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Last Updated on February 25, 2020

# 32 Things You Should Be Grateful For

**Sanah Rizvi**

Sanah is an influential public speaker and a devoted advocator of female rights. [Read full profile](#)



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There is so much that is wrong with the society we live in. There is so much about ourselves that we wish to change. In an attempt to make ourselves better and to change our society, many times we forget to be grateful for the things we do have. We focus so much on the negative that the positive loses its place in our hearts.

Here is a list of little and big things we all should be grateful for, for [gratitude](#) itself is a virtue.

## 1. Your Life

No matter how you think it is, it is a gift. So many individuals don't get a chance to make it as far as you did.



to be able to dream. Be grateful for your life.

## **2. Your Situation**

Wherever you are, if you're reading this you are already in a better situation than the hundreds of millions of individuals who are struggling to have two square meals a day. Be grateful for your situation.

## **3. Your Friends**

They're the family you picked. Think of the crazy inside jokes, the embarrassing memories, the late night phone calls and the fact that they've always got your back. Be grateful for that priceless relationship.

## **4. Your Parents**

Your biggest fans and most honest critics. The only beings who could possibly love you more than you could ever love them. Not all parents are great, I agree, but they did choose to let you live and gave you life.

Be grateful to your parents for their support, their encouragement, for their strength and undying love. Be grateful for the opportunity of life that they gave you.

## **5. Your Courage**

You've lived so long, you've come so far. You made it despite heartbreaks and pain, though disappointment and failure. Yet here you are, alive, motivated and rearing to go.



goals, your God, whatever, be grateful for the courage.

## 6. Your Strength

The fact that you didn't break down that once. The time when you supported your friend in despair, that time you smiled for the family photo when all you wanted to do was to cry, but you didn't.

Be grateful for your strength to face your troubles and overcome your sorrows.

## 7. Your Mind

A complex science, a firm friend. Your mind can wander to destinations unknown and yet be back to the present in a fraction of a second. It keeps you hoping, dreaming, thinking. It is in essence a part of what makes you, you.

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Be grateful for your mind's ability to contribute to making you who you are.

## 8. Your Heart



bears, it bounces back. If it were to stop even for a second, your life could be in danger.

Be grateful for your heart for its mettle.

## **9. Your Senses**

To touch, to smell, to see, to feel all the beautiful feeling we take for granted. Think of a day when you couldn't feel. Think of the misery if you couldn't taste. Think of the beauty that you would miss out on if you couldn't see.

Be grateful for your senses that make the world so pretty.

## **10. The Things You Love**

Everything you love gives you joy. It becomes a part of you and can easily make you smile or tear up.

Be grateful for its presence and its effect in your life.

## **11. Your Belongings**

Your bag, your clothes, your couch, your table, everything that's yours has a story. Even if it's boring, it's a story. When you got it, why you got it, how you got it, when you used it, every little detail works its way to make your life more complete.

Each story captures a moment in your life that will never come back. Be grateful for those moments hidden in your belongings.

## **12. Your Tears**



you thought your heart couldn't take any more?

Your tears bear testimony to the best and worst times you've had. Be grateful for the emotions your tears brought forth.

## 13. Your Mistakes

A clouded judgment, a tinted perspective, an unfair remark, that stupid, stupid, phone call. Some mistakes that were forgiven and some that weren't. Some mistakes that warranted an answer and some that didn't.

[Every mistake helped you grow](#), to learn, to understand. Be grateful for the wisdom that your mistakes enabled.

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## 14. Your Life Lessons

A lesson could be anything. Basic etiquette, the touch of a hand, the path back home, the stranger who helped, the little girl you learned to console.

A lesson in life is one that only experience can enable. With [every lesson learned](#), you're one step more experienced than you were



## 15. Your Mentors

Be it your family, friends, professors, or bosses, be grateful for those individuals who took time out of their lives to help you. To make you feel more competent and give you the cheat sheet of life that they never had. Be grateful for their guidance.

## 16. Your Happiness

Happiness is a misunderstood, often misquoted commodity. To be loved is to be happy, to be an artist is to be happy, to walk in a park alone with your thoughts is to be happy.

Happiness is how you define it. Many people are robbed of their happiness for they often try to follow someone else's definition of it. It's a rare commodity today, one that the world is scrambling to own. Be grateful for your happiness.

## 17. Your Disappointments

With every disappointment that you encountered, be it academic, emotional, physical, artistic or mental, you got a little stronger. Your disappointment temporarily saddened you though, taught you to overcome the sadness and be happy again.

Be grateful for the strength your disappointments gave you.

## 18. Your Job

For all the hard work you put in and for the job that pays your rent. It may not be the best yet, but it could help you get the best.



## 19. Your Enemies

Your enemies taught you about the world the way that no book or reality show could. They taught you how to fight, how to be true to yourself and, most importantly, what not to be like.

Be grateful to your enemies for showing you who you never want to be.

## 20. Your Teachers

They encouraged you, corrected you, motivated you and applauded you, asking for nothing in return from you. Some you loved, some you didn't, yet they cared for you all the same.

