



November 15, 2018

**With Thanksgiving coming up, you may already be thinking about what you're most grateful for.**

**It's no secret that increasing your personal gratitude can help you get happier, healthier, less stressed-out—and more optimistic overall.**

**Another big-time benefit? Feeling grateful can also make you wealthier.**

**According to a research study from professors at Northeastern University, Harvard, and UCR, people who are grateful exhibit significantly more patience and self-control in their decisions, which led to better long-term financial outcomes.**

**More gratitude can help someone in your family lose their urge to splurge and avoid impulse spending. Increasing gratitude for your financial resources may also expand your mindset towards making a larger impact and legacy with your wealth.**

**A mindset of scarcity and instant gratification does not produce, grow, or preserve long-term wealth. One characteristic that we've seen consistent among our most successful clients over the years: they practice gratitude in their personal and professional lives.**

**As you celebrate next week, we hope you enjoy time with friends and family and reflect on your many blessings to be thankful for. HAPPY THANKSGIVING from all of us at Pacific Capital!**

**Schedule a brief Goals Conversation® with our team by visiting our [website](#) today - no cost or obligation involved. You may also click [HERE](#) for our google reviews.**

