



Build a Grateful Mindset

Get a deeper understanding of your thoughts and emotions to bring out your natural joy.

Karl Staib



01

Why Gratitude is Important

The rhino sat on my shoulders. Every minute that I passed I felt worse and worse. The tension in my neck caused a migraine. The back of my head wanted to burst open.

My boss was disappointed in my work and my youngest son was sick on top of it.

I couldn't catch a break. My attitude was sour at best.

I started complaining to myself and my friends. My friends are sweet, but one friend called me out.

He asked, "Is it really that bad?"

I've had lots of these days and moments, but this felt heavier than most. I could lose my job.

I thought about what my friend asked me.

"No it wasn't that bad, but..."

"Wait. There are always 'buts'. 'Is it really that bad?' He asked again.

It wasn't. My son had an ear infection and my boss usually loved the work I produced. I just wasn't used to this back-to-back-to-back struggles hitting me all at once. I wasn't thinking straight with my migraine, sick son, and disappointed boss overwhelming me.

Life was actually pretty good. I just didn't want to focus on it. So right in that moment I made the choice to focus on the good things in my life. I do what I usually do.

I made a gratitude list.

- My loving wife.
- My usually healthy son.
- The sunny cool day.
- My home.
- My breath.
- Green tea.
- Dark chocolate.

And the list went on and I started to feel better. The migraine didn't go away right away, but I was getting back on track. I felt lucky to be in my position and I had so much to be thankful for.



I went to my boss and had a quick chat and asked for feedback. He told me how good of a job I was doing, but needed to get more feedback from my team. He was right.

The dark cloud lifted and I started to feel good again.

Gratitude helps you...

- Helps you focus on enjoying what you have and not what you don't.
- Look at what you have and enjoy it.
- Helps you reduce procrastination
- You are willing to take action when you see the joy in the work and what possibilities will occur when you get started.
- Reduce stress levels because it slows down your heart.
- Improve your mindset
- You see the positive everywhere you look
- Expand your resilience
- When you fail and you worry about how bad you looked you won't keep taking action, when you look for the learning takeaways then you see yourself becoming smarter and stronger.

Scientific Research

1. One study found that participants who wrote down three good things each day for a week were happier and less depressed at each of the one-month, three-month and six-month follow-ups.
2. Chad Burton and Laura King figured out that if people kept a journal about positive experiences, it helped increase happiness. The participants also had fewer symptoms of illness.
3. In another study, Richard Wiseman wanted to understand why some of us are lucky and others can't seem to catch a break. He asked volunteers to read through newspapers and count how many photos were in them. The people who considered themselves to be lucky would finish the task in mere seconds, while the unlucky ones took an average of two minutes. I bet you are curious to why. On the second page of the newspaper was a big message that read: "Stop counting, there are 43 photos in this paper." There was also another message halfway through the paper that read "Stop counting, tell the experimenter you have seen this and win \$250." The people who felt lucky were more likely to notice opportunities and take action versus the people who felt unlucky and couldn't see past their task.
4. In Edward Deci's book, Why We Do What We Do, he demonstrates that if you can bring more positivity into your workplace, you'll increase your team's productivity by 31 percent⁴. That's a big improvement!

There are so many positives to building the gratitude habit. It will only work if you practice at it every single day. That's what this course is here to help you do. So let's dig into what you can do to understand how to get the most out of this course.

What do you want out of this course?



Find Daily Joy With Bite-Sized Mindset Practices

BringGratitude.com

How do you want to feel after 3 months?

Go and watch the video to help you go a little deeper into this lesson.

Notes

1. Seligman, M.E.P., T.A. Steen, N. Park, and C. Peterson. "Positive Psychology Progress: Empirical Validation of Interventions." *American Psychologist* 60, no. 5 (July/August 2005): 410-421.
2. Burton, Chad, and King, Laura. (2004). "The Health Benefits of Writing About Intensely Positive Experiences." *Journal of Research in Personality* 38, no. 2 (March/April 2004): 150-163.
3. Wiseman, R. "The Luck Factor." *The Skeptical Inquirer* 27, no. 3 (May/June 2003): 1-5.
4. For more on what best motivates us, see: Deci, E. L. (1996). *Why We Do What We Do*. New York: Penguin.



Find Daily Joy With Bite-Sized Mindset Practices

BringGratitude.com



02

Building Your Happier Mindset

I was lost.

I cried every day on my way to work. It got so bad once that I had to pull over and let it all out.

When my vision came back I turned the car back on and headed onto work.

I didn't feel like I could recover from the passing of my father. Logically I knew I would be ok, but emotionally I was a mess.

I struggled with my mindset. I was complaining a lot. I put myself on a no complaining diet, which was a great start, but it lacked positive reinforcement. I saw benefits to keeping a gratitude journal, so I leaned back on this practice.

I decided to give it another go, but I did a little research first. I wanted to know what motivated people to build a habit. The number one reason was understanding why they wanted to do it. You have to have a purpose behind your actions or you won't stick with it.

