



TESS Newsletter No. 16 of 15 November 2012 - In Accordance to Article 7 Section 3 of its Constitution

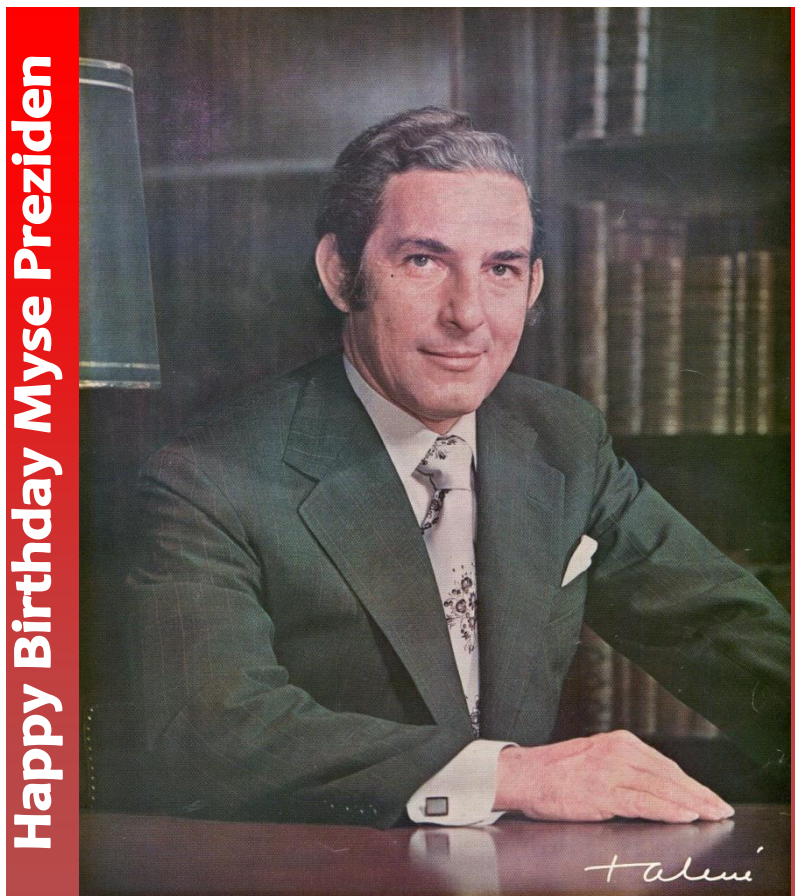
“Turning Possibilities into Realities”

2012 “STRIVING FOR OUR SEYCHELLES”

Building a Global Movement for Change [UNSG]: The Promise (part 6)

“Working Hard at Working Smart” (part XVIII)

Self Improvement - The Power of Gratitude



“Reflect on your present blessings, of which every man has many; not on your past misfortunes, of which all men have some.”

Charles Dickens. *English novelist (1812 - 1870)*

"Counting Our Blessings"

The future we want: The Promise: The Force Beyond



The Power of Gratitude

If I could offer you a magic potion that would make you happier, healthier, more optimistic and more productive, and tell you that potion would cost nothing and will require very little effort to use, would you be interested?

Let me ask the question differently.

If this potion existed would you want some?

Of course you would! Unfortunately, I don't have a potion that will do these things. But each of us has something even better than a potion that will do all of those things and more...

Gratitude

Science tells us that an "attitude of gratitude" is a good health choice. Being more grateful more often makes us happier and more optimistic. But gratitude also adds to the bottom line - in very real ways. And the best news about gratitude is that it requires little time and no money.

Here are five reasons gratitude improves your productivity and results:

1. Gratitude attracts what we want.

The universal law of attraction says that we will attract into our life the things we think about and focus on. Since this is true, wouldn't you want more of what you are thankful for? (I think I know the answer to that!) Remember that when you are consciously aware of your blessings, and are grateful for them, you are focusing more clearly on what you do want in your life - and are attracting more of those things into your life.

2. Gratitude improves relationships.

We learn the importance of saying "thank you" as little children. We are taught that habit because it is "good manners." This childhood lesson is extremely powerful. Think about those people that you know who are most appreciative of you - and let you know it. How do you feel about them? Does their appreciation positively impact your relationship with them? Of course it does! **Be grateful for people, their contributions, their talents and their actions - and make sure you let them know how you feel.**

3. Gratitude reduces negativity.

It is hard to be negative about your situation when you are thinking about things for which you are grateful. One of the fastest ways to improve your mood or outlook is to count your blessings.

4. Gratitude improves problem solving skills.

Too often we look at problem solving with a very jaded view. "Something is wrong. We have barriers in our way. Then, we have to put in effort to fix it." Conversely, when we think about what we are grateful for we open our minds up to new possibilities and connections. We also enter a problem solving situation with a perspective of improvement and opportunity rather than challenge or issue.

