



***The Laura Longley Show  
Growing in Gratitude Daily  
with Hillis Pugh  
Author of "Thank You Thursday"  
March 31, 2014***

**Laura:** Good morning. I'm Laura Longley and you're listening to the Laura Longley Show on Transformation Talk Radio. Stay with us for the next hour and let us help you to experience ways to get unstuck and live an inspired life full of meaning, purpose and happiness. Each week on the Laura Longley Show we have some of the most gifted practitioners, speakers and authors helping you to make authentic and lasting changes in your life.

Today I'll be talking with Hillis Pugh, author of Thank You Thursday. Later in the show Hillis will be giving away a free signed copy of Thank You Thursday, so be sure and stay tuned for that.

Of course, as we do each week, we're going to start with our healing meditation. This week what I'd like us to focus on is sending love and healing to those who don't know the abundance that they already have beyond material goods. Many people accumulate things to help them feel better, to help hide their loneliness, insecurity or fear of any kind. Let's send them love and healing energy to note that they are already abundant in love and joy and that they can find that in themselves.

Let's begin by taking a deep breath in. Release that. One more deep breath in. Release that. Thank you for sharing that with us.

Also, I'm always looking for topics for this healing meditation that are healing to people. If you have something in particular that you would

like us to do a healing meditation for one week, email me at [Laura@thelauralongleyshow.com](mailto:Laura@thelauralongleyshow.com) and I'm happy to do it.

The topic of today's show of Thank You Thursday and gratitude made me realize how automatic it has become for me to express gratitude in the moment when something good happens and as a daily practice I also-it's automatic for me these days. I thought it would be a great time for us to review some gratitude practices during this week's Light Bulb Moment later in the show. I'll be sharing a refresher course in how you can get in the groove and make gratitude a habit yourself during the Light Bulb Moment toward the end of the show. Be sure and stay tuned for that.

For now, let me introduce today's guest. Hillis Pugh is an author, inspirational writer, entrepreneur and philanthropist. Like many, Hillis was not living his highest path and had to alter his own self-belief. Hillis used his writing as a creative outlet to voice his perception of the world through his inner verse. Through the expression of his words, Hillis invited his readers on a journey of his world letting them know that they are not alone, we are one. From this new openness and awareness, Thank You Thursday was born. Thank You Thursday started as a weekly blog dedication to sharing life's gratitude by finding gratitude in his own life, Hillis has become a channel to convey messages of gratitude to share with others. He has shown us that we can find gratitude in any life situation. Let's welcome Hillis Pugh to the Laura Longley Show. Hi Hillis.

**Hillis:** Hi Laura. Thank you for having me on your show today. I love that healing meditation.

**Laura:** Thank you. It's like I really was inspired by thinking about the abundance that we have when we think about gratitude. Having you on the show and Thank You Thursday kind of inspired that. Gratitude is something that has been huge in my own life and also in what I teach to my clients. I love having that be our topic for today. I would love to get your perspective on why expressing gratitude is important.

**Hillis:** Gratitude is important because it raises our own energy and self-awareness of what we have and what we sometimes take for granted. What we take for granted now could be something that we show appreciation for later in life. Some of that creates magnitudes for love of self.

**Laura:** You know, what you just said reminded me. There was a saying-I can't remember who this came from or I don't know if I ever knew. It was-the saying is, "What if you woke up tomorrow with only the things you gave thanks for today?" That, to me, really makes us think about the abundance we do have and how many things there are in our lives to be grateful for.

**Hillis:** Yes. There's so many things that we go throughout the day, whether it's our daily routine or it's something new to come into our life, we are constantly unaware until we take that moment to breathe, relax, this is the moment where I have something that I didn't realize I have. As most people go on in their life they don't realize they have something good until it's gone. Then they show gratitude for that.

**Laura:** Yes. Lots of times it's when we have that void that we really recognize those things that we took for granted, like you mentioned. We do take a lot for granted in our lives.

**Hillis:** It wasn't until I started my writing and my journey, Thank You Thursday, I didn't realize that I was doing that myself, like many other people. I was like, "Oh, I have this. I don't have a need for that." Just continuously taking things for granted whether it was me waking up in the morning to having a place to sleep at night. Even having a job-all those things that we constantly take for granted and not realizing that this is something that I have. It has meaning for me.

