

Blue Ocean Coaching Co.

A JOURNAL OF GRATITUDE

Build your Gratitude Attitude Muscle Daily



Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. ~

Complete this gratitude exercise once each day or anytime anxious and obsessive thoughts creep in. First thing in the morning is a good time as it will set your "attitude" for the day. Create a "Gratitude Journal." Put it in a location you see frequently, such as on a bedside table.

WHY? In a Harvard University study, Positive Psychologist *Andrew Seligman* and his team tested the results of a variety of happiness and gratitude "exercises" including a placebo. The results: Of the 6 items that the group was asked to do, the following two proved not only to markedly improve the subjects outlook and focus, but also their RESULTS in their daily lives for at least 6 months! The results were even better for those who continued the practice beyond the study.

Mindful Daily Gratitude

Step 1. Relax. Clear your mind. Conscious breathing is an amazingly simple way to get calm. Take a slow, deep breath. Inhale. Pause. Exhale. You will feel calmer already.

Step 2. Open your Gratitude Journal. Write the date, and then write: "I am thankful for..." Write down at least 3 *specific* things that you're thankful for today. Examples:

"I'm thankful for (Name). She's a fun, spontaneous person who makes me laugh and have fun.

"I'm thankful for this work deadline because it challenges my ability to focus and follow through.

Step 3. Read the list you just wrote down. You'll be amazed at your list!

Really Say Thank You

Think back on your life to a time when someone really made a difference through a positive action, contribution or relationship. Who was that person and did you really thank them in a meaningful way? Who in your life present or past, deserves your appreciation. Sit down and write them a heart felt gratitude letter. Deliver it in person if possible OR mail it to them. If they are no longer in your life or no longer alive, read it aloud in a pleasant setting. It WORKS!

Be grateful - Get Happy - Get Results!

In Gratitude!

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