

Exercise: Developing Your Gratitude Muscle

Like most things you can develop your capacity for gratitude with practice. Here’s a small but very powerful exercise that you can do every day that will really make a difference.

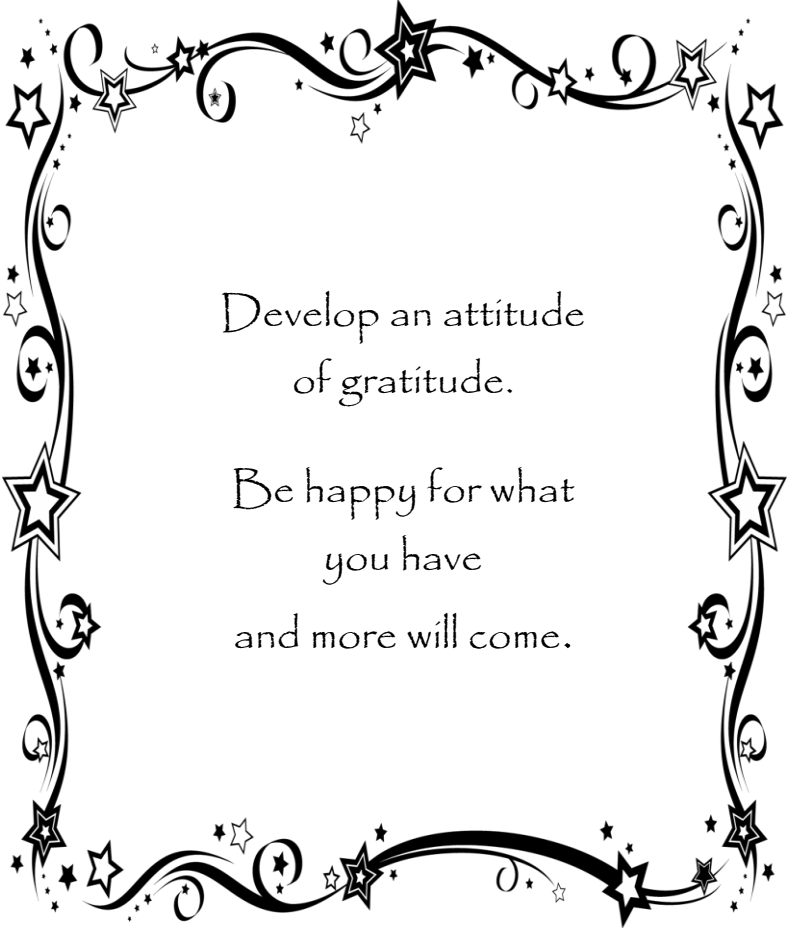
Each night before you go to bed, write down the three things that you were most grateful for today. It can be as small as a smile from a stranger, the laughter of a child, a dew drop on an exquisite rose, to incidental - you found your keys first time this morning, the kids ate their breakfast without bickering, to monumental - you got the job, the pay rise, the house!

By putting your gratitude into words, you will increase your appreciation and deepen your memory of these events too. Make it a rule not to go to bed until you have captured and reflected upon all three.

Have a go right now. What three things are you *most* grateful for so far today? Write them down here:-

I have been amazed at the transformational power of this tiny exercise in my own life. Firstly it creates perspective; what might have felt like a bad day is suddenly full of candidates for my ‘Gratitude Top 3’. An already good day swells to epic proportions and wonderful memories are strengthened and deepened. Very often lessons are learnt in the reflection time about how to create more of the same and hunches for contacts and actions can occur too. (Be sure to write those down) And finally, and most wonderfully, I find that during the day as little incidents occur, I am mentally noting them as candidates for that night’s list and so my reticular filter becomes on the look-out for ‘all things good’ and it should be no surprise to you that because of that, I spot more and more good things each day.

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Develop an attitude
of gratitude.

Be happy for what
you have
and more will come.



Keep a record of
your successes.