That's Fine, But How?

At this point you may be thinking, OK, sounds great, but how can I really be more grateful, more often?

It's really very easy.

Let's practice right now.

1. Make a list of five things you are grateful for right now. These can be big things (*like your family*) or little things (*like the fact that someone held the door open for you this morning*). This can be a mental list or written down. Do it now.

2. Reflect on your list and allow yourself to feel good about these things.

3. If there is a person you can thank or show your appreciation to, do that now too (*a quick call or email is a good start!*).

- You can do this exercise anytime, and you don't have to stop at five things. In fact, it is a great idea to keep a running list in your Journal, planner or notebook - this way you can return to your list anytime you wish, reinforcing your gratitude.

5. Gratitude helps us learn.

Every dark cloud has a silver lining. Behind every problem lies an opportunity. Being grateful for our situation - even if we don't like everything about it - allows us to be thankful for the opportunity to learn something new.

- But at any moment you can make a list, bask in those thoughts, and share that thankfulness with others.
- You've probably thought of being thankful as a good thing to do or the right thing to do. But now hopefully you see it can be even more powerful than "right."

Gratitude is an attitude. Gratitude is a choice. And gratitude is a habit.

When we consciously practice being grateful for the people, situations and resources around us we begin to attract better relationships and results. The habit will be strengthened as you make the choice each day.

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Gratitude is literally good for your health

Gratitude is not only good for the soul, it's good for the heart too. Literally.

According to speaker, author, serial entrepreneur and Gratitude Expert Lisa Ryan, studies have shown that being in a state of appreciation has physical benefits for the heart. It has also been shown that it helps your immune system. "Every five minutes spent in anger reduces the effectiveness of your immune system for up to six hours, whereas those same five minutes spent in compassion can elevate your immune system for up to six hours, Ryan said.

She adds that gratitude can change your perspective on how you look at life itself. "It gets you out of that funk of 'nothing good happens to me,'" Ryan said. "Gratitude helps you not to take things for granted."

Ryan knows the power of gratitude first hand. About two years ago, her long-time position in medical sales, which she loved and was very successful at, was abruptly and coldly eliminated. Fortunately, she had been keeping a gratitude diary for about a year. Reading through it she realized she had the opportunity to be grateful.

"I realized that I would have never found the time to pursue the dreams of over 20 years, of becoming an author and speaker. There were entrepreneurial adventures that I never would have had the time to pursue," Ryan said.

So how do you cultivate a sense of gratitude?

Ryan offers these suggestions:

- **Start a gratitude journal.** It can be a fancy store-bought book designed for journaling, or a simple three ring binder with loose leaf paper. First thing each morning, write five sentences starting with "I am grateful for..."

- **Choose positive emotions.** "If someone cuts you off in traffic, consider that maybe they've just been told their child has been taken to the hospital," Ryan said. "Try to find a gentler reason for what people do."

- **Acknowledge the ones you love. Most of us wait until we talk about people we love in a eulogy before we say anything nice,** Ryan said. "I think there should be a law that you can't say anything about someone in a eulogy that you didn't tell them when they were alive," Ryan said. She also suggests writing thank-you notes and letters of appreciation. She differentiates between the two. A thank-you note is for something specific, such as a gift. The purpose of a letter of appreciation is to let people know something about them you are grateful for and why.

These principles will work in your personal life and in business. "One study found that 68 percent of the time, the reasons why customers stopped doing business with a company is because they felt ignored, not appreciated or taken for granted," Ryan said.

Lisa Ryan is the author of *The Upside of Down Times: Discovering the Power of Gratitude*. She has appeared in the movies *The Keeper of the Keys* and *The Gratitude Experiment*.

Legacy

Honouring Our Senior Citizens

As it has been customary for the past three decades or so, tomorrow the 16th November 2012, our senior citizens will be hosted at State House by Mr. James Alix Michel, 3rd President of the Republic of Seychelles, to commemorate the birthday of Mr. France Albert Rene...2nd President of the Republic of Seychelles.

On this most Auspicious Occasion, it is appropriate and fitting for us to pay tribute, and honour our elders who have and continued to toil day in, day out for the benefit of our beloved Seychelles and her beautiful children.

Indeed since "gratitude is the heart's memory", "feeling grateful or appreciative of someone or something in your life actually attracts the things that you appreciate and value in your live."

In our endless quest to better our current level of Social, Moral and Spiritual Values therefore, "let us also pledge to continue to ensure the well-being of older persons and to enlist their meaningful participation in our society, so that we can all benefit from their knowledge and knowhow." [*Ban Ki-moon, UN SG*]

We thank the Al-mighty for all his blessings each and every day.

The Promise.