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# Gratitude

Gratitude is at the core of all success. Yes, you need to have a vision of what you want, but unless you are grateful for what you already have, you will never achieve your goals.

This is mainly because of three things:

1. If you are not grateful for what you already have, why would anyone God give you more?

Think about it...Who are you more likely to help, someone who appreciates your assistance, or someone who takes your help and spits in your face?

2. Being grateful focuses you on the positives in your life, on what you want. It is a known fact that you get what you focus on, and if you are grateful you bring more good things into your life. Conversely, if you are dissatisfied, you bring more dissatisfaction in your life. This doesn't mean you shouldn't want more, it just means you need to appreciate what you already have!
3. When you focus intently on what you want in life-setting goals, visualizing, and using positive affirmation-you create a gap between where you are and where you want to be. While this can drive you to make changes and accomplish things, it also creates a lot of distress in your life. Gratitude is like a salve applied to this discomfort, and allows you to be driven without tearing yourself apart or going bonkers.

You can also find this article published on [Gratitude](#), and on the tag pages [Life balance](#).