

Forum:[Hack Forums](#)

Thread: [The Power Of Gratitude ~ How Practicing Thankfulness Can Change Your Life !](#)

Eran - October 16, 2024, 4:59 pm

p r e s e n t s

G R A T I T U D E
P R A C T I C I N G . T H A N K F U L N E S S

The more you practice the art of thankfulness, the more you have to be thankful for.

Gratitude is the ability to experience life as a gift. It liberates us from the prison of self-preoccupation.

If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get

Intro

Gratitude can improve your mental, physical, and emotional health. Gratitude, simply said, is the act of feeling thankful for what you already have. It can be directed toward people, events, circumstances, or even intangible things like good health or personal growth. In my opinion and experience, it is very easy to get blinded by negativity and stress, and the greed for more, enough to forget about the things we already have. That's why it is so important to stay humble, take a deep breath, and express gratitude and think of multiple things you are thankful for. You have a roof over your head. You have loved ones around you. You have food. You have a bed. You have a job. You are in good health. Life is good. Expressing gratitude is gaining popularity in self-care and self-improvement communities.

Emotional Benefits

Emotional benefits include reduced depression, lessen anxiety, reduced stress levels, reduced overthinking and so on. If you practice this daily, you will realize that you are actually way more fortunate than you once thought. Your energy and vibrations will change, you will attract positive people and you will feel happier.

Physical Benefits

People who practice thankfulness tend to pursue goals that keep them feeling good. Simply said, a positive attitude promotes positive actions, and habits ultimately resulting in better sleeping hygiene. Practicing gratitude also makes you less likely to be stressed, anxious or depressed, like I said

before, and this promotes better sleeping habits.

Social Benefits

By regularly expressing gratitude and practicing thankfulness you enhance and strengthen your relationships, while also enhancing your empathy towards others.

How To Practice Gratitude

Many people think of gratitude as a trait. But it is actually something that you should practice on a regular basis. By focusing on the positive things in life and what you already have, you'd be very surprised that positive things actually come to you. You WILL attract positive things! The best way to form a mindset of gratitude is to slip little parts of expressing thankfulness throughout the day, on your breaks, on your free time, in nature, when you wake up, before you go to sleep and so on. You can simply sit in a comfortable or meditation position and visualize all the positive in your life, try to think what things/people you didn't have in your life a year ago and realize how far you've reached. You can incorporate gratitude journaling or use daily affirmations.

I've written a guide on both of these: you can check here:

[Journaling](#)

[Meditation, Binaural Beats & Positive Affirmations](#)

Another nice practice is having a gratitude jar. Write down the little things you're thankful for on small pieces of paper and put them in a jar. You can revisit them later and have a little introspection.

Make these practices a regular routine. It's easy to fall off track if you miss some days. Set reminders. You could also challenge your friends and family to do the same, who knows, it might bring you closer to each other :)

Negativity is a common obstacle and it can easily get in the way, and some days you will not feel like expressing gratitude. It happens to everyone, don't get too frustrated. Just keep practicing gratitude and over time it will become easier to ignore the negative thoughts.

Outro

By intentionally and regularly acknowledging the positive aspects, things, people and our health-being every day, and expressing appreciation for the people around us, we can enhance our mindset and improve our well-being. Don't sleep on little things like these. Meditation, expressing gratitude, journaling are all powerful tools for self-improvement that are oftenly slept on.

Keep your heads up, sending good vibes!

TheGoldenRelik - October 16, 2024, 11:53 pm

The more you practice the art of thankfulness, the more you have to be thankful for.

And this is the exact problem a lot of times hah

Eran - October 17, 2024, 6:20 am

(Oct 16, 2024 11:53 PM)TheGoldenRelik Wrote: [\[CITE\]](#) The more you practice the art of thankfulness, the more you have to be thankful for.

And this is the exact problem a lot of times hah
I wholeheartedly agree! ?

diablospartan - November 5, 2024, 1:35 am

Well i find gratitude one of the best thing you can do in your life

Eran - November 6, 2024, 2:38 pm

(Nov 5, 2024 02:35 AM)diablospartan Wrote: [\[CITE\]](#) Well i find gratitude one of the best thing you can do in your life

Definitely, the mindset shift is incredible when you start to really appreciate what you have - a roof over your head, an income, basic needs met.

Sick4n - November 19, 2024, 2:08 pm

Thank you!!

For sharing this I really needed to remind myself.

Im thankful for my son and his health is good, good mother, good father.

Im also thankful for having someone who stand beside me what ever I do.

Im also really thankful for having a warm home to get back to, and live in.

And im thankful for being alive.

