

# Attitudes of Gratitude

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# The Magic Word

- The good things in life
- The things that bring us joy
- It affects our health, our future, our families

Gratitude  
is the best  
Attitude



# Close your Eyes

- Let your imagine run wild
- For what are you grateful?
- Meditate
- Keep a diary, a journal, post pictures, write



# Life's Little Lessons

- Learn to be grateful for what you already have
- Be thankful for what you have while you pursue all that you want
- Focus on what you want in life
- Act as if it has already happened
- Determine what you are prepared to offer
- Establish the exact date
- Develop a clear plan
- Read the written statement out loud two times daily

*Napoleon Hill*

# Start at the Beginning

- Your parents
- Your family
- Your friends/mentors/neighbors/business partners



# The Uniqueness

- Our culture
- Our diversity
- Our knowledge, skills, and abilities



# Nutrition for the Mind

- You are what you read
- You are who you surround yourself with

'At times our own light  
goes out and is rekindled  
by a spark  
from another person.  
Each of us has  
cause to think with deep  
gratitude of those  
who have lighted  
the flame within us.'  
-Albert Schweitzer

# What is Health?

- More than the absence of disease
- Your responsibility
- Depends on you, and your attitude toward your most vulnerable commodity





# Gratitude for Health

- Stress buster: helps us to manage stressors
- Immune booster: more optimistic
- Adversity: sense of increased belonging (post 9/11)

# What you can do...

- Strive to balance and integrate your physical, emotional, mental, and spiritual aspects
- Establish respectful, cooperative relationships with your family, friends, community, and the environment
- Gather information and make informed wellness-oriented choices
- Actively participate in your health decisions and healing process.

# Your TEAM

- The **physical** you requires good nutrition, appropriate weight, beneficial exercise and adequate rest.
- The **emotional** you needs to give and receive forgiveness, love and compassion; needs to laugh and experience happiness; needs joyful relationships with yourself and others.

# Your TEAM...

- The **mental** you needs self-supportive attitudes, positive thoughts and viewpoints and a positive self-image.
- The **spiritual** you requires inner calmness, openness to your creativity, and trust in your inner knowing.



# The Captain

- A comfortable, healthy balance between your physical, mental, emotional and spiritual aspects doesn't happen accidentally.
- Someone has to be in charge, and that someone is always you.



# Ask yourself...

- Do you wake up with enthusiasm for the day ahead?
- Do you have the high energy you need to do what you want?
- Do you laugh easily and often, especially at yourself?



# And...

- Do you confidently find solutions for the challenges in your life?
- Do you feel valued and appreciated?
- Do you appreciate others and let them know it?
- Do you have a circle of warm, caring friends?



# Finally...

- Do the choices you make every day get you what you want?
- If you answered "no" to any of these questions, congratulations! You have identified areas in your life that you may want to change. This can be valuable information.





# Attitude is...

- Disposition
- Perspective
- Viewpoint
- Outlook



*“What we see depends mainly on what we look for.” Sir John Lubbock*

# The Shoes

## ATTITUDE

Many years ago,  
a large American shoe manufacturer sent two of its  
salesmen to the isolated outback of Australia.

In a short time, the company received a  
telegram from each of the sales reps. One said,  
"No business here. Aborigines don't wear shoes."

The other said, "Great opportunity here!  
Aborigines don't wear shoes!"

# The Plan

- Keep your options open
- Cross pollinate
- Follow your heart's desire
- Live a little
- Visualize
- Be curious
- Network with like-minded people



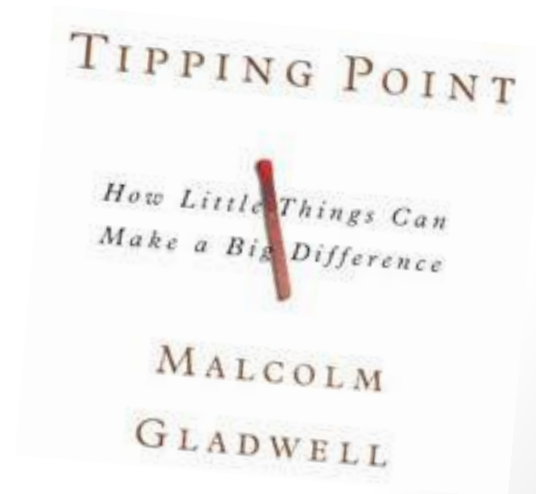
# Be a participant - not a spectator

- No one's life is perfect.
- We all have difficult situations, hard times, losses to deal with.
- Some people's lives seem to work better than others.
- Have you ever wondered why?



# The Tipping Point

- Malcolm Gladwell tells us that change is possible
- Forces come together – that result in large-scale change



# Julia Cameron

- “Bless not only the road but the bumps on the road. They are all part of the higher journey.”



# A Servant Leader

- Listen
- Appreciate
- Respect
- Develop
- Unleash



# Be your own Cheerleader

Breathe. Let go. And remind yourself that  
this very moment is the only one  
you know you have for sure.”

-Oprah Winfrey



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感 GRATITUDE

Within the characters for thanks  
and feelings are embedded the  
symbols for heart and speech.  
From the heart, with feeling,  
I express my gratitude.

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