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Self-Gratitude: Empowering Yourself

It's a little-known fact that gratitude is one of the most powerful emotions that we can experience. Yet, self-gratitude is something many of us eschew at the expense of deep self-understanding and empowerment. Fortunately, a Positive Psychology Program can guide us on a self-gratitude journey that inspires us to live our fullest life.

These are tumultuous times, living through an unprecedented pandemic and economic collapse not seen since the Great Depression. Many of us are experiencing the stages of grief, as the life we once knew has been upended.

With so much uncertainty and challenges facing us every single day, we may feel depressed, angry, overwhelmed, and powerless. In this state of mind, it can be difficult to find much to feel grateful for.

These feelings are compounded when society instills in us the belief that happiness and our self-worth are found in material possessions and our social status.

Yet, gratitude is a practice that can be cultivated no matter what is happening in our life or how grim things may be. In fact, it is critical during these times.

Gratitude is affirming the goodness in our world. When we start to notice the good things in our life—whether they be big or small—we acknowledge their value. Specifically, we are recognizing the gift that people, places, things, situations, and a higher power are to us.

The Gift of Gratitude

Many studies have documented the physical and psychological benefits of gratitude. With a regular practice, we experience greater happiness, build closer relationships, sleep better, boost our immune system, decrease stress, and increase resilience.

Gratitude is the gift that keeps on giving! It not only brings us happiness, but uplifts everyone it is shared with.

Furthermore, research has found that gratitude works not only for people who have a sunny disposition, but for those who are grappling with serious depression and anxiety. It has been used in therapy sessions, achieving remarkable results. Gratitude operates by shifting our focus from negative emotions to those which are positive.

We can start by appreciating small things, like someone holding the door for us or a beautiful flower, which can build powerful momentum.

This does not mean that we ignore or deny our negative experiences and feelings. It means that we have the power to re-frame a negative event by exploring the lessons we learned from it and acknowledging the growth we underwent. This can bring us hope and healing.

Self-Gratitude Is Self-Empowerment

Gratitude is typically viewed as externally focused—appreciation for someone or something outside of us.

For instance, isn't it easy to recognize how others have supported and affirmed us in our life? And how many of us find it easier to express and show gratitude to others, but not ourselves?

It is frighteningly common.

We hold ourselves to a standard that we would never subject others to, especially those whom we care about. So, it may feel awkward or even narcissistic to appreciate ourselves: our strengths; intelligence; creativity; skills; achievements; and small victories.

Yet if we don't, we risk becoming dependent on others' validation, leaving us disempowered. Therefore, self-gratitude is self-love that empowers us.

Developing gratitude for ourselves is similarly a process, and there are simple steps that we can take to make self-gratitude a habit:

- 1. Write down three things that you appreciate about yourself, whether it be your traits or your achievements.**
- 2. Identify three things that went well during the day.**
- 3. Accept compliments from others rather than downplaying them.**
- 4. Treat yourself to something enjoyable, like a massage or a pedicure.**

As we practice self-gratitude, we increase our self-awareness and realize our own value and worth. From this place of self-empowerment, we understand that we are in control of our life, and fully own and exercise our personal power.

At the same time, we determine what we want in life. With knowledge and confidence, we can chart our journey, set goals, make optimal choices for ourselves, and take action.

A Positive Psychology Program Sparks Transformation

Another way to accelerate our self-gratitude practice and to empower ourselves is by enrolling in a Positive Psychology Program.

At its core, positive psychology fosters self-awareness and increases well-being. However, a Positive Psychology Program goes a step further and provides in-depth and dynamic, hands-on courses and trainings.

There are a few programs that are cutting-edge in this area, catalyzing life-changing personal growth by unlocking our fullest potential.

This is achieved through research-based courses and tools, which draw on contemporary scientific findings to increase our mindfulness, happiness, resilience, and meaning.

A Positive Psychology Certificate

We all want to live our best life. And that includes cultivating our strengths, finding fulfillment and purpose, and improving our personal and professional lives. For anyone seeking this transformative empowerment, participating in a Positive Psychology Certificate program is perfect.

The School of Positive Transformation provides world-renowned teachers, scientifically-tested tools, an inspiring curriculum, and an accredited certification recognized internationally.

The benefits of a Positive Psychology Certificate abound! Graduates experience greater gratitude, enhanced self-confidence, boosted optimism, and increased life satisfaction.

The key is mindfulness training. Mindfulness means to be totally present, aware of our thoughts and feelings, and tuned into what we are doing and what is happening around us.

It is practiced through guided meditation and self-reflection exercises that make it easy to engage in a daily practice. It is also one of the most efficient and fun ways to create greater self-awareness.

This process helps us learn who we truly are, what we value, and our purpose. Only then are we empowered to choose the life that we desire.

The Road to Self-Empowerment

No matter the conditions or circumstances in which we find ourselves, when we shift from focusing on what is missing from our lives to the gifts that we have, we can experience life-transforming gratitude.

And when we apply this gratitude to ourselves, we gain invaluable self-knowledge and deeper self-worth.

This is why the journey within is the most exhilarating and empowering of all—it is the journey of self-realization.

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