

Growing Happiness with Lori Brown

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This marks the beginning of what is to become my monthly coaching newsletter. As many of you know I embarked on a journey to become a certified Life Coach at the beginning of this year. While I am still taking classes, I have begun to build my business and have had several clients over the past 6 months. I have found this to be a very rewarding experience and I have learned a great deal about myself. As I launch my newsletter and continue with my blog, I will be sharing information, insights and coaching tips with you on my website, www.growinghappiness.yolasite.com. Please check it out, post comments, email, me, or forward it to a friend.

Fall is a great time to take time and reflect on your past year. What has gone right? What would you like to change? What are you grateful for? This month we will be focusing on **Gratitude**. Merriam Webster Dictionary defines Gratitude as, “the state of being grateful: thankfulness.” I like this definition because I believe this is what we could be striving for: constantly looking for things to be grateful for; a perspective change; a reframing of our experience. Why do we need gratitude in our lives? I believe it’s important because we have become a society that cultivates entitlement rather than appreciation. It’s important to take the time to reflect on our days and appreciate what we have; it actually makes us happier. Dr. Robert Emmons and Michael McCullough and others involved in Happiness research have found that actually “counting one’s blessing’s and incorporating gratitude into one’s day on a regular basis increases the feelings of optimism and hope, helps build and solidify social support, and support better health and productivity.”

Some great ways to practice gratitude are to keep a gratitude journal. This entails taking a few moments at the end of your day and writing down what you are grateful for. The second way is to practice Naikan. This is a Buddhist technique developed by Ishin Yoshimoto in the late 1940s as a way to reflect on yourself, the gifts you receive, what you give to others and your actions. Naikan is an exercise in self-reflection with gratitude at its core. Another great way to practice gratitude is to use small reminders throughout your day. Something that reminds you to take a moment and think about what you are grateful

for today. Some people like to set an alarm on their phone that reminds them to pause during their day and be thankful.

Each week, during the month of November, I will be discussing these practices in my [blog](#).

“We are what we think about all day long.” Ralph Waldo Emerson

What are you thinking about? Is it making you happier? If you would like help creating balance in your life, contact me at lori.growinghappiness@gmail.com, follow me on Twitter @Grow_Happiness, and on Facebook.

Peace & Gratitude,

Lori Brown

Please forward to your friends and family and subscribe by emailing me your name at lori.growinghappiness@gmail.com.

“Life is change. Growth is optional. Choose Wisely.” Karen Kaiser Clark