie", "My soft and comfy pillow at night", "The wind in my face when I ride my bike", or "The way Ozzy wags his tail when he sees me". This helps them to really notice the good bits.

Gratitude opens the door to abundance because it creates the attitude that you *already* have a lot to be thankful for; the Law of Attraction in action. What you focus on expands, so start looking for the good in your life and enjoy seeing what grows.

**"Acknowledging the good that you already have in your life is the foundation for all abundance."**

Eckhart Tolle