Be grateful for their time and effort that they spent on you.

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## 21. Your Heartbreaks

Each heartbreak [made your heart stronger](#), wiser, more experienced. It gave you the wisdom to tell between loyal and faithful, a lie and a



Your heartbreaks taught you to bounce back and introduced you to your quieter side and your best friends. Be grateful for that knowledge.

## 22. Your Laughter

To be able to extract humor from a situation is nothing short of a talent, a gift if you will. To be able to look at something with such an eye that you couldn't help but laugh.

Be grateful for the talent that enables you to laugh.

## 23. Your Body

It's able, it's healthy. Be grateful that your body is responsive, healthy and yours. Your body is yours alone and for that be grateful.

## 24. Your Pain

The funny thing about pain is that when you feel it, it hurts so bad; but when it's gone, you can't remember how it felt.

You have an idea that you hurt but not how much. Be grateful that it's over, that the pain you once felt is no more. And the pain you feel will slowly die out.

Be grateful for the pain for it [introduced you to a greater joy](#) after it passed.

## 25. Your Siblings

Your first and last friends, your partners in crime, your shoulders in despair. Your siblings are the best thing that could ever happen to





whether it's an inside joke, an anniversary gift, a heart break or even plotting a plan, they're always there and always on your side. Be grateful for your siblings.

## 26. The Sun

Every day, it comes and spreads its light over all of us. Unselfish and kind, its warmth spreads in every direction.

Be grateful for the sun, for without it food wouldn't grow and your body wouldn't experience its tender warmth.

## 27. The Trees

Ask any child, they'll tell you why. But if there isn't a child around, let me tell you.

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Trees make the world prettier, give us fruits and purify the air. Be grateful for the selfless trees that allow us to live so well.

## 28. Your Privileges



don't forget to be grateful for the knowledge of their existence and the power to utilize your privileges.

Be grateful that you know your privileges.

## **29. Your Choices**

Your choices — good or bad — were yours alone. You were lucky to have an opportunity to make your choice, to do as your heart desires and to be able to pick from among options. You were lucky that it wasn't just one way.

Be grateful for the opportunity to make your own choices.

## **30. Electricity**

If it's hot, we have fans. If it's cold we have heaters. Imagine those who have nothing.

Be grateful that you have electricity to pamper yourself. It's not a right, it's a luxury.

## **31. Drinking Water**

Every day on the streets of my hometown, I see children begging for mercy, for food, but even more so, for water. Be grateful for the water you drink. For the ease of the availability of that water and the purity of the water.

Be grateful, for millions are dying because they don't have water. For water, too, is a privilege.

## **32. Your Name**



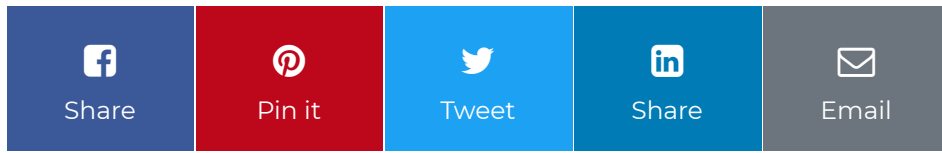
hate it, it's your first, not only, identity, but an identity nonetheless.

Be grateful for an identity.

## More About Practicing Gratitude

- [60 Things To Be Thankful For In Life](#)
- [40 Simple Ways To Practice Gratitude](#)
- [How a Gratitude Journal and Positive Affirmations Can Change Your Life](#)

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 Last Updated on March 12, 2020

# 13 Ways Happy People Think and Feel Differently

## Jacqueline Battaglia

Growth Coach, Blogger, and Creator of Life is Duck Soup. My approach will help you get to your next potential level, follow your HAPPY path and enjoy each moment fully. [Read full profile](#)



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[Happiness is first a choice](#) but it also takes persistence to maintain. Happiness is our birth right and my mission is to help as many people as I can live their happiest life.

My mission is to spread the message that **everyone deserves happiness.**

To live a happy life; however, you must do the work, gain the necessary knowledge, and increase your awareness.

You must fully embody this state and begin to think and feel happiness on every level of your being.

Often times, excuses present themselves and our mind gives us the reasons why we can't be happy:

*"I am too busy right now to focus on happiness"*

*"I will be happy when I finish school, when I have the money, when I am in the right relationship, when I have kids, when my children are older..."*

*"I would have had a happy life if this traumatic event had never happened"*

*"I don't deserve happiness"*

EVERYONE deserves happiness. The reason that you are here right now is because you have a purpose and you are on the earth to enjoy your journey.

Think BIGGER than your excuses. Push FARTHER than your complaints.

Don't be pulled away from greatness. Get uncomfortable. At least these are what happy and successful people do on a daily basis.

If you would like to begin embodying this life-changing state, then... Here are the 13 ways happy people think and feel differently:



Happy people have made the decision that their end goal is happiness.

Every situation, event, bad day ultimately ends with happiness.

To them, happiness is equivalent to sleep and water – it is a necessity to their life. To live an unhappy life is to have never lived at all.

