



An Attitude of Gratitude

by Joe Gandolfo

We here in America have witnessed a catastrophic tragedy unlike any we could have imagined. Hurricane Katrina is this unbelievable event, and Mother Nature was the culprit. A handful of scientists warned of this unimaginable possibility, but no one could have given us insight into the on-the-ground human horrors that befell the states of Louisiana and Mississippi.

The media – T.V., newspapers and internet - have reported on and shown us a vast human spectrum - from the worst of humanity to the love within the human spirit. In the aftermath, we all have become witnesses to the massive outpouring of support from communities like Towne Lake and from around the world.

The heroic efforts of rescue, the outpouring of basic supplies such as food, water, clothing and shelter, and the massive amounts of monetary contributions – reflect the human characteristics of support, generosity and compassion. We will continue to pay attention as this powerfully real and sad historic event unfolds.

Here in our own little world of Towne Lake we have been impacted in many ways, and this impact revealed itself quick, most notably in our gas supplies and gas prices. I witnessed first hand at the gas stations a momentarily panic that was puzzling at best. Upon reflection, what this reminded me of and I needed the reminder, is that all of humanity is connected. We are many individuals each living our own lives, but who are truly connected and interdependent.

We must remember our interdependence going forward. We must remember support, generosity and compassion.

For me, this tragic event was also a reminder of the importance for gratitude. I was reminded that even so we live in the most prosperous country in the history of mankind; the materialistic essence of much of our existence is nothing more than that – materials. This material “stuff” can be taken from our lives in many ways - in an instant. Oh yes, I was reminded to be humbly grateful.

Ironically, and I do not believe in coincidence, I was in a workshop recently and the essence of gratitude was explored and discussed. What I learned, and what I want to share, is that *Gratitude* can be easily cultivated in our mind, our behavior and thus our lives.

It was suggested to do this simple activity.

Every night prior to going to sleep, and every morning prior to starting the day, take a moment to remember 3 things which I am grateful for having in my life. I offer this activity to you. Try this yourself; teach this to your children, nurturing an *Attitude of Gratitude* is a gift the world can use now more than ever.

Listen to Joe's free daily podcast – ***Teen Success Radio*** – available on iTunes.

His new book ***The Greatest Teenage Myth in the World*** is now available @ www.JosephGandolfo.com or www.TheGreatestTeenageMythInTheWorld.com

Joe Gandolfo is on a mission to ***champion the greatest commodity in today's world – our youth, teenagers, young adults and college students***, and to rally, strengthen and energize the adults – parents, educators, mental health professionals and organizations - who work with and care about our greatest commodity in the world.

Joe works as a ***professional speaker, success coach, seminar leader motivational counselor and author***. He brings 20 years experience working with youth, teen-agers, student-athletes, professional athletes, adults, parents, educators, public and private schools, organizations and associations.

His clients have included: *Georgia Tech Athletic Association, Rockdale County Schools, Cobb County Schools, Cobb Teen Leadership, YMCA, Childcare Resource Network, University of Clemson, University of West Georgia, PGA of America, Milwaukee Brewers, Coca-Cola, SouthCoast Hospitals, Owens-Corning and MPI Georgia Chapter.*

He has been an adjunct professor at Georgia Tech (1996-2000) and Georgia State (2005-06). He was on staff at the Homer Rice Center for Sports Performance (2000-07). He has had a private consulting practice since 1991.

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