



For most, gratitude is a pure, straightforward thank-you. For others, a half-hearted thank-you text or card may seal the deal. But in psychology, it is not just an offhand action. Gratitude is a positive emotion that goes a long way in contributing to happiness. Recognition entails more than feeling thankful for an act of kindness or a condition; it involves a deeper appreciation for someone or something. It affirms the graciousness of the giver. When we focus more on the many blessings in our lives, we are more contented, cheerful, and generous. The feeling goes both ways.

The giver derives immense joy from the act, and the receiver appreciates the kindness.

In a fast-paced world like ours, it is not unusual for daily blessings to go unnoticed. We often overlook the little acts of kindness we experience every day. Small acts of kindness shown daily culminate in a happier life. Whether receiving or giving gratitude, scientific studies prove that the result is immense happiness.

## **Better Health**

Gratitude increases optimism, and optimism has been proven to boost the immune system. According to a study by Harvard Medical School, those who are optimistic live happier, healthier, longer lives.

## **New Relationships**

Saying thank you may be good manners, but showing appreciation can help you create new friendships and live a happier life. A 2014 study found that thanking an acquaintance for kindness more often than not prompts them to seek a deeper relationship with you. It doesn't matter how small the kindness. Simply acknowledging little deeds leads to new relationship opportunities and, of course, more happiness.

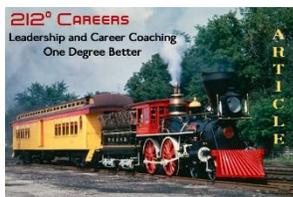
## **Less Depression**

Counting your blessings goes a long way in loving yourself without undue comparison. According to a study, a single act of thoughtful appreciation increased happiness by 10% and reduced depression by 35%.

## **Business Health**

As an entrepreneur or a team player, gratefulness is non-negotiable. Everyone loves to be appreciated. So think of the world of good it would do your business if you showed more gratitude in your life. Send a thank you email or card. Say thanks when someone goes out of their way to make your life and business easier. Showing gratitude to workers, clients, and investors makes everyone happier and gives your business the boost it needs, because everyone you deal with will feel appreciated.

*Cultivating and sustaining an attitude of gratitude goes a long way in helping you achieve happiness since there is virtually no downside to this simple act. Though it may seem taxing at first, it becomes easy with persistence.*



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