

**Free
Journal**

DEVELOP *an* ATTITUDE *of* GRATITUDE

For happy, healthy and satisfied life

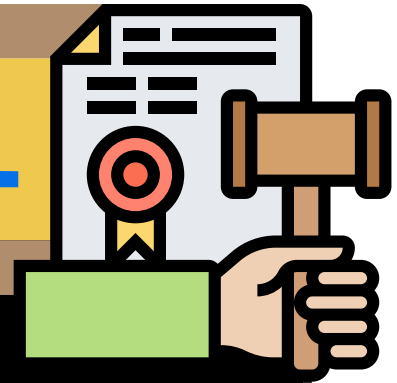


By

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Being Grateful



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3

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WHAT IS MEANT TO BE GRATEFUL?

What comes to your mind
when you hear the word
"Grateful"?

NOTES:

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One day I had a huge set back in my business, and I was so upset about it. I tried hard to take my mind away from it, but nothing was working. Then I went for swimming with my kids. I was still upset about my loss in the business.

What should I do?

How can I make it better next time?

How did this happen today?

All kinds of thoughts kept coming in my mind. I was physically present with my kids in swimming but my mind was somewhere else in deep sadness.

Then, I saw a lady with only one arm and happily swimming with her kids. She looked so joyful playing with her kids. She was totally absorbed in the moment.

“How can she be so happy even if she doesn't have one hand?” I thought.

I decided to approach her and ask the secret of her happiness.

“How do you do this?” I asked.

“What?”, she questioned.

“I mean, don’t get me wrong but I want to understand how you can be so happy even if you don’t have one hand.” I replied politely.

She smiled a little and said,

“I just keep my focus on what I have”.

This was so profound in meaning.

That got me reminded one of the famous quotes from Nick Vujicic.

Nicholas Vujicic

Nicholas Vujicic is an Australian American born with *Tetra-Amelia syndrome*, a rare disorder characterized by the absence of arms and legs.

Yes, he was born without arms and legs and still become a world-renowned speaker, New York Times best-selling author, coach and entrepreneur.

He says,

"It's all about choice. You can either be angry about what you don't have, or thankful for what you do have."

Then he goes on to explain further by saying, *"In life, you have two choices: Bitter or Better."*

Choose BETTER. Forget Bitter."

Mahatma Gandhi

When I was reading a biography of Mahatma Gandhi, I came across one of his quotes on how to look on the positive side of life.

Isn't that so true?

He said, "I cried because I had no shoes, then I met a man who had no feet."

Very often we keep worrying about what we don't have but when we see someone else in worse situation than us, we realise how lucky we are.

People who are happy, they have developed this Attitude of Gratitude unconsciously or by deliberate practice.

**Gratitude is simply
acknowledging what
we already have.**

Oprah Winfrey

When Oprah Winfrey said, she practice being grateful.

A lot of people say, "*Oh Oprah, that's easy for you because you have got everything.*"

In response, she says,

"I got everything because I practiced being grateful."

In one of her speech to the graduate class of 2017 at Skidmore College, Oprah Winfrey emphasized how knowing what you're grateful for can help you make the right decisions and find success in work and life.



"Help you make the right decisions and find success in work and life."

According to a November 2012 issue of '***O, The Oprah Magazine***', there was a time when Oprah Winfrey kept a gratitude journal for a decade.

In it, she wrote down five things she was grateful for every day.

You don't have to write down big things, just focus on small simple things that bring joy in your life.



"Small simple things that bring you joy in your life."

Homework

GRATITUDE JAR

Gratitude Jar

Create your own Gratitude Jar. You can decorate as you like or you can even simply use any rectangle box that you have at home.

What you need to do?

You will need to write at least one thing you are grateful for every single day and put it into your Gratitude Jar.

If you don't want to use the Gratitude Jar, you can use a journal.

