



**Annette Estes**  
**Columnist**

## **Professional Development**

### **The Gratitude Attitude**

Is there anyone not happily anticipating the upcoming Thanksgiving holiday? What do you love about it? The four-day weekend, the food, the football? Yes, all that and more.

We set aside this day each year to focus on our blessings and be thankful for all we have. Yet I believe it's important to be grateful everyday if we want to have more abundance in our lives.

I've learned these are not just pretty words. When one adopts a grateful attitude all the time, life gets better. We get more and want for less.

How easy it is to feel bad when things go wrong and focus on what we want that we don't have. And what happens? We get more lack.

I meet so many people now who believe as I have for a long time that our outer world is controlled by our inner state of mind. If we think positive thoughts, good things will happen; conversely negative thinking brings all kinds of ills upon us.

Of course, believing and practicing are not the same thing. My life was changed when someone sent me an email that directed me to a website for a free book. I downloaded it, printed it, and read it. I then started practicing what I'd read.

The book is "The Principle" by Don Ginn. I wish I could send you to his website, but a new one is under construction and the book isn't there any longer. However, if you'll send me an email with the words "Gratitude book" in the subject line, I'll send it to you.

Ginn's message is that if we want more abundance in our lives, we must actively practice being grateful for all that we *do* have. Not just on Thanksgiving, but every day – every moment if possible.

He mentions a practice that Oprah Winfrey told her viewers about. Get a notebook and write down at least three things you're grateful for every day. I do this every night as soon as I get into bed. I'm up to number 2,005 as of this writing. (At number 2,003 I wrote "This year.")

I've repeated myself often in my journal, and I tend to write down the good things that happened that day. Sometimes I list things like sunsets, flowers, and beautiful weather. Other times I'm more practical and write things like electricity, computers, and

my car. Of course, I'm thankful for good health, prosperity, and my work. I often list things I'm grateful for that I don't have yet because I know they'll be there when the time is right for me to have them. I've written the names of many people, some of them more than once.

The point is, by focusing on and being grateful for what we have, we attract more good into our lives. By focusing on our lack, we get more lack. I think that's what Christ meant when he said, "For whosoever hath, to him shall be given, and he shall have more abundance: but whosoever hath not, from him shall be taken away even that he hath." (Matt. 13:12)

When I was very young, I thought that sounded kind of mean. But now I realize He's talking about having an abundance consciousness versus a consciousness of lack.

Someone told me once of a study that showed if a wealthy person found a penny lying on the ground, he or she would pick it up. But a poor person would leave it there because it was only a penny. Interesting.

Since I began my journal and started consciously practicing being grateful, I've found more money than I ever had before. My biggest haul to date was finding two rolled-up five-dollar bills as I was leaving a movie theater.

One day recently I said to myself, "I'm going to find money today." Sure enough before long I found a penny on the ground.

Another time I was walking in my neighborhood thinking about an uncomfortable situation I was having with some other people. I thought of a way to resolve the problem to everyone's benefit and felt good about it. At that moment, I looked down and found a quarter. I couldn't help but feel I was being rewarded for my positive thoughts. I smiled and said, "Thank you!"

If you're not keeping a Gratitude Journal, I suggest you begin today. If you find yourself feeling resentful because you don't have something you really want or if you're feeling a lack of abundance, change your thinking. Think of the business you *do* have, the money you have, the love you have, and you will get more. Maybe not overnight, but eventually you will reap what you sow. Thoughts of abundance, health, wealth, and happiness will bring more of these things into your life.

Don't believe me? Try it.

Annette Estes is a Certified Professional Behavioral and Values Analyst, Coach, and Consultant. She helps business owners reach goals and resolve conflicts. She is also a professional speaker and author of the book, *Why Can't You See it MY Way? Resolving Values Conflicts at Work and Home*. Contact her at [Annette@CoachAnnette.com](mailto:Annette@CoachAnnette.com) or call The Estes Group at 864-244-1156.

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