

Honey, You Need New Glasses

Gratitude Looks Good on You

by Eli Davidson, M.A.

Maybe green toenails were a silly little gesture. I wanted to show my support for the brave people of Iran. Instead of my normal peach, I asked that my tootsies be painted a brazen shade of green. My toes were now the color of mold. As I looked at my fashion faux pas and felt a warm glow fill my body, which seemed to affect my eyesight, I was grateful for all the small details in my life.

Everywhere I looked I saw something to appreciate. It was after 8:00 PM and the summer sky was still a powdery blue. The last few purple Jacaranda blossoms clung to the trees. Even the parking lot outside "Perfect Nails" had a luscious glow. It was as though I had a new pair of glasses.

Actually, there's an eyewear prescription we all need. Though these glasses aren't found in an optometrist's office. Nope. I haven't found a single doc dispensing them. What makes it so crazy is that the world would be a better place if we all wore them. I'm talking about Gratitude Glasses.

Clearer Vision

Negative focus clouds your sight. Gratitude lets you perceive past what's obvious and find the good. It makes situations pop into a new clarity. My friend, Scott Webb, is a person who is legally blind. He is one of the most effusively grateful people I know. Strange as it may seem, Scott's gratitude and inner vision helped him to tune in to his brilliant inner vision and create brilliant television programming. Even though he was blind, he was the creative director that helped a twelve per-

son start up grow into the industry leader, Nickelodeon. He taught me the power of gratitude when he said, "If someone offered to give me back my sight, I would turn it down. I've gained so much. I'm such a bigger person for having found the good in being blind. I found a magnificence I couldn't have seen with my eyes."

What gift might be waiting for you if you put on the glasses of gratitude?

They Got Out the Magnifying Glass

Leave it to some savvy researchers to put gratitude under the microscope. New studies are confirming that all the stuff you thought would make you happy – the turbo-charged new car, the two-week jaunt to Bora Bora, the closet full of new shoes – doesn't. An attitude of gratitude turns out to be a bigger predictor of who is feeling glad to be alive than a big ol' whopping bank account. Yep, just wearing Gratitude Glasses made the difference.

Happiness cuts across economic lines. Contentment can't tell the difference between a Camry and a Cadillac. Another study found that folks who were appreciative for what they had (whether they had a lot or a little) were as happy as the people who had the most. Wait. It gets even better. The people who were grateful for what they had, even if it wasn't much, were twice as happy as those who actually had the most stuff. Ha! What better proof? Get yourself a prescription for a pair of thankfulness lenses and watch your life transform.

Want A Better Life? Get Grateful!

In the Research Project on Gratitude and Thanksgiving, two researchers put the theory of gratitude to another kind of exam. They asked several hundred people to keep daily journals. The first group jotted down all of the day's occurrences, whether they were good or bad. The second group recorded only the day's lousy experiences. The third group compiled a daily list of only those things for which they were grateful. Hmmm. Can you guess the result?

You knew it

The grateful group had measurably higher levels of energy, alertness, and determination as well as lower levels of stress and depression. And there's more. They were more likely to feel loved and they were more likely to engage in acts of kindness towards others. People having more energy, feeling more loved, and being nicer to each other – yes indeed, the Earth would be a better place if everybody wore Gratitude Glasses. And it only takes a second to put them on. ^{GB}

About the Author

Eli Davidson is a nationally recognized executive coach and motivational speaker. Her international best selling book, *"Funky to Fabulous: Surefire Success Stories for The Savvy, Sassy and Swamped"*, (Oak Grove Publishing) has won three national book awards. Eli is a reinvention catalyst, who can transform your professional and personal life from Funky to Fabulous. Email Eli at coaching@elidavidson.com or go to www.elidavidson.com