**Laura:** And just focusing on the things we take for granted to begin with-I had a guest on a few months ago. She starts every day, she wakes up every day and goes, "Okay, two eyes, two arms, two legs, two feet. I'm good." We do take for granted those of us that do not have any sort of physical issues, we do take that for granted also. Just starting the morning by saying, "Hey, I can see. I can hear. I'm mobile. That's good. I'm good."

**Hillis:** I'm physically whole today.

**Laura:** Exactly. And I'm grateful for that. I'm curious, we're going to talk in a minute about how you started this journey. Before we do that, I'd love for you to share what has changed for you once you've started having a regular gratitude practice?

**Hillis:** My regular gratitude practice has evolved over time as well as [inaudible (9:10)] around me. What changed the most is my attitude

and my outlook towards life and towards others in my life, whether it be family, friends, or even strangers.

**Laura:** Is it fair to say that because your attitude has changed and you're perspective has changed, that you're happier?

**Hillis:** Definitely.

**Laura:** It really is about are we going to look at-it's the glass half full or half empty thing. Are we going to look at what we have versus looking at what we don't have?

**Hillis:** Exactly. Depending on who you're speaking to, most of them look at what we don't have as opposed to what we do have. When you look at what you do have, your perception and your emotional outlook changes a great deal. When you look at what you don't have, some people get depressed as opposed to looking at what you do have where you can be happy for what you have.

**Laura:** I know personally, and I believe this is kind of borne out in other people who have the gratitude practices, once you consciously choose to look for those things every single day that you have to be grateful for, you find more and more and more things to be grateful for. It kind of crowds out the "what I don't have" part.

**Hillis:** Exactly. I absolutely agree with that. Once you have a practice, whether it's making a list, whether it's a meditation, whatever your practice is, you practice that and you keep adding to it, adding to it. You keep throwing in things into that shopping cart. I have this to be thankful for. I have this to be thankful for, until your shopping cart is overflowing with magnitude of gratitude.

**Laura:** Absolutely. It's time for us to take our first break. When we come back I do want to talk about how you got on the path of a gratitude practice. We'll talk about that after the break.

I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. You can find me on Facebook at the Laura Longley Show and at [www.thelauralongleyshow.com](http://www.thelauralongleyshow.com). Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today I'm talking with Hillis Pugh, the author of Thank You Thursday. Before we continue, I want to make sure everyone knows how to find Hillis and also his book, Thank You Thursday. Hillis, will you share that information for listeners please?

**Hillis:** They'll find me and my book on my website, which is [www.hillispugh.com](http://www.hillispugh.com). I have a link to my book, which can be purchased on Amazon on my website.

**Laura:** Great. I know that the book started out as a blog. Is your blog at that location as well?

**Hillis:** It is. It is.

**Laura:** Good. Speaking of the blog, I do want you to share with listeners how it is that you-what's your story around why you started focusing on gratitude and how the blog even came to be? Starting from a place of why you were driven there, what made you focus there?

**Hillis:** For me it started out as an unconscious journey. I'm originally a poet. I started out as a poet and poetry has always been my first love. With most people who are poets, most people who have creative outlets, they write, they sing or whatever it may be. For me, poetry was an outlet to relieve steam when I was angry or to heal when I was upset. With the process of emotional patchwork, emotional healing if you will, it gives more towards more insightful, in-depth writing, which led to the blog. The blog itself started out on Thanksgiving. That's why I call it Thank You Thursday.

With me going through my annual tradition of visiting my family the night before Thanksgiving, the Thanksgiving feast with the turkey, dressing, the greens and all the pies, and goodies for everyone to eat the next day, I decided to wake up the day of Thanksgiving and I was in my mom's office. I was just in a place of overwhelming joy because I have been through so much in the past three years of my life. Not having a job, just found one that year in 2008. Not having a successful relationship-all these things I was experiencing all at once. Knowing that I could come back to a safe place, being authentic with my family and with myself, I decided to send out a loving email to my friends and family letting them know that I am grateful for them and their support and their love that has guided me through and helped me through that time in my life.

No withholding anything, sharing the emails, it donned on me, why not do this every week? The feedback that I received was so loving I just couldn't stop. I had to keep going. I had to keep healing myself. With the process of healing self, which gave myself love, they began to heal and I began to receive loving and inviteful messages from my followers, which at first was my friends and family. Then eventually people who I didn't even know existed. I just had to keep going. If it wasn't a message that I needed for myself to heal, I knew someone else out there needed that message.

**Laura:** That is so true that-we were talking at the break that those of us that are healers, we start out finding things that help us, personally. Then we want to share that. It has been so helpful to us. It's so great that this-the gratitude piece of it has really expanded through that medium of the blog and now the book.

