

GRATITUDE

An Essential Ingredient to a Full and Complete Life

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“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” John F. Kennedy.

In the articles I have crafted for this publication this year, I have been exploring how we can become better business people and, more importantly, citizens of the world in which we live. I produced this article from recent experiences involving the expression of gratitude to and the acceptance of gratitude from others.

To begin this inquiry, we should ask ourselves “How do I feel when I receive positive acknowledgment and gratitude from others?” Moreover, “How do I feel when I give positive acknowledgement and gratitude to others?”

Let’s face it, the gratitude and positive acknowledgement we receive feels good and makes whatever we are doing much more energized and powerful. I have noticed in my own life gratitude makes difficult times easier and seemingly impossible projects, well, possible.

“Spend more time doing things that make you forget about the time.” Charlotte Eriksson.

When we give positive acknowledgement to others, a flow of positive energy is produced and we reap the benefits, as well. This flow has been described by the world’s greatest thinkers as the most productive and creative state of mind in which to work. When one is in the flow state, time disappears and focus and energy abide. I think of the flow state as akin to catching the perfect wave or an epic powder run on a blue bird day. By expressing gratitude, we connect ourselves to each other and energize both the giver and recipient. For more on the benefits of the flow state, watch this TED Talk: <https://www.youtube.com/watch?v=fXIeFJCqsPs> (last visited August 23, 2017).

In our current culture, gratitude is often a missing ingredient. We live with the myth we can do things by ourselves, without the help of others and that thank yous and expressions of gratitude are assumed or even weak. My request for the next month is for you to express and receive gratitude unabashedly. Notice the change in your energy state and that of others around you. I further request you bring gratitude forward so we can be an expression of continuing gratitude in our communities. With relatively little effort, you will gain a greater capacity to powerfully transact in the world.

“I don’t have to chase extraordinary moments to find happiness - it’s right in front of me if I’m paying attention and practicing gratitude.” Brene Brown.

Live in the extraordinary by expressing and practicing gratitude to yourself, others, your situation and your life.

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