

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: REPLACE AN ANGRY THOUGHT WITH A GRATEFUL ONE



Have you seen angry thoughts appearing in your mind lately? Shift that thought to a grateful one.

As songwriter Willie Nelson once said, "One you replace negative thoughts with positive ones, you'll start having positive results." How exactly do we do that when things around us may feel frustrating or stressful? It may take some gratitude. Gratitude is a powerful tool that we can use to shift our mood into a positive one.

Gratitude can be defined as the act of expressing thankfulness and can be practiced in many different ways, such as sending a kind note to a friend, volunteering to help a family member or reminding yourself of all that you feel fortunate to have. When we dive deep into our gratitude in the face of an angry thought, we are choosing to feel good and to not let the angry thought take over our emotions. We also prepare ourselves to share the positivity that comes with our gratitude.

Practice Gratitude Today:



1. PAY ATTENTION TO YOUR THOUGHTS AND NOTICE IF AN ANGRY ONE APPEARS.
2. IF THIS OCCURS, TAKE 3 DEEP BREATHS IN THROUGH YOUR NOSE AND OUT THROUGH YOUR MOUTH.
3. AS YOU BREATHE, THINK ABOUT ONE THING YOU ARE REALLY GRATEFUL FOR AND THE REASONS YOU APPRECIATE IT. THIS ONE THING CAN BE A PERSON, YOUR HOME, THE FOOD YOU EAT, YOUR FAVORITE PLACE TO VISIT, OR ANYTHING YOU FEEL GRATITUDE FOR.
4. GO DEEP WITH THIS GRATEFUL THOUGHT. REALLY IMAGINE YOU ARE WITH THAT PERSON, IN YOUR HOME, EATING THAT FOOD, OR AT YOUR FAVORITE PLACE. MAYBE RECALL A MEMORY IN WHICH YOU FELT ESPECIALLY GRATEFUL FOR THAT ONE THING. REMIND YOURSELF HOW IT MAKES YOU FEEL TO HAVE IT.
5. AS YOU FOCUS ON THESE GRATEFUL THOUGHTS, NOTICE HOW YOUR MOOD IS AFFECTED AND HOW THIS HAS MADE YOU FEEL.



Parent Practice Tip:

Share with your children an angry thought that you have had recently and provide an example as to how this can shift to a grateful one. Explaining your feelings to them may help them understand their own.

To Learn More:

- [Being Grateful in Any Situation](#)
- [Kid President 25 Reasons for Gratitude](#)
- [5 Min. Gratitude Meditation for Children](#)

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