Here is the structure:

Write down "I'm grateful for (insert thing here) because (explain why here)."

Try it right now:

I'm grateful for



because

Then repeat this once a day for at least 30 days and notice how you feel.

In my gratitude journal I'll also document how I'm feeling. It helps me see the value of my effort. If you don't see the benefits to keeping a gratitude journal you'll give up.

I ask my clients to take the Surrounding Gratitude quiz to understand where they are currently at in their journey. In a perfect world I would like them to take it a few times over a two week period and then a few times after the 30 day challenge is over and get the average, but most people don't work that way. I don't want one good or bad day to mess up the numbers. If your pet just died at the end of the 30 days of keeping a gratitude journal it will create a bad result.

When you begin building the gratitude habit try to do it at the same time every day. The more you make it into a ritual the more likely you'll see the benefits of your gratitude journal.

Go and watch the video to help you go a little deeper into this lesson.



Find Daily Joy With Bite-Sized Mindset Practices

BringGratitude.com



03

Appreciate the Small Things

The pops in the distance woke me up.

The fireworks were going full tilt.

It was midnight, and my neighborhood celebrated with style.

I had been in bed for over an hour already. Glad I felt comfortable just lying in bed, not afraid that I was missing something.

That's the nice part about getting older.

You don't need to go all out because you're scared that you aren't living life to the fullest. Every day is a day filled with hugs, kisses, good food, hard work, yoga, meditation, bike rides, piano lessons, clipping toenails, or drinking a tea with a friend.

It was great to see fireworks in Rome, redwoods in San Francisco, and the Mona Lisa at the Louvre. It was great riding the train through the Alps in Switzerland.

Every day experiences are just a small part of my joy. Every ordinary day brings fireworks of joy that I'm lucky to experience.

It's so much easier to appreciate the people close to us than it is the small or common things. That's why it will take more practice to enjoy the walk to your car or a sip of water. It's appreciating these small things that help infuse gratitude into your attitude.

What is one small thing that you can appreciate every day for the next 30 days?



How will you remind yourself to focus on being more grateful for this thing?

Go and watch the video to help you go a little deeper into this lesson.



Find Daily Joy With Bite-Sized Minset Practices

BringGratitude.com



04

Make Time to Appreciate People

I stood there looking at the floor. The gray and black patterns in the rug seemed more interesting than the meeting.

We call these type of meetings “stand-up” because we stand and give our updates about our projects. For this one, I was feeling insecure and tired.

I didn’t give my usual enthusiastic update.

After the meeting, a coworker came up to me and asked if I was okay. I told him I was a little tired, but otherwise I was feeling okay. Then I really thought about it. Not only was I tired, but I was feeling scared about not being able to deliver on my end of the project. This had never occurred to me before that moment.

Later that day, I told Matt (my closest friend at work) how I was feeling. It was a big relief. He told me he often felt similar in the middle of a tough project. He suggested I bring it up in the next meeting. It’s why we have the meetings, he told me.

I’d been afraid to embrace my insecurities because I didn’t want to show any weakness, but hiding from these emotions I was only multiplying my insecurities, showing everybody how I really felt with my body language and voice. The one thing I wanted to hide was on full display for everyone to see. I just didn’t realize it at the time.

The next day we had stand-up again, and this time I talked about what I was struggling to accomplish. Someone offered to help.

A simple, honest confession was a huge relief.

We all worked together and were able to meet the deadline.

I believe I was only able to do this because of my friend Matt. I truly appreciated him taking the time to talk with me. He asked simple questions like “What is the worst that could happen?” and “Do you want to keep feeling this way?” He opened me up so I could explain what was going on inside my own head. I would’ve kept ignoring, my feelings letting the stress accumulate, if it wasn’t for him.

Why taking time to appreciate the people close to you matters:

- The five people you surround yourself with will determine your happiness.
- It’s the love that you give and receive that keeps you centered.
- When you appreciate the people close to you it helps you be more patient with them.



The next time I'm feeling a little insecure, I plan to notice it, embrace it, and acknowledge it to the people around me. Then just see what happens.

Next time you notice an insecurity crop up. Write it down in your journal or your phone.

Then ask yourself:

What can you do to embrace it?

How will you remember to embrace it?

Go and watch the video to help you go a little deeper into this lesson.



Find Daily Joy With Bite-Sized Minset Practices

BringGratitude.com



05

Bring Gratitude Course | Karl Staib © 2019

Appreciate Yourself

I really didn't want to do it.

My hands were sweaty. I felt dizzy, but I went on the stage.

Everything in my body was telling me to run away.

What if I mess up?

What if I get that lump in my throat and can't talk?

Why would anyone want to listen to me?

I got on stage and delivered a fine talk to the crowd of people. I know it could have been so much better if I was grateful for who I was and what I brought to every single situation.

The negative self talk was painful and I couldn't let it dominate my thoughts anymore. After I was done I vowed never to do that to myself ever again.

