

HOLDING LIFE LIGHTLY IN OUR HANDS- LIVING IN GRATITUDE

Gratitude is the sign of noble souls.

CONTENT OF TALK.

1	What does holding life lightly mean?	
2	13 ways to hold life lightly	<ol style="list-style-type: none"> 1. Take out negative emotion 2. Look for the lighter side, the humour in life 3. Live consciously 4. Acceptance 5. Don't carry someone else's baggage 6. Being proactive 7. Positive Living 8. Calm and serene 9. Forgiveness 10. Living life according to our principles 11. Living honourably 12. Living according to our priorities 13. Gratitude
3	Gratitude- why is it important	
4	Stumbling blocks to living life in gratitude	
5	Physical and Emotional benefits of gratitude	<ol style="list-style-type: none"> 1. Bounce back from tragedy faster 2. Reduction of pain in chronic pain patients 3. More Vitality 4. Higher self-esteem 5. Optimism 6. More empathy 7. More hope 8. Decrease in bitterness, resentment and anger 9. Reduced stress 10. Better sleep 11. Live longer 12. Improved health 13. Abundance in life 14. Improved cardiac health
6	How to live your life in gratitude	<ol style="list-style-type: none"> 1. Gratitude Journal 2. Give thanks for the negative/challenging aspects of your life – and learn from them 3. Self reflection 4. Prayers of Gratitude 5. Live through your senses 6. Use visual reminders 7. Vow to practice gratitude – maybe have a gratitude partner 8. Watch your mind chatter 9. Act our living in Gratitude 10. 2 – 3 minute gratitude session 11. Show your gratitude – say thank you! 12. Find joy in the small things 13. Put things into proper perspective 14. Challenge – 21 days with no complaining, criticism or gossip 15. Gratitude charm bracelet 16. Attitude of appreciation
7	Conclusion	"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." -- Oprah Winfrey