



CORNERSTONE
WEALTH MANAGEMENT

Becoming a Grateful Person

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Issue #30, November 2015

This Thanksgiving, reflect on some of the benefits of developing the habit of gratitude. Studies show that grateful people:

- Feel better about their life as a whole
- Experience greater levels of joy and happiness
- Feel more optimistic about the future
- Get sick less often
- Have more energy and enthusiasm
- Sleep better and wake up feeling more refreshed
- Feel stronger during trying times
- Enjoy closer family ties
- Experience fewer symptoms of stress

Developing the habit of gratitude requires seeing ourselves as recipients. What do you have that you did not receive? I've come to realize that I have nothing that I created by myself. Yes, I work hard, and have tried to be faithful with what I've been given. But, ultimately, I have nothing that someone else did not participate in creating.

As you become more and more grateful, more and more people will want to be around you. Your gratitude will lead to generosity, and I've never seen an unhappy generous person. Your generosity will lead to contentment, and you'll become truly wealthy.

We believe that to be truly wealthy is to be grateful, generous, and content.

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