**Stay Positive Week 2**

**The Cure for Complaining**

* **Several Psycology articles tell of the benefits of** **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_…**
* **Gratitude helps people** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **toxic emotions.**
* **Gratitude promotes physical health** 
  + **Gratitude reduces** \_\_\_\_\_\_\_\_**.**
  + **Gratitude improves** \_\_\_\_\_\_\_\_ **quality.**
  + **Gratitude aids in stress** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.**
* **Gratitude reduces** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **and** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.**
* **Gratitude facilitates** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.**
* **Gratitude strengthens** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.**
* **Gratitude encourages** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **other people.**
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the opening to peace and joy in your life!**

***4 simple ways to discover more gratitude in your life…***

#### Keep a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the things you are thankful for.

#### Writing down the things God has blessed you with builds the habit of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on His blessings.

#### When it comes to practicing gratitude, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is important. Get into a routine of writing in your journal daily.

#### Express your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to others.

* Sharing with others helps you be reminded of how blessed you are and makes you free to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ those blessings with others.
* Think about the people in your life who have made a positive impact on you. Tell them how much you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ them.

#### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the small things in your life.

#### Our growth spiritually is not often the large events or big gestures, instead it’s determined by the person you are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to be each day.

#### When you celebrate the small things, what you’re doing is celebrating your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

#### Slow down, pause and enjoy the small things, instead of obsessing about the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or dwelling on the \_\_\_\_\_\_\_\_\_\_\_\_\_.

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on the things you are grateful for in your life.
* Meditation is a powerful practice in \_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Another way to say it is “Think on what is true…”
* The goal isn’t to pretend life is always peachy, it’s to become an active \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_of the good things in your life. ******

**So What Now?**

* Determine in your heart today that life is more than the circumstances thrust upon us.
* Daily spend time thanking God for the things HE has done.
* Depend on His blessings to carry you through the hard parts of life.
* Deepen your observation of His blessings and share an attitude of gratitude.

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