

HeadFIT

Appreciating What You Have

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Saying thank you to others is easy. Everyone does it every day. It makes you feel good. But being grateful for what you've already got is just as important. Why? Because it makes you happier and more optimistic. And that positive frame of mind means you can perform better.

So each time you get out of bed, think of things you're grateful for. Say them out loud. Or even better, write them down for even more impact. What you're having for breakfast, the good laugh you had with your mates or your health. Whatever it is, be grateful. And write a note, a text or message someone to thank them for something they've done. Those few seconds will make a difference to both of you. So why not try it now? Say thank you for the good stuff and feel better for it.