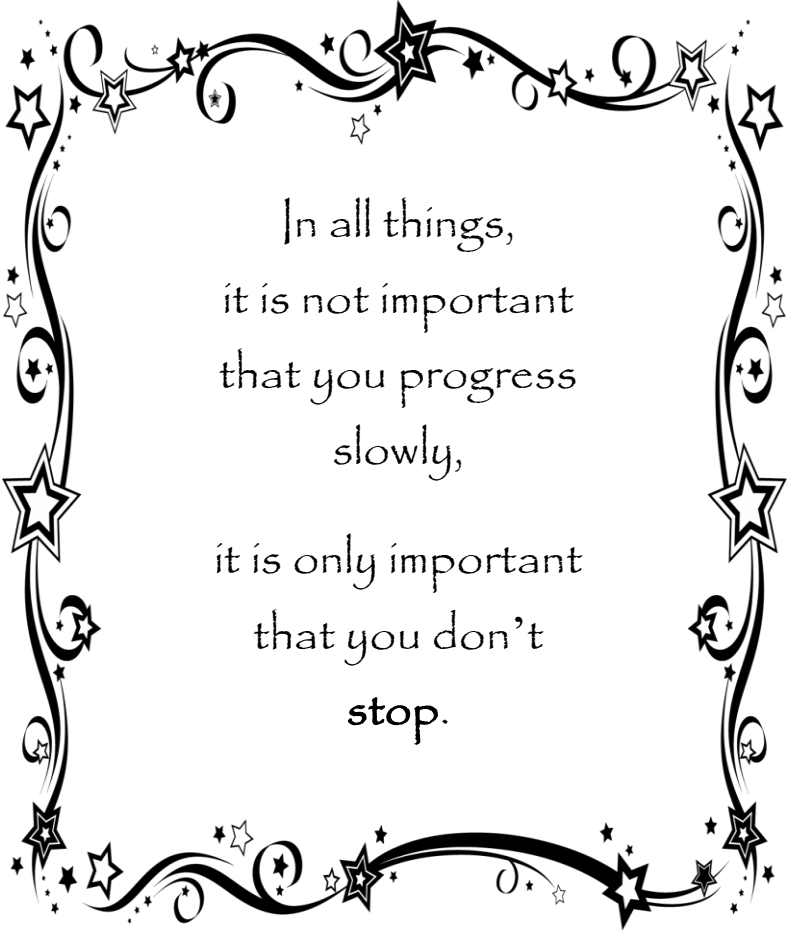
They will give you
the confidence
to ask
for bigger things.



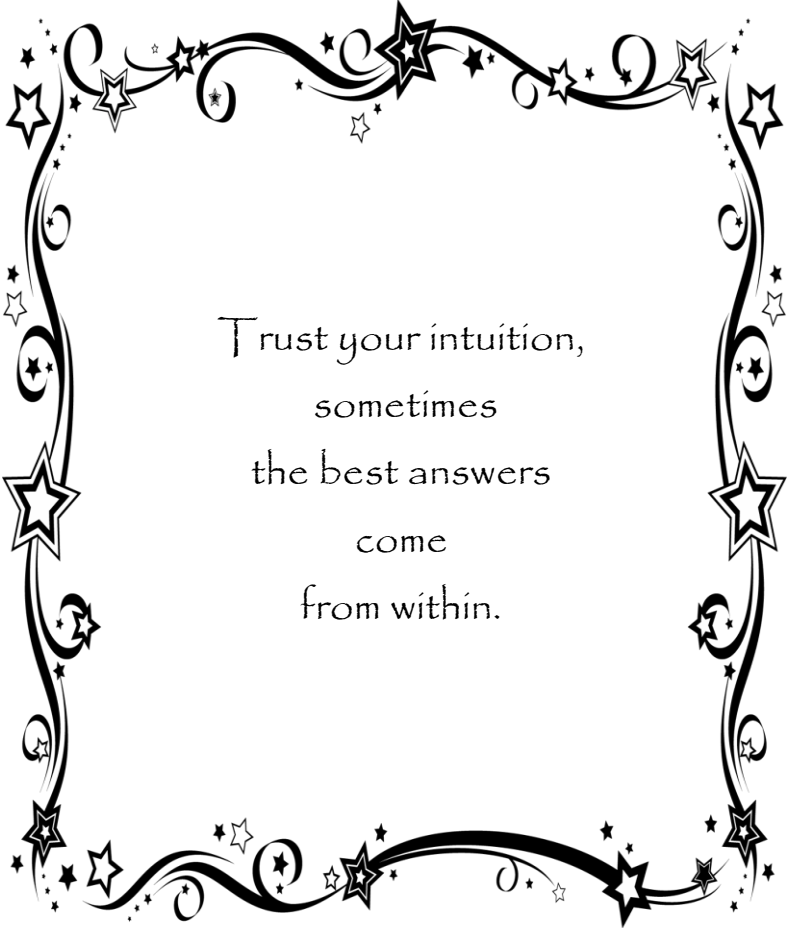
Don't give up.

