

THE ULTIMATE

Gratitude Practice

In this mini-lesson, you'll learn how to look at life through a lens of gratitude. You'll learn exercises and habits that can instill this mindset into how you view your life and change how you live.



TRAINA COACHING

THE ULTIMATE Gratitude Practice

Life can be hard. We all face challenges, setbacks and disappointments. While we can't always change these, we can ALWAYS choose the perspective in which we view them. While we would never choose many of the hurdles we face in life, we can CHOOSE to learn and grow from each experience. We can CHOOSE to allow our breakdowns to be our breakthroughs. We can CHOOSE to view life through a different, more powerful lens. Choosing gratitude sounds simplistic, but it can, in fact, change your life.

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Seeking out little things to be grateful for
will open your eyes to how many
wonderful things are around you at all times.

-----” ---

The lens in which we view the world is our choice, and it takes practice to instill the habit.

Think back to a day that you either woke up in just a foul mood, or something happened to start your day off on a bad note. If you allow it to, your brain will continue to focus on all the things that go wrong. You might get frustrated as you get dressed, because nothing seems to fit well. You'll notice that you were low on gas and had to stop to get gas, which will make you late. You'll focus in on the fact that your kids can't ever wake themselves up on time. What a terrible way to start your day. And it will likely drag into the rest of your day. Let's call this focus "Bad Day."

Now, remember back to a day where everything just seemed to go right in your world. You woke up "on the right side of the bed." Traffic lights seemed to miraculously turn green as you approached them, your kids seemed more agreeable and cooperative, and your spouse was more helpful and pleasant. You enjoyed whatever a "great day" means to you. The truth is, however, that it was likely the way you CHOSE to see your day. When you start off the day on a great note, you're more inclined to notice the positive things around you. Let's call this focus "Good Day."

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Gratitude Practice

Choosing the lens:

When you look at "Bad Day" and "Good Day", the truth is, ALL of those were likely true (from both perspectives) on the same day...you did need gas, your clothes were fitting a bit more snugly, your kids are used to you waking them up **AND** you hit many green lights, your kids were agreeable on the way to school and your spouse was pleasant.



Here's the key:

Your brain only notices the ones that you tell it to, so, the truth is, you CHOOSE the kind of day you want. You CHOOSE the lens in which you view your day and the world around you. Every morning, we have the choice to see the negative things or the positive. YOU are in control of whether you have the "Bad Day" or the "Good Day."

While I can't promise you that things won't occasionally go wrong and that the rest of the world will cooperate with you daily, I CAN assure you that you CAN have control over the type of day you'd like to have, every day. Most of us, however, leave it to chance - hoping for a great day, but just accepting things as they come. We let the day own us, rather than owning our day.

Choosing the lens:

- Yes, you can do this on hard days, no matter how hard.
- It takes practice, but you will continue to improve at it with time and practice.
- How do you do choose the kind of day you want to have? There are many ways, but a powerful one is my Ultimate Gratitude Practice.

First things first - Full disclosure that I'm a full-on gratitude junkie. I love the idea of gratitude. I live my life with a "gratitude attitude." People ask me how I'm generally in a good mood, regardless of the circumstances. My answer is always the same: I choose gratitude. I gently nudge most of my clients to embrace gratitude into their lives, because I firmly believe that **a mindset of thankfulness may not change the circumstances of your life, but it can certainly change the way you view your reality. And since your reality = your ACTUAL life, it's a pretty powerful practice.**

The practice I preach and assign to my clients has 4 basic rules:

1. Find 5-10 small, trivial things each day to be grateful for.
2. Don't write them down until that night (or bonus points if you wait until the following morning!).
3. As you write each one down, smile & try to feel the gratitude again, as you felt it in that moment.
4. Keep your gratitude lists in a notebook, a journal or an app on your phone.

Each of these rules is purposeful:

1. **Find 5-10 small, trivial things each day to be grateful for** - The items on your gratitude list need to be trivial, because this will train your brain to search for things to be grateful for. Your brain will focus on exactly what you tell it to. If you wake up in a particularly bad mood and declare to yourself that it's going to be a terrible day, your brain will literally search out ways to prove you right. ("You hit every red light!" "That guy just cut you off!") **What you focus on = your reality.** This gratitude practice teaches you to focus on the positive - and what you look for, your brain will find. The items or experiences you put on your list need to be things that you may have otherwise overlooked. (Think: Someone waiting a moment longer than usual to hold the door open for you at the post office, the chubby groundhog that scampers across your front lawn, the red light that turns to green just as you approach it.) This is not the list where you write down the big things for which you're grateful. Things like your health, your spouse, your children, your home are all things to be grateful for, but are not part of this practice. The fact that you know that you have to find at least 5-10 small things each day to be grateful for makes your brain search them out. And, guess what? After awhile, you've created a mindset to automatically be looking for these things!
2. **Don't write them down until bedtime** (or bonus points if you wait until the following morning) - Having you wait to write them down forces you to remember them all day.
3. **As you write each one down, smile & try to feel the gratitude again, as you felt it in the moment** - Studies show that describing what you're grateful for and visualizing yourself back in that moment of time has the same effect on your brain as the actual moment you experienced the gratitude. It's a 2-for-1 deal!
4. **Keep them in a journal, a notebook or an app on your phone** - It's therapeutic to commit to your daily gratitude practice. It's also beneficial to have the notebook to look back on. On a day you need a pick-me-up, or just want to smile, flip through your gratitude lists from days and months past.

