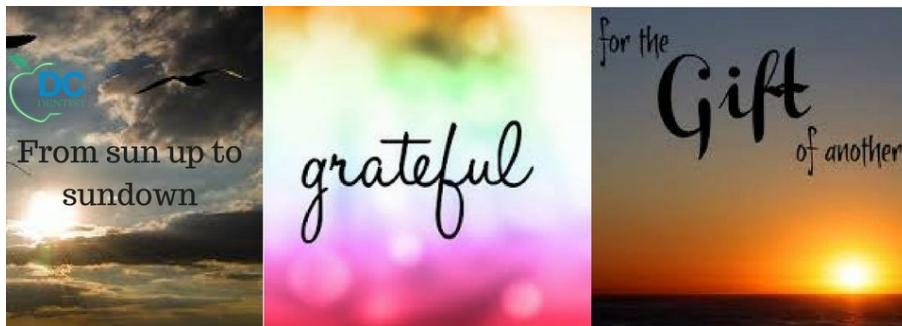


Podcast

Topic : gratefulness

Name: Renato Augusto Borges

Summary: Gratefulness is about say thank you for life. Say thank you for your day. Feeling or showing an appreciation of kindness; thankful.



Gratefulness

Hi everyone welcome to this podcast. First of all let me introduce myself, My name is Renato Augusto Borges, I'm from Brazil, I'm 18 years old, and I'm an international student at ELS Miami at Barry University. I'm gonna talk about Gratefulness!

I'm blessed to share my knowledge about that.

SO!

There is a huge question. Why gratitude is so important for everybody?
To respond to this question.

Gratitude helps people feel more positive emotions, relish good experiences, improve their health, Grateful people also sleep better. ...

I have seen people without grateful since I was born.

Gratefulness makes people feel happy..

And

We should be grateful for many things in life. What really does mean to be grateful? It's pretty simple, you just need to say thank you! Thank you!

Why do we need to express gratitude ?

TO BE JOYFUL! TO BE HUMBLE!

Let's go a little deeper! To begin If you're breathing! You have ears to hear! eyes to see! legs to walk! Hands to pick something! A roof over your head, a place to sleep, clothes on your body, food in your fridge. All of this is a reason to say thank you for life.

If you're alive today and healthy, you're more blessed than the millions of people who will not survive this week and die.

People have been complaining for nothing! Exactly nothing. They are complaining about a difficult day in their life, get a traffic, a blank food you know they are complaining too much.

There are people dreaming to have your life, your regular life that you are not pleased . They don't want a big house, a new cell phone, expensive car, or eat at a restaurant. They just want a leg to walk, an arm to strength, others of them a place to sleep, water to hydrate and food to eat.

Life is not about complaining. Life is about thousands of others reasons to be grateful and happy.

If you have been criticizing yourself for years, and it hasn't worked. Try to approving of yourself, and see what happens.

My advice for you is to begin each day with a grateful heart. A grateful heart is a magnet for miracles. And everyday before you sleep say thank you for being alive.

Remember every single moment in life is a gift to us.

So Renato can I be grateful for everything? Certainly Not, we can not be grateful for violence, for a war or for something like that

To inform you while you were listening to this podcast more than 100 people died.

I'm sharing this message because I wanna see more joyful people in the world.

Thank you for listening.