





**Key Point #3 - Gratitude casts a spell of self-worth on the people around you.**

Many people in the world do not experience their own worth or value on a daily basis. Why is that? Why do so many people not feel their own worth?

Here are some common experiences that act as barriers to experiencing gratitude and self-worth:

Barrier 1) We compare ourselves to others.

Barrier 2) We confuse worthiness with perfection.

Barrier 3) We internalize negativity from others.

Barrier 4) We feel invisible in a busy, crowded world.

When we fail to see one another or to show appreciation for who other people are and what they do, it hurts us all. Many people just don't recognize that they really matter. When you validate others, you become a witness to the importance of someone else's life. You remind them of their worth.

In this way, showing gratitude for others allows you to cast a spell of self-worth on the people around you.

**Reflection Question: What are the barriers that you notice get in the way of experiencing and expressing your gratitude towards yourself and others?**

**Key Point #4 - Gratitude is the multivitamin for our jobs, our relationships, and our bodies.**

If you are using your gratitude superpower regularly, you're likely to notice good things happening in many areas of your life.

Why is this? Many of the problems people have come from expectations that aren't met, or from feeling entitled but unsatisfied by expectations that are met. Gratitude Gives Us What Expectations Don't- JOY!

Did you know? More "thank you" a day keep the doctor away!

Researchers have found that gratitude practices are associated with the following benefits:

- Lower systolic blood pressure
- Improved immune functioning
- Better sleep
- Longer duration of sleep
- Increased resilience to stress

**Reflection Question: What are some opportunities that you have to show gratitude to others around you?**

**Key Point #5 - Gratitude is practiced through experience and expression.**

How do we use our gratitude superpower? There are two primary categories that gratitude practices fall under: 1) Experience, and 2) Expression.

Ideas for how to experience gratitude in your life could include...

Ideas for how to express gratitude in your life could include...

**Reflection Question: What ideas do you have for how you can experience and express your gratitude with greater intention and regularity?**

## **Closing Message**

You're here for a reason. There has never been another person like you in existence and there never again will be. You can experience your life as ordinary, or you can behold just how extraordinary you truly are. You can share your light with others and be immortalized by your contributions and your kindness.

You also have the power to make others aware of how special and important they are. This IS a superpower because it changes people, from the inside out. It heals pain. It silences insecurities. It can dissolve tension, and even ignite a fire of hope inside someone's else's dim world.

Thank you for watching this episode of the North Bay Cares series. If you have feedback about this video or would like to be notified when future episodes are released, please email Katie at [katie@wellnesstalktoday.com](mailto:katie@wellnesstalktoday.com).