I still struggle with negative self talk, but I'm improving every day. It started with appreciating myself and not beating myself up over every little thing.

I credit this to keeping a self gratitude journal. Taking time to appreciate myself for all that I was.

What do you appreciate about yourself?



Find Daily Joy With Bite-Sized Minset Practices

BringGratitude.com

Why do you appreciate this part of yourself?

Try reading your self gratitude journal out loud to yourself. The more you hear it the more it sinks in and builds your confidence. It's up to us to build our own confidence. The more we can do it for ourselves the less we need other people to do it for us.

Go and watch the video to help you go a little deeper into this lesson.



Find Daily Joy With Bite-Sized Minset Practices

BringGratitude.com



06

Bring Gratitude Course | Karl Staib © 2019

Your Spiritual Practice

I pulled over my car, put the car in park, and cried. My father's death was just too much to handle. I don't know how I went into work that day.

As my head laid on the steering wheel I prayed.

"Dear God! Please help me get through this grief. I'm in a lot of pain and I don't know what to do. What should I do? Give me a sign, anything."

I picked up my head, blinked away the tears and waited.

Nothing.

I took a deep breath, whipped away my tears, looked in the mirror to make sure I didn't look too disheveled and went into work.

This moment is vividly impressed in my brain. It still upsets me. Not because I was a mess, but because I didn't know how to talk to God. It had been so long and now I was reaching out and I felt spiritually alone. Very alone.

Now that I look back on this moment. I was praying all wrong. I want to share how you can improve your spiritual connection. I'm not a believer in one religion. I've taken a lot from Christianity and Buddhism. I was raised Lutheran and studied Buddhism. I believe in a higher power, but my beliefs are a mix of Christianity and Buddhism.

I encourage people to maintain a spiritual gratitude practice because it helps you stay connected when you feel lost. When you believe in something greater than yourself, it makes it a little easier to pick yourself back up after you've been knocked down. Eckhart Tolle puts it this way: "It is through gratitude for the present moment that the spiritual dimension of life opens up."

You could start with a simple "thank you" before eating a meal. That will only take a second or two of your time. Once you master this habit, you can go a little deeper. Try keeping a Spiritual Gratitude journal. Write down or record opportunities you are grateful for and had nothing to do with. They arrived seemingly out of nowhere, like grace.



Find Daily Joy With Bite-Sized Minset Practices

BringGratitude.com

My last Spiritual Gratitude journal entry looked like this:

- I'm grateful that God has given me this body with all its faults because it's the only one I have.
- I'm grateful for the opportunity to love my wife because she cares so much.
- I'm grateful that the Universe put water on this earth so that I can drink a glass of water and hydrate myself.

The universe and/or Divine Creator, which I use interchangeably with God, has put amazing gifts before me. It's up to me — and you — to recognize impossible possibilities. Every breath you take is a gift. You have to make the most of it.

If you don't believe in God, that's fine. The idea is to appreciate the divine design of everything we can experience.

I believe God is everywhere and helps support everything alive. When we can tap into this source of Love/Power then we have more energy because our existence is tied to all living things. It encourages us to be more kind, caring and helpful. This is the circle of growth that we seek to tackle the things that scare us, but also help us feel alive and connected to our friends and family as well as our earth.

Why are you grateful to be alive?

What helps you feel connected to God/Creator/Universe?

How can you do more of this action? (Visit a place, give to others in need, pray, etc.)



What can you do to stay consistent with this action?

Go and watch the video to help you go a little deeper into this lesson.



Find Daily Joy With Bite-Sized Minset Practices

BringGratitude.com



Thank You!

It's because of your generosity of time and spirit that my mission to help people start and maintain a gratitude practice has helped thousands of people. I feel so lucky to be able to teach these lessons and support people while they build a more resilient and happier mindset.

My main goal is to help you improve your relationship with yourself. This starts with a gratitude practice. The more gratitude you have in your heart, the more you will love your life. This practice eventually encourages you to grow your love for yourself. It takes a lot of practice. This is when the world stops being so finite and painful and you can open to the possibility that every situation can be enjoyed. When you are able to find just a little sliver of gratitude then you can build upon it.

This practice takes work and can be uncomfortable at times, especially the Self Gratitude practice. It's important to know as you deepen your practice that you will ebb and flow with it. This practice isn't a magic bullet. It's a solid tactic to help deepen your knowledge of yourself, strengthen your ability to build relationships and do impactful work for your fellow man and woman.

If you want to deepen your practice and would like to work with me, just reach out and we can set up a time to chat. I support people who want to create a more grateful mindset. It's Deeper Dive Coaching, so you can be a better leader, partner, and parent. The more grateful you are for each thought and emotion, the more you can pause, learn from it, and use it to create an amazing life for yourself and your loved ones. If you want to learn more just email me at karl@bringgratitude.com or learn more over at BringGratitude.com.



Find Daily Joy With Bite-Sized Mindset Practices

BringGratitude.com

