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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.



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