



Design the Life You Love -Rehearsing Gratitude

Hemal Gandhi

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You realize that warm and fluffy feeling you get inside when somebody truly expresses gratitude toward you for something you've accomplished for them? You aren't the special case who feels that way. Envision how astonishing it would feel to know you've given another person that warm and fluffy feeling since you've said thanks to them. As people we acknowledge being valued. Saying 'thank you' straightforwardly and genuinely cannot just make you a more content individual; it can make you a more advantageous and fierier individual. So whenever somebody helps out you — huge or little — pause for a minute to express gratitude toward them.

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