



Cultivate Gratitude in your life

Anyone who has worked with me knows the first thing I ask my clients to do is start a Gratitude diary. I want them to write 5 things each day they're grateful for.

On the face of it this seems like such an easy thing to do, yet it never ceases to amaze me how difficult this exercise is for most people! Sadly, the vast majority of people put their focus on all the things they don't want and regret in their lives.

And I get it!

With a daily drip feed of pessimism and fear about the world from the media, to worries about debt, work, relationships and, believe it or not, even the weather, most people are blinded from seeing even the smallest miracles that happen in their lives every day.

Rewired for gratitude

Thankfully this can be easily turned around, and all that's required to adjust your attitude to one of gratitude is a little rewiring of your mind.

The important thing to understand about your mind is that what you think you feel, and therefore what you focus on, you get more of. So, when you turn your attention to gratitude, the more things you find to be grateful for.

This fact is proved to me repeatedly by my clients who, after just a few weeks of completing their gratitude diaries, are able to write 30+ things each day.

Let me tell you a story...

I have so many things in my life to be grateful for. Today let me share how a friend helped me finish my studies, and realize my dream of becoming a coach.

I was working as a teaching assistant in an International school and took on extra babysitting for some of the teachers' children. I didn't enjoy it and that made me ask myself, "What do I want to do with my life? What career do I *really* want?"

I was also having Money Coaching at the time, as I desperately needed help with my finances – you'll see in my bio that my money story had taught me some bad habits.

When your dream career comes knocking

The Money Coaching helped me immeasurably and completely changed my life and way of thinking. I was so deeply impacted, I decided to become a Money Coach. I

knew my calling was to help other women find their purpose or grow their business by understanding their Money DNA, and how it affects their decisions.

To say life became busy is an understatement!

I worked day and night jobs, squeezing in studying while I was babysitting. I worked every weekend to complete my assignments. It was a juggling act that left me absolutely exhausted most of the time.

Enter an amazing friend

My wonderful friend saw my situation and asked how much time I needed to finish my course. When I told him I still had another 3-months he offered to pay me 3-months' salary so I could stop all the extra hours of work and concentrate fully on my studies.

Wow!!!

I cut back my hours, finished my course and achieved my coaching qualification. I was and still am beyond grateful and I wish the world had more amazing people like my friend.

Every day I look for ways to 'pay it forwards' – so that his generosity is impacting the lives of others.

So how about you – what are you grateful for? How do you express gratitude?

Getting started

If you'd like to try keeping a Gratitude diary, here are some steps to follow:

1) Treat yourself to a gorgeous journal for recording your gratuities in.

2) Set aside some time every morning or evening to reflect on your life.

3) Write down 5 things you're grateful for – they should be specific and real. As you do this, you're wiring your brain to notice details about all the positive things in your life, which brings with them energy and joy.

4) Next, write down 5 things you *want* to be grateful for, from your current situation. These are things that aren't perfect and that you'd like to change. Doing this sows a seed of intention that will grow.

The process of focusing on gratitude will help you clear your mind, have better focus, energies you and, of course, make you more grateful! A daily gratitude practice has a dramatic effect on your life and on the lives of those you interact with.