

ACTION GUIDE #4: IN EVERYTHING GIVE THANKS (Express Gratitude)

Is there a secret to happiness? Prager shares this incredible gem. *Yes, there is a “secret to happiness,” — and it is gratitude. All happy people are grateful, and ungrateful people cannot be happy.*

How can you learn to be more grateful? Here are some ideas.

1. **Learn to Express Gratitude Whenever Possible!** By doing this, we learn to savor the beautiful things in life! Expressing gratitude to others is something that makes us more likeable. We should also express more gratitude toward God in prayers and praises to Him.
2. **Meditate on the Following Verses.**
 1. 1 THES 5:18 *In everything give thanks.*
 2. PHP 4:6-7 *Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*
3. **Keep a Prayer Journal.** For 21 Days in a row, write down three new things you’re grateful for. Make sure not to repeat the same observation twice. I did this in a PRAYER JOURNAL writing down things I was grateful to God for. Research has found that your brain will learn to continually scan for positive items, especially on bad days. This can help us get over some rough spots more positively.
4. **Be Satisfied and Content Like the Danes.** Why is Denmark the happiest country on earth? The Danes are very satisfied! For more than 30 years, Denmark has ranked first in European surveys on satisfaction. More than two-thirds of Danes are “very satisfied” with their lives. Be content and satisfied with what you have!

JOIN THE THREE-WEEK QUEST FOR HAPPINESS

- 1) Rate yourself on happiness overall from 10 (full & incredibly happy) to 0 (empty & incredibly sad).
- 2) Rate yourself on how grateful you are from 10 (full) to 0 (empty).
- 3) Focus on one spiritual law for three weeks. After three weeks, share an email of your results to happy@tekeffect.net. Comment: ~Was this time well spent? Why or why not? Would you recommend this to others? What helped you most on this quest?

Example of an email you might send me after 21-days:

Before starting, I scored myself 4 on Happiness and 3 on Spiritual Law # 6.

Week 1: A week later, after praying about this Spiritual Law I scored 5 and 4 on the two scales.

Week 2: After 14 days, I’ve studied the Bible on this law and prayed about it and now scored 6 and 6.

Week 3: After 21 days, and using ideas from the action guide, I scored 7 on happiness and 7 on Law # 6.

Comment: I would say that this was time well spent. My happiness has improved and I’d recommend this because my thankfulness has improved and I had an amazing thanksgiving. Action Guide tips 2 and 3 helped me the most! Mr. B. Happy (age 23)