**How to Build a Gratitude Attitude and be Free Right Now**

If there is one place where we should be completely free, then it is in our own mind. We might have limitations in terms of what our bodies are capable of and what we’re allowed to do – but our minds should be free to roam wherever we want them to.

Unfortunately, this is not the reality most of us live in. Instead, our thoughts are dictated by our circumstances and those circumstances are largely out of our control. This is why we will often find ourselves feeling dissatisfied and constantly wanting to push forward, rather than stopping to enjoy life and smell the roses.

And without meaning to get political or philosophical, our capitalist lifestyles only reinforce this nature and try to push us faster.

**Are You Happy?**

Most of us are constantly in a position of slight dissatisfaction. We feel as though there’s ‘one thing’ that could make our lives better and help us to be happier. Maybe we wish we had just a little bit more money, or maybe we wish we had a bigger house. Maybe we want a better job?

Partly this will be encouraged by the media and by the material goods that we want. We want more money so we can play the latest game, wear the latest clothes and post pictures of ourselves on holiday to show to friends.

And we keep working harder and stressing *more* to try and accomplish these things – in turn keeping the cogs of society spinning.

**Making a Change**

But now take a think about that game you find yourself wanting. Aren’t there computer games on your shelf right now that you haven’t played yet? Aren’t there free games you could download today and have just as much fun with? Isn’t it just marketing that is pushing you towards that next game and that next expense?

Likewise, ask yourself if having more money would really make you happier. You can travel very cheaply right now – the problem is probably more with leaving work. More responsibility isn’t going to help that!

So how do you make a change and start to be freer and happier right now? The answer is that you change your focus. Instead of fixating on what you don’t have and on what you want, instead start to fixate on what you already have and what you’re grateful for. This is called a ‘gratitude attitude’ and it’s the fastest route to having a satisfying and happy life.