



FOCUSED LIFE COACHING

DREAM BIG • SET GOALS • TAKE ACTION

**30
DAYS OF
GRATITUDE**

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DEAR READER

You are now embarking on an intentional journey focused on increasing your happiness. I want you to know that your happiness is more a function of your mindset than it is a function of your circumstance. Your circumstance may tell you on any given day that there is little or nothing for you to be grateful for. That is a LIE. There is always something to be grateful for, quite a lot in fact if you are willing to notice. It may not be the thing you are focused on in that moment of discontent however.

"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want" Philippians 4:12

That is why I have put together these prompts for you so that you can have something each day to focus on with an attitude of gratitude. Not all the prompts will ring true to you. You may have a pet allergy and think, "well I'm not grateful for pets, don't have any, don't want any, hate the nasty creatures". Yet even with that mindset can you still be grateful for all the joy they bring their owners. Can you be grateful that there are pets out there that serve their masters faithfully and give them a reason to get up in the morning? You see your gratitude doesn't always have to be about you. It could be about the benefits that something brings to others.

How long do you think it takes to break an old habit like complaining or being discontent with your life? One month. two? How long does it takes to adopt a new habit, like gratitude and seeing things in a more positive light? Well the research varies between 18 days to 66 days. What we do know for certain is that the old habit cannot change without consistent repeated action on your part.

What you focus on will increase. Use this tool to start breaking your old habit of discontent, and building a new habit of gratitude. Don't get discouraged if you miss a day or two, just get back on board when you realize that you have been neglecting your journal.

Pair the journaling with something you do daily. Do you sit daily and eat a meal? Then keep it handy near where you eat your meal. Keep it in the bathroom; the assumption is that you make daily visits there. Keep it in the glove compartment of your car and open it up when you get to work, before you leave to clock in, or when you get out of work, before you take that stressful drive back home. You will get the most benefit if journaling pairs with a pleasurable activity. Your brain's neurons will pair the activity with positive thoughts after a period of time. More bang for your buck!

This journal is not so much about what you write; it's about what you think. The goal is to have at least 5 focused minutes to capture as many grateful thoughts about the prompt as you can. It is exercise for your brain to build the positivity neuroplasticity and challenge the negativity bias that we are all subject to.

Initially you may find your mind slipping. It will slip to the left and the right (daily chores, future plans, conversations had or that you want to have with people). When you recognize that you have slipped, start over until you have your 5 minutes of Focus. SUCCESS!!!

You can do it, now begins your positive Focus!

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OBJECTIVE

Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.

Brian Tracy

ACTIVITIES

MON HEALTH

TUE FINANCES

WED FAMILY

THU FAITH/BELIEFS

FRI BEING ALIVE

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OBJECTIVE

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.

Melody Beattie

ACTIVITIES

MON HEARING

TUE WORK

WED RECREATION

THU FRIENDS

FRI WEATHER

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OBJECTIVE

*It is through
gratitude for the
present moment that
the spiritual dimension
of life opens up.
Eckhart Tolle*

ACTIVITIES

MON PETS

TUE FOOD

WED SANITY

THU LAUGHTER

FRI BALANCE

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OBJECTIVE

*Never lose the
childlike wonder.
Show gratitude...
Don't complain; just
work harder...
Never give up.
Randy Pausch*

ACTIVITIES

MON MUSIC

TUE CLOTHING

WED LIBERTY

THU CONTROL

FRI DIGESTIVE SYSTEM



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OBJECTIVE

Give yourself a gift of five minutes of contemplation in awe of everything you see around you. Go outside and turn your attention to the many miracles around you. This five-minute-a-day regimen of appreciation and gratitude will help you to focus your life in awe.

ACTIVITIES

MON TOUCH

TUE EXCRETORY SYSTEM

WED WILDLIFE

THU VACATIONS

FRI TECHNOLOGY

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OBJECTIVE

As you keep your mind and heart focused in the right direction, approaching each day with faith and gratitude, I believe you will be empowered to live life to the fullest and enjoy the abundant life He has promised you!
Victoria Osteen

ACTIVITIES

MON KINDNESS

TUE EDUCATION

WED TRANSPORTATION

THU SPORTS

FRI SLEEP

