

'LYBL THROUGH WRITING'

What are you Grateful for?



Taking stock of what you can be grateful for on a daily basis becomes an important way to make this way of developing and gaining a healthy perspective a habit.

Try it now by writing down ten things you can be grateful for today.

These could be your health, your family, the roof over your head, your job, your money, your new car, your neighbor, your friends and so on.

It could also be more circumstance oriented – such as a particularly good conversation with a co-worker, or a chance meeting with a long-lost friend, or the fact that a woman on the supermarket queue gave you her place so you could check out sooner.

Now go back to the complaints about your life that you listed in Section 1.

Look at them with your new set of eyes and try to find something to be grateful for about the items that are problems now.

What have you learned from having these problems – how are they stretching you and forcing you to grow?

As annoying as they may be, examining them through the lens of gratitude may uncover the hidden positives about them.

As a third part to this writing, write down how your perspective has shifted because of this activity.

What might you do differently?

Is there any action you would like to take now because of it?

Write down the changes you will make.









COACHES WRAP UP

Gaining and developing a healthy perspective is the third and final strategy of 'Your Awakening' stage.

A healthy perspective on your life will assist put you on track to where you are meant to be.

Working to maintain the right perspective is a lifelong investment, and you've learned a variety of techniques that will enable you to do that.

Even when things are going well for you, remember to:

- Avoid taking things personally
- Let go of old grudges
- Assist other people
- Say "I" less
- Look for humour
- Create space
- Choose to love
- Reclaim your power by loving yourself
- Focus on what you have to be grateful for instead of what you don't have

