

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."
Albert Schweitzer

Gratitude is an attitude that can be extremely positive if focused in the right light and can create a sense of indebtedness and a need for reciprocation of the kindness. It can include things like:

- People you are grateful for
- Things you are grateful for
- Events you are grateful for
- Events that haven't happened that you are grateful for

A feeling of gratitude can be created by looking for the good nature of things and events and then by focusing upon the positives. You can create this feeling in yourself and you can use it as a tool to lead others to this awareness.

What are you grateful for in your life?

What in your career are you grateful for?

What people in your life are you grateful for?

As a leader what can you teach others about gratitude?

As a police officer when could talking about gratitude help you at work?

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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

Resources

Wikipedia Definition of Gratitude: <http://en.wikipedia.org/wiki/Gratitude>

The Gratitude Dance: Check out the Gratitudees from Junior Attractors on their YouTube Channel <http://www.youtube.com/user/juniorattractors>

or visit <http://www.thegratitudees.com/>

Abundance & Happiness:
<http://www.abundance-and-happiness.com/gratitude.html>

An Experiment in Gratitude: <http://www.gogratitude.com/>

Other Blog Posts About Gratitude:
http://blogsearch.google.com/blogsearch?client=firefox-a&rls=org.mozilla:en-US:official&channel=s&hl=en&q=gratitude&um=1&ie=UTF-8&sa=X&oi=blogs_earch_group&resnum=14&ct=title

Zen Habits:
<http://zenhabits.net/2008/06/three-truths-to-help-you-create-a-life-of-gratitude/>

Spirituality & Practice:
<http://www.spiritualityandpractice.com/practices/practices.php?id=11>

Gratitude a How-To Guide:
<http://ezinearticles.com/?Gratitude---A-How-To-Guide&id=41925>

Develop An Attitude of Gratitude:
http://www.lifescrypt.com/Soul/Self/Motivation/Develop_An_Attitude_Of_Gratitude.aspx?trans=1&du=1&gclid=CJGHZ_Spk5cCFQQRswod6DmW-A&ef_id=1350:3:c_4d7b1d146c93fb75c3714b2f84ac08d6_1995357335:npnhlBkLAoAAC5yM@UAAAK:20081126170422

This worksheet was assembled in gratitude for all the men and women in law enforcement who risk their lives to make our world a better place. Thank you!

The mission of CopsAlive is to save the lives of those who save lives!

CopsAlive.com gathers information, strategies and tools to help law enforcement professionals plan for happy, healthy and successful careers, relationships and lives.