The happy person asks,

*“What would be the point of living if every day and moment were filled with negativity?”*

*“Why would I deplete my energy on negativity when I expend less to be positive?”*

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They make happy-based decisions which means in EVERY MOMENT they [choose happiness](#).

If their circumstances can't change then they instead change their perspective, they look for the silver lining in the negative.

Happy people don't let negativity steal their moments away – a positive mindset always prevails.



## 2. Happy People Embrace Pain

I know what you are thinking –

“No one is ALWAYS happy”

or ...

“Even happy people get in bad moods”

and ...

These statements are absolutely accurate.

Happy people aren't always happy and they DO get into bad moods. They get overwhelmed, they feel defeated, and their feelings get hurt.

Happy people aren't invincible and they feel pain just like everyone else. The only difference between happy people and people who let negativity run their lives is that...

Happy people quickly [acknowledge their pain](#) and they make a decision to find a way to transform their pain into something greater. They also use these [13 simple ways to shake off the sadness](#).

Happy people admit the negativity they feel and they do what it takes to get back into their natural state: happiness.

When your end goal is happiness, then you will find a way to achieve it no matter how much strength you have to muster.

## 3. Happy People Have a Happy Self-Image

We all have an image in our minds that we subconsciously live up to.





How are you currently defining yourself?

For happy people, they see themselves with a smile, positive outlook, and/or a bounce in their step. When an event or situation arises that brings in a negative emotion, they quickly change their state to resemble their natural self-image.

When happy people are in a bad mood, it feels unusual to them because feeling negative isn't aligned with how they see themselves. When they feel upset, they acknowledge the negativity and look for a solution to bring their emotions to the level of how they perceive themselves.

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Look at how you define yourself today – your mind and body are always trying to live up to the definition it is taught to believe.

Your body's job is to keep you in a “normal” state because this is where it feels most comfortable.

If your [self-image](#) is happy, then your mind and body will naturally be brought back to where it feels at home. Your actions will be a clue to how you define yourself.

Take a look at this guide and learn to build positive self-image: [How to Build Self Esteem \(A Guide to Realize Your Hidden Power\)](#)



## Support System

The happiest people know that it takes a village and they lean on others for support.

Happy people feel comfortable reaching out for help when they feel that their resistances are overpowering them. They quickly sense their negativity and they tell somebody.

Happy people [ask for assistance](#) when they can't figure out a problem. Seeking help takes strength and it never gets in the way of their [self-worth](#). Happy people appreciate the wisdom that their support system provides.

They have strong connections with the people who are close to them. They never trudge through tough times alone because jeopardizing their happiness for too long would be detrimental to their well-being.

## 5. Happy People Safeguard Their Minds from Negative Triggers

Warding off negativity is almost impossible when we live in a society that lives by what went wrong and feeds off of what could go wrong. News travels instantaneously so it would be unrealistic to shut this out of your life completely.

However, one strategy that happy people use to safeguard their minds is regulating their environment.

We have a lot of control on how we allow our environments to affect us. We can control our social media feed, the television shows and movies we watch, the books that we read, the people that we spend our time with, and the places that we hang out.

If happiness is your end goal, then take a good look at what is bringing you down. What triggers your unhappiness? See if there is anything in your environment that can be changed.....



behaviors.

Happy people know what triggers a feeling of negativity and it feels out of alignment for them so they do what it takes to avoid it.

They might regulate their social media news feed to reflect the information that brings them positive energy. They might regulate the people that they spend their time with. It is important to hang out with like-minded people.

What are your triggers? How can you avoid the negativity in your environment?

These are ways that happy people regulate their environment and safeguard their minds: [How to Stop the Negative Spin of Thoughts, Emotions and Actions](#)

## 6. Happy People Know When to Say “No”

Happy people know when to sit one out and say “no.” They do this to protect their happiness and well-being.

Life gets overwhelming – a lot of people need our attention and the to do list can seem never ending.

Happy people give themselves permission to take the day off and they feel comfortable with saying “no” when their stress levels begin to climb. They understand that those around them aren’t benefiting from someone who is frazzled, overwhelmed, and tired.



A happy person identifies their negative emotion and then they quickly treat it to bring themselves back to their “normal” state, so that they can be at their best for not only themselves but for those around them, too.

A simple “no” can ultimately mean many more “yes’s” in the future because happiness has a long battery life. You can take a look at Leo Babauta’s article [The Gentle Art of Saying No](#) and learn to say no.

## **7. Happy People Are Good Evaluators**

Happy people can quickly sense when something is off with themselves or others. They are very intuitive to happiness levels. When someone isn’t quite right, they are the first ones to notice.

Being able to evaluate happiness means that you can identify when negativity is lingering around for too long.

We all have bad days; however, the happy person evaluates often and quickly intervenes.

In other words, happy people frequently evaluate their state and immediately change when their pessimism is overshadowing their joy.

## **8. Happy People Bring Other People Up**

What goes on inside of us is mirrored into our physical world.

What we think about literally consumes our life and is displayed in our work, relationships, and attitude.