Here's a sample from my list that I created about a year ago:

1. Waking up to the sound of rain this morning - I feel so warm and cozy in my bed when I hear the rain outside.
2. Seeing the mama duck and ducklings in the pond
3. The fact that the Starbucks drive-thru lane was (miraculously) short this morning!
4. Singing along with the songs from "Greatest Showman" during my Peleton class this morning.
5. Running into an old neighbor I hadn't seen in years.

I often find that when clients first start this practice, they start off strong for the first few days. Often, somewhere between days 5-8, they start to forget to notice things or they may be less consistent in doing the practice every single day.

This is when it's most important to recommit to the practice. Somewhere around the 1 month mark, you'll likely find that you are noticing things throughout your day, without thinking about it.

This is when the magic happens.

As this practice becomes a natural part of your day, push yourself to notice even more things to add to your daily gratitude list. Challenge yourself to be more grateful as you go about your day. When you face a challenge (ie - someone cutting you off in traffic or a client cancelling a meeting last minute), try to turn it around and look at it from a place of gratitude. If you hit unexpected traffic, you may not be able to control it, so rather than getting annoyed, decide that you can now listen to a podcast that you've been looking forward to or making a phone call you've been putting off. If a client cancels a meeting last minute, rather than being annoyed, turn around your mindset.

Again, you can't control the circumstance, but you CAN decide that you now have time to answer some emails, straighten up your desk or spend a few more minutes preparing for a different upcoming meeting. I'm not saying this will be easy, I'm saying it'll be worth it.

Gratitude Journal

YES, I'M GRATEFUL FOR WHAT I HAVE
AND I SEEK OUT MORE FROM A PLACE OF ABUNDANCE

DIRECTIONS:

1. Search for 5 SMALL things you're grateful for as you go through your day. Do not write them down yet.
2. Either before bed (or better yet, the next morning) write down the 5 things in your gratitude list.
3. As you write down things you already have, feel the gratitude for each one.
4. Keep them in a journal or notebook, so you can revisit your lists.

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Gratitude Journal

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Gratitude Journal

BONUS:

1 Month Gratitude Journal

You are one week in to creating a habit of practicing gratitude. My guess is that, by now, you're just starting to notice things to be grateful for during your day, simply because you know you need to write something down tonight on your gratitude list. That's a great start! We're literally training your brain to look at your life through a new lens of abundance and gratitude. I'm including a bonus 1 month gratitude journal for you to continue to commit to this progress. Keep going! You've got this.



TRAINA COACHING

Gratitude Journal

BONUS: 1 MONTH GRATITUDE JOURNAL

DIRECTIONS:

1. Search for 5 SMALL things you're grateful for as you go through your day. Do not write them down yet.
2. Either before bed (or better yet, the next morning) write down the 5 things in your gratitude list.
3. As you write down things you already have, feel the gratitude for each one.
4. Keep them in a journal or notebook, so you can revisit your lists.

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Gratitude Journal

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Gratitude Journal

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Gratitude Journal

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Gratitude Journal

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Gratitude Journal

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THE ULTIMATE *Gratitude Practice*

You're 1 month in to the Ultimate Gratitude Practice!

As with any new habit you add to your life, it's important to spend a few minutes evaluating how it's going. How do you feel compared to how you felt prior to your daily gratitude practice? Do you find it's getting more natural for you to find small things to be grateful for? Is 5 the best number of things to seek out each day - if not, adjust that number accordingly. (If 5 is too many, try 3. If 5 seems easy, shoot for 10).

Remember, you can't always control what happens in your life. You WILL face challenges. You will have things that don't work out or don't unfold how you planned. You won't have control over these circumstances, but you CAN control how you perceive your life. If you find yourself debating me silently (For example: "I get it, Julie, but you don't understand - I have a great reason to get annoyed" or "Sure, this might work for minor things, but what about major challenges in life?").

Take a moment and remove yourself from the situation and be willing to have an open mind. Does getting upset, angry or frustrated serve you? Does it help in any way?

No, it doesn't.

As a matter of fact, even in the face of major life challenges, keeping calm and practicing gratitude will help you have a balanced perspective and handle challenges with a clear head and reasonable attitude. When we're angry or frustrated, we often don't show up in a way that allows us to react in the most productive manner.

Having a daily gratitude practice is the first step in improving how you look at your life and how you show up. As you go through this practice, if you'd like me to teach you the entire process and work through it with you so you have guidance and support, consider either 1:1 coaching or my gratitude workshop. If you have questions or comments, don't hesitate to email me at Julie@TrainaCoaching.com. I'd love to hear from you!

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THE 1 MONTH ULTIMATE GRATITUDE PRACTICE REVIEW:

Do you find yourself feeling more natural in seeking out small things to be grateful for?
Please elaborate:

Where did you find challenges in this practice? Is there a way to deal with this so you
can have more consistency?

Now that you've finished a month of The Ultimate Gratitude Practice, would you prefer
to shift your list from 5 things a day to 3? Or would you like to seek out every more
things a day, perhaps 10?

How can you personalize the practice to fit in with your lifestyle even more?

This Ultimate Gratitude Practice is only 1 exercise that's included in the comprehensive
gratitude workshop. If you'd like to see, first-hand, how gratitude can change your
perspective and your mindset, please email me at Julie@TrainaCoaching.com.

Mention the promo code "gratitude" for a \$10 discount on the workshop cost.