

# Gratitude Is More Than Simply Saying Thank You

Gratitude – Homaira Kabir  
Pathways #44, page 66



## Talking Points

- ❖ Our children today seem to have more than we could have ever imagined yet they seem to be less happy and less grateful than the generation before.
- ❖ It all makes sense when you think about it. Our species survived because they were always looking for better food and larger streams of water. Even though today these things are not essential they are deeply imbedded in our neural structure.
- ❖ Children are told that they can be anything they want, that their success is in their hands. But “when we place ourselves at the center of our worlds, we may reap the rewards, but we also take the fall when things do not go as planned. There is an escalation of expectations we place on ourselves, making it more likely that we will not be able to achieve our goals, resulting in feelings of failure. There is a reason depression and suicide are eating up our children in increasing numbers and at alarmingly younger ages.” (67)
- ❖ Feeling grateful for all of the people and opportunities that helped us get to where we are results in feelings of connection. This connection is essential for our wellbeing.
- ❖ Gratitude helps to calm the old neural structure in our brain for wanting more. In today’s world of unlimited choice, the next always more appealing than the last, gratitude calms, and lets them know when to stop.
- ❖ How do we turn our children towards gratitude? Limit the choices in their lives. Choose a few good options and let them choose from those rather than the thousands out there.
- ❖ Model gratitude. It's not only about feeling good, it's about doing good.
- ❖ Kabir reminds us, “Children do as they see you do, not as you tell them to do.” (67)

## Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

Read about Homaira here: <http://www.homairakabir.com/about/>