You are a
'work in progress.'

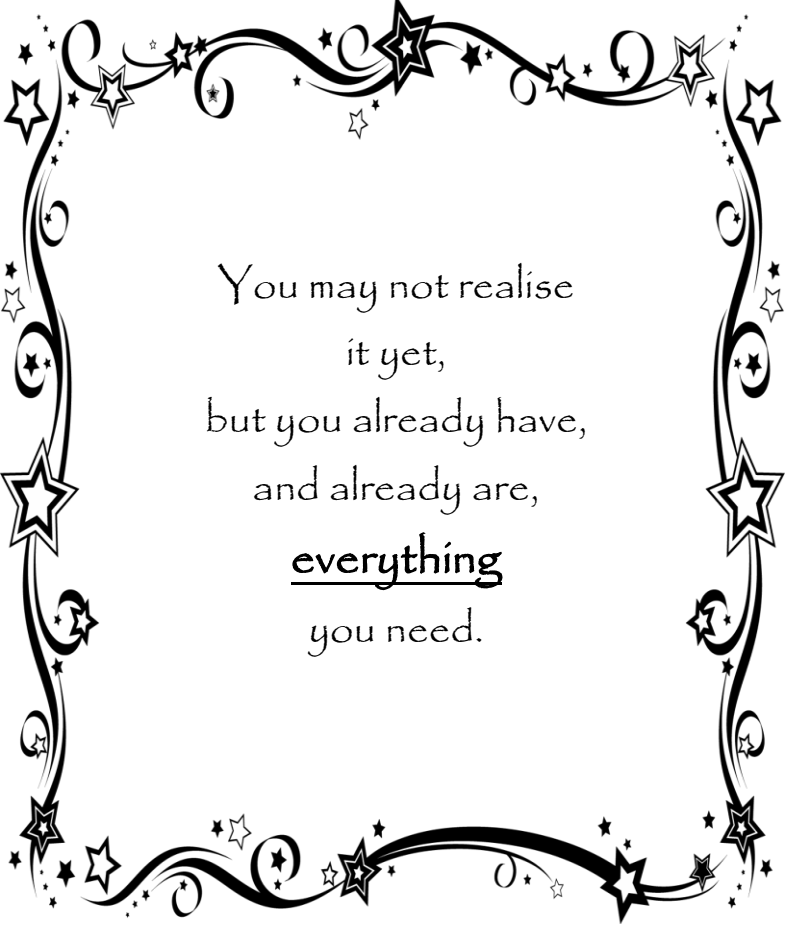
We all are.



In all things,
it is not important
that you progress
slowly,
it is only important
that you don't
stop.



Trust your intuition,
sometimes
the best answers
come
from within.



You may not realise
it yet,
but you already have,
and already are,
everything
you need.