**Hillis:** I have received so many emails from my family. "Hillis, when are you going to publish a book? Hillis, when are you going to put it together? You have to do this." I'm working on it!

**Laura:** Let's talk about the book for a minute so that listeners-it might be something that they are interested in actually getting a copy of the book. It's a little bit different. I've had other books on gratitude that are like a daily practice sort of thing. "Today, gratitude for this. Gratitude for that." You have that kind of because you have a topic. Then you talk one page worth about that particular topic that you could be grateful for. Then you have your poetry that you've written about that topic. It's a little bit more. It really is more of an inspirational book because of the poetry piece of it. It speaks to us in a different way than just an essay about here's this thing I'm grateful for today. I think that's really a great kind of twist on how a gratitude book might be. Thank you.

**Hillis:** You're welcome. It's funny that you mention it that I put it in that manner. When I started writing the blog itself, it just kind of happened that way. I'm more of a creative type. I think more creatively and do things in a creative manner. Thinking not just of myself, but others who are reading my blog at the time, they're like, "Okay, I get it. I don't understand it. Can you help me?" It was in the early beginning stages. I was like-why don't I incorporate my poetry? I've got tons of poems here. Why don't I do that? It just so happens that every topic that I wrote there was a poem to coincide with that to help the left brain and the right brain fully comprehend the message to

understand what it was that was being said. After that I was like, "Oh my goodness, I never thought of it that way." It was really amazing to see and to hear and to read what other people thought. They're like, "I get it now. I understand it. Can you elaborate on this?" They understood it with more of a loving manner.

**Laura:** Right. I think of it too that I have certain books over my life that I have used as a-from an inspirational perspective, like maybe I read an entry in the morning for like a-what do I want to say? Like for meditation or something. Poetry is different in that way, like I said, than just reading about a topic. The thing with poetry is that you can interpret a lot of different ways too. You might have something that you meant by it when you were writing it, which of course you do. When I read it, I might get something different from it.

**Hillis:** Exactly. That's why like the poetry. It is subjective to whatever you're feeling and going through at that time. When you read it at the time it means one thing. When you reread it a month from now, six months from now, it may mean something different too.

**Laura:** Right. A lot of it has to do with what's going on for us in that moment, what will resonate and what we'll pick up on. That's really a great point.

You have in the book a variety of topics that you've written on. Some of them are the kinds of things we've talked about-I don't remember if this is specifically one-like having a job or having physical health, those things that we think of immediately. You also have topics that are a little deeper, things like-I don't remember if this is exactly how you phrase it, you can tell me, gratitude for challenges in our life.

**Hillis:** Yes. That is definitely one of the topics in the book.

**Laura:** I totally resonate with that because that's how we learn. How are we ever going to learn and grow if we are not challenged? Yet, may times we're just going to look at that challenge and go, "Woe is me. Why did this happen to me?"

**Hillis:** Why me? Why is this happening to me? When we look at the challenges that we choose to experience in this life we say, "Okay, this is meant for me to experience. This is meant for me to go through. As a result of me going through this challenge, I am remembering my true self, who I really am. I am bigger than I once thought. I can do anything because I've gone through this challenge." I tell you, when I

was going through a difficult period in my life, there was a mantra that I had. I know it's been said and overdone many, many times before. When I said it this time it meant a lot to me. The mantra that I said was there is nothing that can be done to me that has not already been done to me before.

**Laura:** Right. That is a good thing to remember. Whatever is happening to you, has happened to others and they've overcome it.

**Hillis:** Yes. Exactly. When we take that challenge and we take ownership of it-when we take ownership of that challenge we lose the role of being a victim. It's like I'm not a victim. You're telling yourself to the hero or the heroine, I've overcome this. I can do anything now.

**Laura:** That just reminded me, especially using the word hero or heroine, it is a version of the Hero's Journey where we come through adversity and come out the other side with knowledge and learning and greater strength than we had when we entered.

**Hillis:** Exactly. When you think of it, the one that's coming to my mind is a child. A child doesn't know any better. A child goes off and does whatever it's going to do. As we grow into adulthood we tend to lose mental sight of that childlike ability to conquer the world. We place limitations on the soul saying, "I can only do this if I have this." We place conditions on ourselves.

