

Habit #8

GRATITUDE

Gratitude can transform common days into thanksgivings,
turn routine jobs into joy, and change ordinary
opportunities into blessings.
~William Arthur Ward

Quick Notes

- Marketing focuses on feeling ungrateful, that we don't have enough
- You can feel grateful at any time
- Things could be worse
- Makes everything better
- We can deliberately cultivate gratitude
- Can become a habitual perspective and help you appreciate what you have

Benefits of Gratitude

- Experience more positive emotions
- Feel more alive
- Sleep better
- Express more kindness and compassion
- Stronger immune system
- Increased energy, optimism and empathy
- Helps you to perceive and think differently

Ingredients of Emotions

- State = your physiology + your psychology
- Your Physiology= posture, muscle relaxation, breathing
- Relax stomach, chest, shoulders, jaw, eyes, face
- Breathing is main gauge you're tracking
- Your Psychology= thoughts/memories
- Visual, auditory, kinesthetic
- Cycle through them and notice new information

Thankful Fors

- What are you thankful for?
- Ritualize it
- By yourself or with others
- When are you going to do it?
- Do it mindfully

Feeling Gratitude

- State Elicitation Technique
- State = your physiology + your psychology
- Grateful Physiology= posture, muscle relaxation, breathing
- Grateful Psychology= thoughts/memories
- Visual, auditory, kinesthetic
- Cycle through them and notice new information

Strategies for Feeling Grateful

- Hobbies- doing things you can get lost in
- Volunteering- helping others
- Connecting with someone
- Mindfulness
- Gratitude Exercise