

Five Words For Living Well

Gratitude - a feeling of thankfulness and appreciation.

"The best way to show my gratitude to God is to accept everything, even my problems, with joy." ~ Mother Teresa

Gratitude has long been recognized as an essential virtue in all of the world's great religious traditions. Scriptures abound with admonitions to express gratitude for everything in life and to practice gratitude in our daily lives. The Book of Psalms, for instance, is rife with songs giving thanks to God.

"If the only prayer you said in your whole life was, 'thank you,' that would suffice." – Meister Eckhart

Gratitude helps remind you of the positive things in your life and it reminds you of what's important. Gratitude reminds you to thank others. Thankfulness and appreciation throughout each day can help you see things more positively and reduce stress to maintain balance and joy for living.

"Gratitude can turn a negative into a positive.
Find a way to be thankful for your troubles and they can become your blessings."
~ Author Unknown ~

Attitude - a complex mental state involving beliefs and feelings and values and dispositions to act in certain ways

"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."
~ Thomas Jefferson ~

"Weakness of attitude becomes weakness of character." ~ Albert Einstein

Our attitude about the world in which we live, toward ourselves as individual persons, and to how and why we need to interact within community is vital. We must be acquainted with the abundant probabilities of life and the possibilities of talent and ability in order to become truly productive in our lives. There is value in knowing our Persona, who we really are and are meant to be, in order to be persistent in going about our life's work so that we can persevere in sharing our creativity and contributions.

Having a great and positive attitude will enable us to begin any new venture and learn to survive. As we continue to gain experience and prowess in what we are meant to be doing in life we can gain the security we need to continue and improve. Moving on toward a maturity in our life's work, we are able to experience our significance in being who we are and in what we do.

Beginning with gratitude and a positive attitude, we have three other important words that are essential to our living well throughout our lives. These three words that follow are most important in enabling us in maintaining and sustaining positive values for living well.

FAITH to me is (**F**inding **A**uthenticity **I**n **T**oday's **H**appenings). I like to use the word faith in an active way and not as a statement of creed, doctrine, or denomination. Life, to be lived well, should be

active and intense. Finding what is authentic in our lives today and using that authenticity in the way we live and move and have our being can be very beneficial.

HOPE, to me, is being (**H**abitually **O**pen to **P**rogressive **E**xploration). People often use the word hope to express a good feeling or dream. There is nothing wrong with having a dream and feeling good, but finding one that is useful is much more important. For me hope is a habit of being open to ongoing exploration toward making the dream come true. Hope is a plan toward progress for accomplishing the goal of a successful and satisfying lifestyle.

LOVE should not be just a warm sentiment or an enjoyable feeling. Love is the way we must live our lives, (**L**imitless **O**fferings **V**eraciously **E**xpended). Love is an offering of deep affection or devotion to another, from the core of our being as a veracious (truthful) gift, expended (offered) limitlessly.

As truly thankful people filled with Gratitude and with a strong wholesome attitude we are much more likely to practice Faith, Hope and Love. Living well involves all of our mind, body, and spirit.