

Numb Buster: Building Gratitude



For gratitude there are tons of exercises you can do, but I like to keep it simple. You can do the following exercise to help you build gratitude and at the same time help you keep on track with your progress.

I like to do this exercise every morning as part of my meditation practice, but I know of people who do this first thing when they wake up, or just as they are going to sleep. The important thing here is to pick a time of day and stick with it. It may seem like a bit of work to start with (remembering to do it I mean), and this may be true. Practice, and repetition though will build habits. And of all the habits I have, taking the time to be grateful is one of the most fulfilling and enriching ones I own.

Take a few moments to be still.

Take a few deep breaths in and out and once you are ready ask yourself the following:

What three things am I grateful for in my life right now? Take a moment and sink into how it feels to have those things in your life.

What actions from yesterday am I grateful for that are helping me move towards my ideal life? Take a moment and really feel the progress and be grateful to yourself for taking the steps!

That is all.

Be grateful for what is in your life right now (it could be something as simple as it was a warm day, to I am grateful for a great family) the more specific it is the better. And when you are grateful take the time to really feel what it is like to have what it is you are grateful for in your life.

And then be grateful for whatever act you took yesterday (it could be something small like saying no to a second cookie to signing up to learn Spanish). Again, step back to be grateful to yourself for putting in the effort, and doing the work to step towards your ideal life, If you can not find something to be grateful for in the moment be grateful that you are taking the time to think of something you could do today so you can be grateful tomorrow.

To level this exercise up, keep a journal. The act of writing what you are grateful for daily helps cement these feelings of gratitude in your mind. It is amazing what happens as you start this daily practice. You may even find you start walking around this world with more gratitude for everyone, including yourself!

BONUS: Please download the guided meditation that goes along with this and find a template for a gratitude journal on the next page.



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The table below is much like the gratitude exercise above with the added column of looking at what it is within you that may be bringing these things you are grateful for into reality. It is not about taking credit for all you are grateful for, but more so a way to quickly reflect on what may be shifting in you. For example:

I am grateful for the grocery clerk who asked me about my day. Reflecting on this I think it is because I smiled when I first interacted with him in the checkout line.

As you can see it is a pretty simple example, but even here, taking a step back to see how you may be impacting others can be quite a boost to keep spreading good vibes!

Can't think of three things? Start slow. Start with one and see where it takes you.

<i>What three things am I grateful for in my life right now? Take a moment and sink into how it feels to have those things in your life.</i>	<i>In what ways am I being, or acting like, that allowed me to notice these three things or to help them show up?</i>
<i>What actions from yesterday am I grateful for that are helping me move towards my ideal life? Take a moment and really feel the progress and be grateful to yourself for taking the steps!</i>	<i>How are these actions helping me progress towards my ideal life? What is it within me that bringing these actions to life?</i>



20 Ways to Practice Gratitude

Benefits of Gratitude

- Greater interconnectedness
- Good health
- Goal achievement
- More energy
- Better sleep
- More generous
- Less judgemental
- Better sharers
- UCA Gratitude Research

Those who kept a journal and detailed their gratitude were 25% happier than those who did not. UCA Gratitude Research

Practicing gratitude decreases depression.

People who practice gratitude are less self-centred.

A growing body of research shows that gratitude is truly amazing in its physical and psychosocial benefits. University of Texas Health Science Center

For those who practice gratefulness, there is a sense of respect toward others. Dalai Lama

Quotes About Gratitude

Gratitude is an affirmation that there are good things in life and it's an affirmation of relationships with people who give us good things. Thnx40rg

If you've forgotten the language of gratitude, you'll never be on speaking terms with happiness. Ocean Robbins

The single greatest thing you can do to change your life today would be to start being grateful for what you have right now. Oprah

Gratitude is an opener of locked-up blessings. Marianne Williamson

Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom. Marcel Proust

Gratitude turns what we have into enough. Melody Beattie

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Are you suffering from stress, overwhelm, low self-compassion, lack of energy, emotional roller coasters, or constant wondering and wandering? Maybe you are filled with apathy, pessimism, or are you numb to life.

You may feel alone. But you are not, and I have also been there.

I have experienced many transitions, changes, and rollercoasters myself. I have been where you may now be. But I got out of it, survived, and created a new life full of abundance for myself, my family, and my business. Now I work as a coach, helping organizations and people create a new life, new businesses or new careers that fulfills their own definition of success.

If you are looking at the unclear path ahead, unsure of what the first step is, feeling like you are alone, and not knowing where to turn for help - I can help you.

I can coach you towards getting deeper relationships, more fulfillment, and even a healthier bank account. If you are ready for that abundant mindset where you get everything you want inside and outside of work, then contact me today.

Accelerate your progress towards your ideal life, business or transition with online courses, and offerings. To find out more visit my website!

<https://davesinclair.ca/services>

Or contact me today for a free 1:1 Discovery Call: Email: Dave@DaveSinclair.ca