

# The Second Path-Be Grateful

- The quickest way to turn sadness on its head and become happier is in one key question we ask ourselves:
  - “What am I grateful for?”



# Be Mindful of your thoughts

- Holding onto grudges, resentments, hurt feelings, passing judgments, and being critical: these are all negative thoughts that we need to eliminate.
- Ways to eliminate negative thoughts:
  - *Become conscious* that your are harboring negative thoughts.
  - *Catch yourself* while you're doing it. The more you recognize it, the more quickly you'll be able to catch yourself, and then you might be able to stop yourself before you do it.
  - Once you recognize the thought, *choose* not to do it; that's where the real freedom comes in.



# University of Adversity

- Part of the human experience is to face challenges and trials.
- If they are faced with courage and faith, they can help us to grow in ways that *nothing else* can.
- It may be worth reflecting upon some of the adversity you've had in your life and asking yourself the question, "Where is the blessing in what happened?"
- Adversity makes us stronger, more compassionate towards others experiencing trials; it makes us wiser, and helps us appreciate life more.



# Faith vs. Fear

- All human emotions find their genesis in either the “faith camp,” or the “fear camp.”
- Stress, anxieties, depression, pessimism, discouragement, anger, loneliness and mistrust are all members of the fear camp.
- Being in the fear camp is part of the human experience and is entirely normal; the point is that *we don't have to remain there permanently.*



# How to get out of the “fear camp”

- **We get out of the “fear camp” by visiting the “faith camp.”**
- Choosing faith will have the greatest positive impact on how we live.
- Even though it’s difficult, choosing faith immediately eliminates the fear.
  - We can practice choosing faith through meditation or prayer.
- Some of the attributes found in the faith camp include hope, optimism, security, confidence, trust, happiness and peace.
- Faith is remaining at peace, even while in the middle of the storm.
- The happy person chooses faith over fear and enjoys the wonderful benefits of doing so.



# Points to Ponder

- Once gratitude becomes entrenched in our mind, heart, and soul, the possibilities of a great life are endless.
- Possessions don't lead to happiness.
- We can control our thoughts.



# Questions to Consider

- How does being grateful affect your life?
- Faith or fear: which will you choose today?

