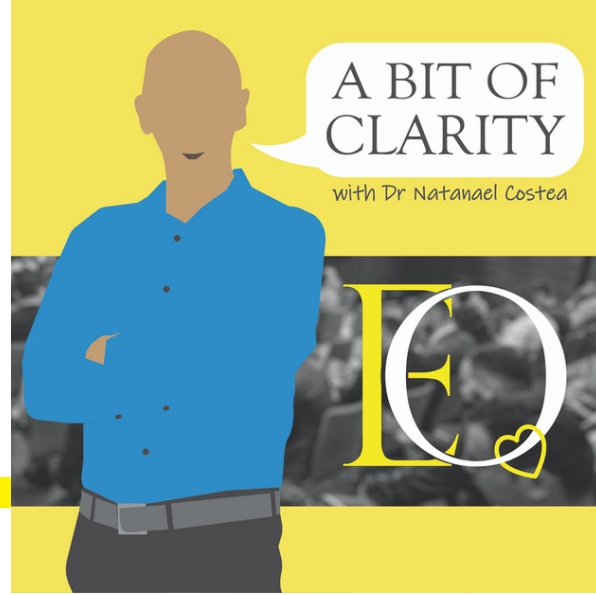


EP 002 GRATITUDE, THE FOUNDATION TO BUILD ON

SHOW NOTES



OBJECTIVE

> Develop an understanding of how Gratitude serves as the basis for EQ.

UNDERSTANDING GRATITUDE

- > The ability to acknowledge goodness in someone's life.
- > The ability to notice the positives in a situation and to feel thankful no matter what.

BENEFITS OF GRATITUDE

1. **Wellbeing** - rather than feeling negative, we feel content.
2. **Relationships** - thankful people forgive and are less narcissist.
3. **Optimism** - thankful people have a more positive outlook on life.
4. **Happiness** - the more gratitude they experience, the happier people are.
5. **Stronger Self-Control** - a content person can better practice self-control.
6. **Better Physical and Mental Strength** - appreciation gives healthier minds & bodies.
7. **An Overall Better Personal Life** - practicing gratitude reduces anxiety and stress.
8. **An Overall Better Social Life** - creates a better social circle of good.

APPLICATION

- > What are you thankful for and why? Think of at least five reasons why.
- > Practice writing a gratitude journal every night counting your blessings.

RESOURCES

- > More from Dr Natanael Costea: www.eq.org.au
- > Subscribe on [Apple Podcasts](#)
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