**Laura:** Right, right.

**Hillis:** Gratitude helps put you back in the childlike state. I can do anything because I can.

**Laura:** Absolutely.

**Hillis:** Who are you to say no to me?

**Laura:** If we believe in abundance we have to believe that.

**Hillis:** Yes.

**Laura:** It's time for us to take another quick break. When we come back we'll give away a copy of Thank You Thursday, Hillis' book. We'll talk some more about gratitude. You're listening to the Laura Longley Show where authentic change takes flight. Stay tuned and we'll be right back.



[Commercial]

We're back on the Laura Longley Show. Today I'm talking with Hillis Pugh, the author of Thank You Thursday. Right now we're going to give away a copy of the free book, Thank You Thursday, to the first caller at 800-930-2819. If you need some help in your gratitude practice and you think that Hillis' book with his poems as well as just talking about gratitude in the book would be helpful for you, you can call in right now at 800-930-2819.

Before the break we were talking about one of the topics you have in the book. I know that you have another topic-I don't know if it's in your book or not, you said you've been thinking about lately that you're grateful around inspiration. Why don't you share with us a little bit about that?

**Hillis:** Sure. The topic that's in the book is called Persistence of Inspiration. What that means to me is that little nagging voice that you hear all the time that is guiding you and telling you what to do, what you shouldn't do, sometimes leading to rewards or regret depending on what choices you make.

**Laura:** Whether you listen or not.

**Hillis:** Exactly. Exactly. I know there have been times when we all go against that little voice. Darn it, I wish I would've listened. I wish I would have done that. In that moment, when you realize that you shoulda, woulda, coulda, you can take appreciation for that as well. You now know that the voice, your guidance, is not going to steer you in the wrong direction. It's helping you to make the right choices in your life. Everything from going out and playing a lottery ticket, or a million dollar business deal. Whatever you feel is in your heart to make the right choice. That persistence will keep nudging you in the right direction, gently at first. Then the gentle nudge of that comes to push and shove. I'm tired of you not listening to me. You've got to go this way.

**Laura:** I have definitely experienced that. Believe me. I know how it changes from a gentle nudge to hitting you over the head with a 2 x 4 if you don't pay attention. Pay attention sooner rather than later so you don't have to get hit upside the head.

**Hillis:** We've all had a hit upside our head. It's not pleasant at all.

**Laura:** No, it's not.

**Hillis:** They are reminders, I should have listened. You can think of them as reminders, I should have listened.

**Laura:** You know, really-when you were first starting to talk about it, it really is about trusting that voice and learning to trust it. Sometimes I think we have to go through that sequence of a whisper, then a little bit louder voice, the shouting and then the 2 x 4 over the head, before we will trust it. We think we know better. We keep doing what we've been doing until we get lots of evidence that it's not working anymore. At least, that's my experience. I've learned to listen sooner.

**Hillis:** Exactly. We have to learn to trust our higher self and not listen to the ego that's telling us not to do it. Listen to our higher self. Hey, let's go in this direction. It's a gentler way. It's an easier way. The path is all nice and clear for you. Let's go.

**Laura:** The ego is fear based. I'm thinking of my own-where I had my really big thing where it took a really big bang on the head for me to get it. The reason it did is because it was about fear. It was making a huge change in my life. The ego is there to protect us. It gets a little bit overzealous in that protection that really keeps us stuck a lot of times. I'm curious about-you said this has really been up for you recently because some transitions in your own life. I'd love if you'd share a little bit about that.

**Hillis:** I would say the-for me the ego is the one who definitely wants and craves attention. The more you listen to-or not listen to what you're supposed to do, the more attention the ego is going to get. The reason why the persistence and inspiration has been on my mind is because of my current transition from leaving a home in Chicago to come to a new place that I hardly know. It's worth it because I am with the love of my life. I am in a huge city with grand opportunities being presented to me. I have to keep listening and keep opening myself up to be where I choose to be at the right place at the right time. That's what the persistence and inspiration ultimately is. Always being at the right place at the right time.

**Laura:** And, it does frequently require us taking a risk because it is a risk for you to leave your home, move some place new, be somewhat dependent on someone else as well as I think you were talking about making writing your primary thing and source of income, which is

another big risk. Yet, when you feel called in that direction, the risk is worth it.

**Hillis:** Exactly. Everyone that's listening, listen to your voice. It will never steer you wrong.

**Laura:** Very, very true. We have to learn to distinguish between that voice of our higher self and our ego. Our ego has a voice too.