Thanks for this post boss.

I use to remind myself before, but forgot i've been whining alot these weeks.

Perfect - November 20, 2024, 8:09 am

(Oct 16, 2024 04:59 PM)Eran Wrote: [\[CITE\]](#)
p r e s e n t s

G R A T I T U D E
P R A C T I C I N G . T H A N K F U L N E S S

The more you practice the art of thankfulness, the more you have to be thankful for.

Gratitude is the ability to experience life as a gift. It liberates us from the prison of self-preoccupation.

If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get

Intro

Gratitude can improve your mental, physical, and emotional health. Gratitude, simply said, is the act of feeling thankful for what you already have. It can be directed toward people, events, circumstances, or even intangible things like good health or personal growth. In my opinion and experience, it is very easy to get blinded by negativity and stress, and the greed for more, enough to forget about the things we already have. That's why it is so important to stay humble, take a deep breath, and express gratitude and think of multiple things you are thankful for. You have a roof over

your head. You have loved ones around you. You have food. You have a bed. You have a job. You are in good health. Life is good. Expressing gratitude is gaining popularity in self-care and self-improvement communities.

Potential Benefits

Emotional Benefits

Emotional benefits include reduced depression, lessen anxiety, reduced stress levels, reduced overthinking and so on. If you practice this daily, you will realize that you are actually way more fortunate than you once thought. Your energy and vibrations will change, you will attract positive people and you will feel happier.

Physical Benefits

People who practice thankfulness tend to pursue goals that keep them feeling good. Simply said, a positive attitude promotes positive actions, and habits ultimately resulting in better sleeping hygiene. Practicing gratitude also makes you less likely to be stressed, anxious or depressed, like I said before, and this promotes better sleeping habits.

Social Benefits

By regularly expressing gratitude and practicing thankfulness you enhance and strengthen your relationships, while also enhancing your empathy towards others.

How To Practice Gratitude

Many people think of gratitude as a trait. But it is actually something that you should practice on a regular basis. By focusing on the positive things in life and what you already have, you'd be very surprised that positive things actually come to you. You WILL attract positive things! The best way to form a mindset of gratitude is to slip little parts of expressing thankfulness throughout the day, on your breaks, on your free time, in nature, when you wake up, before you go to sleep and so on. You can simply sit in a comfortable or meditation position and visualize all the positive in your life, try to think what things/people you didn't have in your life a year ago and realize how far you've reached. You can incorporate gratitude journaling or use daily affirmations.

I've written a guide on both of these: you can check here:

<https://hackforums.net/showthread.php?tid=6282427>

<https://hackforums.net/showthread.php?tid=6280725>

Another nice practice is having a gratitude jar. Write down the little things you're thankful for on small pieces of paper and put them in a jar. You can revisit them later and have a little introspection.

Make these practices a regular routine. It's easy to fall off track if you miss some days. Set reminders. You could also challenge your friends and family to do the same, who knows, it might bring you closer to each other :)

Negativity is a common obstacle and it can easily get in the way, and some days you will not feel

like expressing gratitude. It happens to everyone, don't get too frustrated. Just keep practicing gratitude and over time it will become easier to ignore the negative thoughts.

Outro

By intentionally and regularly acknowledging the positive aspects, things, people and our health-being every day, and expressing appreciation for the people around us, we can enhance our mindset and improve our well-being. Don't sleep on little things like these. Meditation, expressing gratitude, journaling are all powerful tools for self-improvement that are oftenly slept on. Keep your heads up, sending good vibes!

Love the thread Eran keep up the good work.

RangoWorld - November 21, 2024, 1:10 am

Great guide!

I absolutely have been trying to live by this lately. When you have a gratitude attitude towards your life no matter how miserable your life is that you think. You slowly start to see positive things and you shift your mindset to see positive things, opportunities and results.

Mooooookie - November 21, 2024, 4:03 am

This is a great thread, with real information within it. Learning to be Thankful for everything you receive in life, regardless of how small or big it is, is something we should all strive to do. I was taught at young age to always be thankful for thing, and to always show people that you appreciate what they have done for you. It's part of being a stand up person. Great share [Eran](#).

Stanley - January 12, 2025, 3:04 pm

I'm Stanley HF's helper bot. The OP (original poster) of this thread wants everyone to see this page and has elected to bump it to the top of the showthread listing. Since HF doesn't want a ton of LQP (Low Quality Posts) this is the best method of bumping your content. There is a small ?yte fee for each bump. Any OP can bump any of their threads on HF from the linked icon on the top of their first post.

If you haven't already read the first post of this thread we encourage you to do so.

Thanks,
Stanley