

April Tip of the Month: Appreciation – It's Vital for Your Health & Wealth

With our everyday constant challenge to find balance in both our work achievements and personal relationships – it is vital to our mental and physical health that we literally take time to stop and smell the roses. The power and habit of appreciation is that core of finding balance in everyday turbulent times.

Whether it's Google's ultra comfortable workspaces or having a great conversation over coffee – we all know what makes us happy and what we appreciate when it is right in front of us. research has shown that we all have a “base line” of what makes us happy – of what we appreciate in life. When extremely positive or negative events happen - such as getting a promotion or losing a job - they temporarily increase or decrease our happiness, but we eventually drift back to our set point.

Research shows that we can make ourselves happier - permanently. Scientists have found that our genetic set point is responsible for only about 50% of our happiness, life circumstances affect about 10%, and a **whopping 40%** is completely up to us. The large portion of your happiness that you control is determined by your habits, attitude, and outlook on life.

Here are 3 tips to help you on your road to a greater appreciation of everything around you...

1. Appreciate.

Amazing things happen around you every day - if you only know where to look. Technology has exposed us to so much, but the downside is that this exposure raises the bar on what it takes to appreciate all the wonder around us. Awe is also inspiring and full of wonder, underscoring the richness of life and our ability to both contribute to it and be captivated by it. Appreciate – it does the mind good.

2. Be Brave.

Bravery in everyday terms is simply doing those things that our reptilian brain holds us back from – things we fear consciously and unconsciously. Fear is nothing more than a lingering emotion that's fuelled by your imagination. Fear is really a matter of choice. Appreciative people know this better than anyone does, so they flip fear on its head. They are addicted to the exciting feeling they get from conquering a fear - acting with bravery and with confidence.

3. Collaborate.

Nothing fuels a true sense of appreciation like collaboration. Collaboration isn't about giving up your individuality, it's quite the opposite. It's about realizing you're potential, bringing your many gifts to the table and sharing them in pursuit of a common goal, and bringing your ideas, your passion, your mind, heart, and soul and connecting with others in memorable ways.