**Hillis:** I would say listen to the softer, quieter voice. Not the loud, nagging voice.

**Laura:** Or the one that's like, "Oh my God! What are you doing? Don't do that!"

**Hillis:** Exactly. Listen to the one that doesn't want all the attention.

**Laura:** Exactly. Hillis, I know that part of your gratitude practice is your poetry. Do you have other things that you would consider a practice for you around expressing gratitude?

**Hillis:** Other practices of mine would include meditation in the shower, which is fairly easy. Most of us can do, sometimes for me I would say a list of things in my mind out loud of things that I'm grateful for. Sometimes for me if I'm strolling down the street on a beautiful day or just in general, I will say, "Thank you," mentally. Those are some of the practices I incorporate into my daily life. Sometimes all you have to do is just say, "Thank you." The universe will know, he's grateful for that. Once you make it into a practice, it becomes more spontaneous and you bring up more joy, more love, and more energy that's around you. The universe just knows that he is grateful, he is thankful for what he has.

**Laura:** Exactly. Part of that-because I am going to be talking about that in a minute during the Light Bulb Moment about practices, gratitude practices, I know that when you're in the moment expressing gratitude it requires you being aware, paying attention, being conscious of what's happening around you or what's going on. If we're not paying attention, we're not going to notice that we have something to be grateful for. Awareness is really huge.

**Hillis:** Yes, definitely awareness is huge in the gratitude moment as well as paying attention to your emotional state. You can have gratitude for something but you can't be all disgruntled. How are you

going to be disgruntled and have gratitude? The two are not in alignment. You have to express a level of love, a level of joy to have gratitude, to be in alignment with it. If you're not in alignment emotionally it's not going to do you any good. It's only going to slow down the process of manifesting your dreams in this life if you don't feel good.

**Laura:** My belief-I guess it's a belief-is that by looking for something to be grateful for, I shift out of that negative energy. That's a tool that I use when I'm feeling disgruntled about something. I look for something to be grateful for and that shifts me. It's a great tool.

**Hillis:** Yes. One of the tools that I used in the beginning of my spiritual journey is if I wanted to feel happy about myself or about the situation about anything, I would find my favorite song in my mental playlist and start playing the chorus in my head. I'd start smiling and people were like, "Why are you happy? Why are you smiling?" I'd say, "Because I'm listening to my song." "But you don't have any headphones?" "I don't have to have headphones to hear music."

**Laura:** That's right! I think that that is a great note for us to wrap up on. We can play our favorite song on our mental playlist and feel happier. Before we say goodbye Hillis, I would love for you to once again share with people how they can find you, how they can find the book, and how they can find your ongoing blog.

**Hillis:** Great. Your listeners can easily locate me at [www.hillispugh.com](http://www.hillispugh.com). They can find out all my information, anything that's coming up, any happenings or any events there as well as my weekly blog. Additionally, for the month of April, since it is National Poetry Month, for the month of April I will be posting a new poem every day.

**Laura:** Wow. Every day. That's great.

**Hillis:** Yes.

**Laura:** That's great. That can be a daily practice that we can get into for the month of April that could carry on.

**Hillis:** Yes.

**Laura:** Thank you so much for being on the show and sharing your gratitude and helping others to know how they can be more grateful as well.

**Hillis:** Yes. Thank you so much Laura for having me.

**Laura:** Great. Thank you Hillis.

We're going to take a quick break and when we come back I'll share this week's Light Bulb Moment, which is how you can get into a gratitude practice of your own. I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. You can find me on Facebook at the Laura Longley Show and at [www.thelauralongleyshow.com](http://www.thelauralongleyshow.com). Stay tuned and we'll be right back.

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We're back on the Laura Longley Show. Today I've been talking with Hillis Pugh, author of Thank You Thursday. You can find Hillis' book as well as his blog at [www.hillispugh.com](http://www.hillispugh.com).

Some other ways to get help with moving forward in life on Facebook you can find me at the Laura Longley Show. I post there on a daily basis with tips and tools to help you get unstuck and lead a happier life. On Twitter I'm @lauralongleysho and of course, [www.thelauralongleyshow.com](http://www.thelauralongleyshow.com).

Given today's topic, today's Light Bulb Moment is also going to be about gratitude. I wanted to share a little bit about how gratitude has become a habit for me, why you care about that and how you can work on moving toward and gratitude habit at all. What I've found, I think there are studies that bear this out, gratitude is really the quickest way to increase your happiness to feel better, to have a more positive mood. When I did my 8 week happiness workshop and 6 weeks later I followed up with the participants, of the practices that we learned in that happiness workshop, every single one mentioned gratitude as the #1 thing that they were still doing. I think that that speaks volumes about how helpful that is and how much it can do for us.

