

# DEVELOPING GRATITUDE







*I'm going to come right out and say it...*

**Gratitude** is one of the top 4 Mindset Skills.

(OK, OK, OK you wont rest until I say it... so the others in no particular order are: **mindfulness**, **meditation** & **exercise**)

*One study showed that keeping a gratitude journal  
(listing at the end of the day 5 - 10 things you are grateful for over the last 24 hours),  
generated a **25% increase in happiness levels.***



Another study showed the participants keeping a gratitude journal:

- Made significant progress towards important personal goals over a 60 day period.
- Reported higher levels of the positive states of alertness, enthusiasm, determination, attentiveness and energy.
- Exercised more regularly, reported fewer physical ailments, felt better about their lives as a whole, and were more optimistic.



First and foremost gratitude should be viewed as an **investment**.

Like any venture, it works best if your inputs are small and regular rather than large and sporadic.

**How small?**

Small enough to be **easily repeatable**.

Therefore it make sense that your daily gratitudes should be part of your **Personal Success Routine**.

# Start with the Obvious...



## 1. Who are you grateful for?

*Your mother, father, children, spouse, extended family, friends, loved ones, co-workers, pets.*

## 2. What around you are you grateful for?

*Physical surroundings (such as a house, car, city or state), external surroundings (such birds chirping, sun shining, rain falling) or emotional surroundings (eg: the love you feel for someone).*

## 3. What did you do today that you enjoyed?

*Listened to a great song, played with your kids, met a friend for lunch, walked the dogs.*

## 4. What do you feel grateful for owning?

*Your car, your house, your phone, your TV, your favourite pair of shoes.*

## 5. What do you feel lucky to have that some others do not?

*Food, water, warmth, family, friends, health...*



# Move On To Today...



1. What do you love to...?

*Eat, drink, watch, smell, hear, touch, do...*

2. When did you feel good today?

*Did you create something at work, your child thanked you, your friend called...*

3. When did you smile or laugh?

*A funny video, a joke told, coffee at a favourite place, a prank played...*

4. What made you proud?

*Going to the gym, your child received an award, you said yes to something scary...*

5. What were you thanked for?

*Work you did, coffee you made, a gift you sent, some kind words you uttered...*

# What's Gone Onto Automatic...



1. What happens in your life without you having to think about it?

*Sun rises & sunsets, eyes blinking, your heart beating, the toilet flushes, your car runs...*

2. What did key people in your life do without you asking?

*Made lunch or dinner, paid bills, picked up kids, went grocery shopping...*

3. What didn't exist 10, 20 or 50 years ago?

*Healthy cheap food, smart phones, TV, cheap airfares...*

4. What do you have in life that others don't?

*Food, shelter, freedom, family, warmth, security, stability...*



Can you make bad stuff... good?

Perhaps that person that cut you off in the traffic is actually rushing to the hospital, maybe the person behind the counter was short with you because they just lost their mother or aunt or friend...

.....*perhaps it isn't really about you at all?*





<b>1</b>	Figure out <b>where</b> and <b>when</b> you can do your “gratitudes”.
<b>2</b>	Design a gratitude mantra. <i>(I give thanks for this day to the great spirit whose presence and perfection I feel within and without. I still my thoughts and feelings in order to practice the six perfections of Generosity, Wisdom, Discipline, Patience, Effort &amp; Compassion. May my hear be lightened and my mind awakened so that I expertness genuine Health Wealth and Happiness)</i>
<b>3</b>	Compile a list of <b>fundamental personal beliefs</b> you will <b>change</b> and set about using the daily practices (above) to change them.