

gratitude

*G*ratITUDE is a little known super power. When you are in the midst of a frustrating time or hardships that are weighing you down, finding things you are grateful for, no matter how small, will transform the situation. It might not change the unpleasant thing that is happening but it will change the direction of your mind, redirect your energy, make things much more tolerable, and often quicker to change for the better.



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