

YOUR GRATITUDE PRACTICE

A quick one and very simple message to help you enjoy your life.

This simple practice gets me out of a bind all the time. It shifts my attention from being down in the dumps to content - even joyful!

It was Brene Brown in *Braving the Wilderness* who said 'the key to joy is practicing gratitude'.

I have found this to be true. We can't be simultaneously grateful AND angry. It doesn't work.

So my question to you is - do you have a Gratitude Practice?

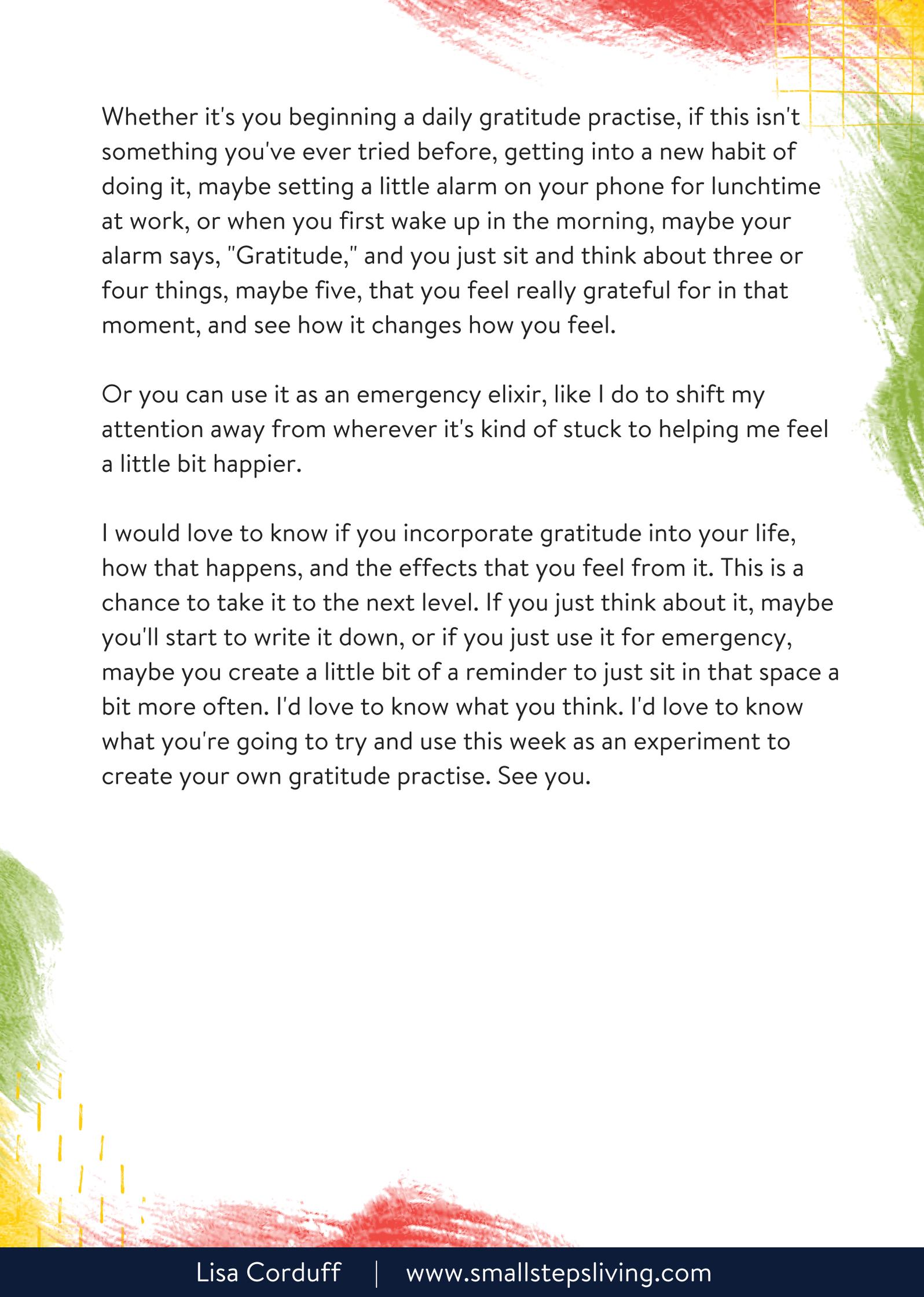
Watch this video for how I've incorporated gratitude into my life to experience more JOY!

VIDEO TRANSCRIPT

Hey, guys. Welcome to "enjoy" week, where we think a little bit about what's going on up here, because we know how important this stuff is in us actually being able to enjoy our life. I have something really, really simple today to talk about, and I am sure that this is not the first time that you've heard of it, but perhaps you need a little prompt to take the next step with it. I'm talking about a gratitude practice.

Taking from someone who doesn't necessarily like being told what to do or having to do something every single day, what I have found with gratitude, though, is that when I need it, I can call on it. I've got so many friends who have a daily gratitude practice where they will think when they wake up in the morning, perhaps before they go to bed each night, what they're grateful for that day. It helps ground them, and it helps keep them present and thinking about what's awesome.

I use it slightly differently. I find that when I'm kind of going up in the swirls in my head, or I'm feeling a little bit low, what I find is that nothing can compete with gratitude, so I call on it. I just think, "Okay. What are you grateful for right now, Lisa?" Suddenly, my mind is like, "Oh, my gosh, because when my kid this morning did blah blah blah blah blah." It'll just get me out of the fact that it took 25 requests to put shoes on before we could get out the door, or grateful for this or that, which might then counteract that I'd been feeling really bad that something hadn't happened. It's like you can't be grateful and cross or upset at the same time. It shifts your attention, and when our attention is focused on that stuff, you just feel better, and that's what we're all about. Right?



Whether it's you beginning a daily gratitude practise, if this isn't something you've ever tried before, getting into a new habit of doing it, maybe setting a little alarm on your phone for lunchtime at work, or when you first wake up in the morning, maybe your alarm says, "Gratitude," and you just sit and think about three or four things, maybe five, that you feel really grateful for in that moment, and see how it changes how you feel.

Or you can use it as an emergency elixir, like I do to shift my attention away from wherever it's kind of stuck to helping me feel a little bit happier.

I would love to know if you incorporate gratitude into your life, how that happens, and the effects that you feel from it. This is a chance to take it to the next level. If you just think about it, maybe you'll start to write it down, or if you just use it for emergency, maybe you create a little bit of a reminder to just sit in that space a bit more often. I'd love to know what you think. I'd love to know what you're going to try and use this week as an experiment to create your own gratitude practise. See you.