For me, I started keeping a gratitude journal probably about 2 ½ years ago. I started out doing it-I did it before that, but consistently about 2 ½ years ago. I've alternated between doing it in the morning and doing it in the evening. I started doing it daily very consistently. This

was my #1 way of really getting in a habit of it. It had my focus every single day at looking at what am I grateful for. Even if some of the things we repeats from the day before or days before, it still had me focused on what was really good in my life.

Now I don't do a written gratitude journal anymore. Every night when I go to bed I have a conversation with God about what I am grateful for in that day. For me, talking out loud works well. You might wonder, given that I have a radio show, I like to talk out loud. For me, it also kind of triggers more thoughts. Lots of times just talking out loud about what I'm grateful for for that day leads me down a path where I realize more and more that I'm grateful for in that moment.

During the day-Hillis mentioned this as well-during the day I say thank you for little things that I notice. They might be things that are just beautiful, like I see an eagle. Maybe I notice the cherry blossoms blooming. Something like that where I just go, "Oh, I love that." It might be something where something just works out well for me. I find a good parking spot or I get some guidance from someone that really resonated for me or there's some sort of synchronicity where things are just really lining up. Lots of times I say thank you for the inspiration that I get. I'll have an idea pop into my head and go, "Oh, that's a great idea." I say thank you for it. It has become a habit for me. Overall, I've become very conscious of what a gift my life and everything in it is. I want to say thank you. I want to show appreciation for everything that I have that's good.

Again, following on one of the things that Hillis and I talked about earlier in the show, I do also say thank you for the challenges in my life. Those are the times when I have the greatest learning and growth. It leads me into being more of the person that I want to be. It does shift away from the, "Oh geez, why is this happening to me?" It gets me out of the victim mode and into a place where I feel powerful. This is something that is here for my benefit. Not something that's here to trip me up.

That's kind of how I've gone down the path over the last several years of really making gratitude not just a daily practice, but really a minute by minute practice. I feel it has served me well. It really has helped me shift my perspective. As I said to Hillis, when I'm feeling less than good about something and I find something in that situation to be grateful for, it shifts me right out of that bad mood and I do start feeling better right away.

If you're feeling like gratitude is something you could use more of in your life or even if you're feeling like happiness is something you could use more of in your life, gratitude in my book is the #1 way to feel happier, here are some ways that you can start. Different things resonate for different people. I want to give you lots of different ways you might go about doing this.

A gratitude journal. What is great about a gratitude journal is that if you set a specific time each day that you're going to do it and a specific number of things-I usually tell people to write down 5 things a day that you're grateful for-it gets you in the habit of thinking about it. Since it's daily, you're repeating it over and over. It does start to become a habit.

Another one that is really a great one is at family meal time, again that usually would be daily, have each person say one thing that they are grateful for. Don't save it up for once a year at Thanksgiving. Every single time that you sit down to have a meal, it doesn't even have to be with family, with anybody else, even with yourself, it's a good trigger that you're having a meal, when you're with other people have each person say one thing that they're grateful for and that will inspire every single person at the table because it makes you start thinking about, "Oh, so and so said they're really grateful for the sunshine today. So am I!" You start noticing other things that you're grateful for.

One of the ones that one of the participants in the happiness workshop did that I thought was a fabulous idea was she got one of those magnetic white boards that you can put on your refrigerator. Her family, every day, would post something on that board that they were grateful for. It's a great daily practice and you're sharing with other people that you care about so that it inspires all of you to keep doing it.

Saying directly to someone when you're grateful to them for something they've done for you or writing them a letter, writing them an email, telling them directly, we don't do enough of that. You might want to do artwork. Hillis writes poetry about it. If you are a writer that might be something that will call to you. If you are an artist, maybe you want to do a collage. Maybe you just want to do a drawing each day. Singing, I am a terrible singer but I love to sing. It makes me feel joyful. That's another great way that you can express gratitude. Just start paying attention throughout your day for what you are grateful for. You will find that you are feeling a lot better.

I want to thank my guest today, Hillis Pugh, for sharing such great insights into gratitude for us. I want to thank all of you for tuning in to the Laura Longley Show with me, Laura Longley. Please join me every Monday at 2pm Eastern, 11am Pacific on KKNW in Seattle, WBLQ in Rhode Island or anywhere at [www.thelauralongleyshow.com](http://www.thelauralongleyshow.com). Have a grateful week and I'll see you back here next time.