

Game Changer

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Friday, 01 March 2013 00:00 - Last Updated Tuesday, 30 July 2013 15:03

Appearing in Issue #37. Order A Copy Today

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This also ties into what parents can do. Alex Wood, one of the leading gratitude researchers, asked a phenomenal question: Why do grateful people feel grateful? The answer was that they think differently when they receive a benefit

Specifically when someone does something kind for you, you think about three things:

You think about how intentional that kind act was, and the degree they went out of their way to do this.

Then you think about how much it costs that person, not just in money, but in time, energy and other resources.

And then, finally, you consider the benefit to your _____ for that kind act, gift, etc.

The degree to which you process receiving something good with these thoughts (cost, intent and benefit), the more grateful you are.

In terms of what things kids can do, they can start to process the good in their lives with these kinds of thoughts.

With the younger ones, this is something an adult will have to guide them to do. We've done this with our son already. He's 5 1/2. If a friend has done something nice for me or we could say, Wow,

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It ties into being mindful, instead of mindless, when we do things. Being mindful in the moment is absolutely imperative to being grateful. Absolutely critical.

Why do you think it's important for children to express gratitude? What are the real benefits?

In our research we've found that grateful kids tend to be much happier than non-grateful

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