2 Rules for your Gratitude

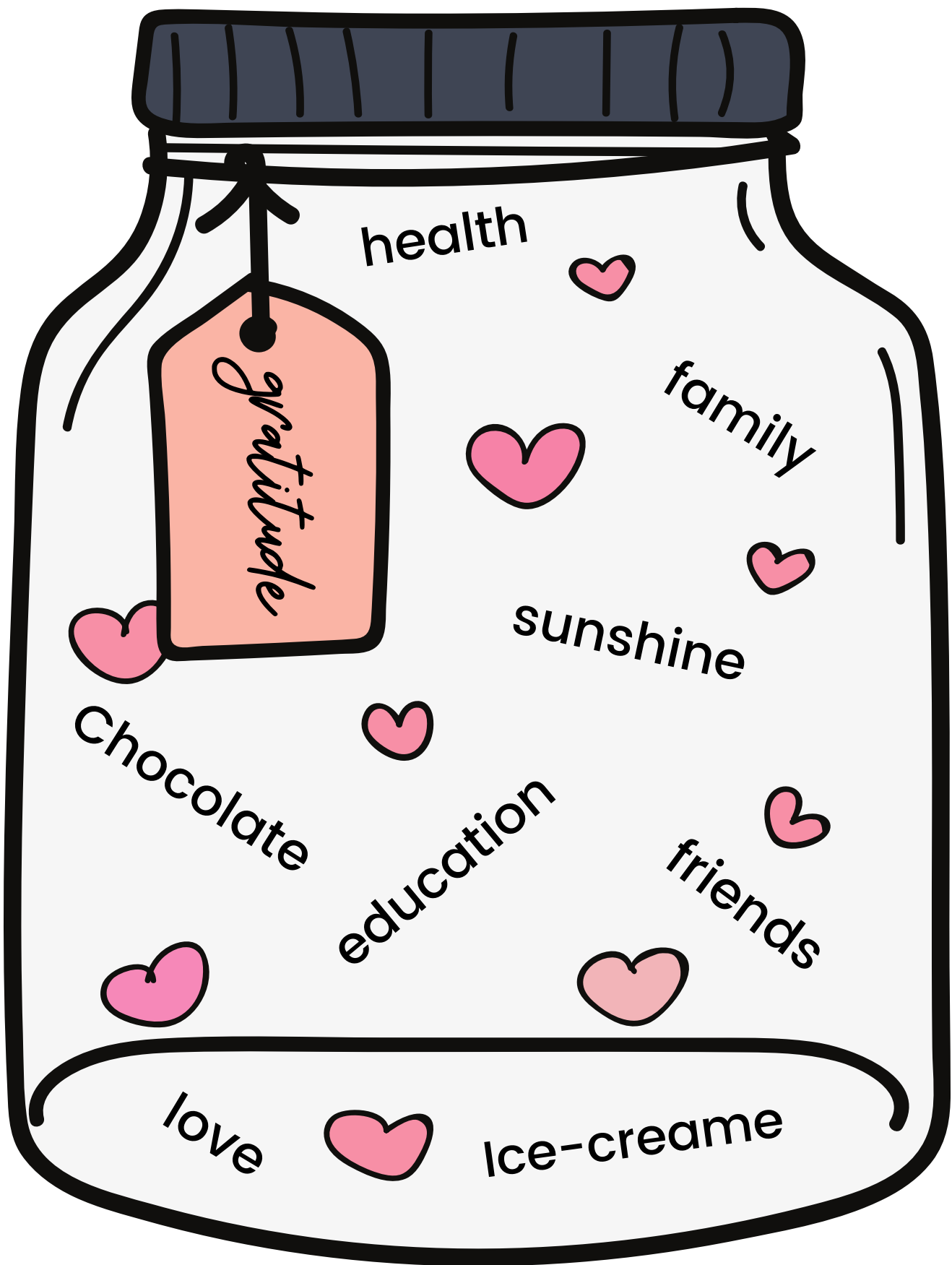
Jar:

(1) Feel the gratitude

Whatever you are grateful for, write it down.

(2) Express the gratitude

You must express it once a week (minimum). You must tell someone about it. It can be your friends or family member.



health

gratitude

family

sunshine

Chocolate

education

friends

love

Ice-creame

Grateful Family activity

Homework 2:

Grateful Family activity

Group discussion with your family members. You all will need to find one thing in your family members that you are grateful for. Write it down.

Grateful Family activity



GRATITUDE JOURNAL

NAME: _____

DATE: _____

I AM GRATEFUL FOR:

FAMILY & FRIENDS:

THINGS I HAVE AT HOME:

SCHOOL/WORKPLACE:

OTHER:

GRATITUDE JOURNAL

NAME: _____

DATE: _____

I AM GRATEFUL FOR:

FAMILY & FRIENDS:

THINGS I HAVE AT HOME:

SCHOOL/WORKPLACE:

OTHER:

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FAMILY & FRIENDS:

THINGS I HAVE AT HOME:

SCHOOL/WORKPLACE:

OTHER:

2

**WHAT IS THE
IMPORTANCE OF
BEING GRATEFUL?**

**Do we have any research or
scientific proof that gratitude
improves physical and
psychological health?**

According to a 2012 study published in *Personality and Individual Differences*, grateful people can easily spend more time on self-care, they easily be able to appreciate what they already have in life. This allows them to remain focused on happier side of their life.

This improves their physical health condition.

This means, grateful people feel healthier than other people.

Gratitude also reduces many of the toxic emotions such as jealousy, hatred, frustration, and anger.

Robert A. Emmons, Ph.D., a leading gratitude researcher and the author of multiple books on gratitude, has conducted numerous studies on the relation between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression thus **improves the psychological health.**

**"Being Grateful
improves
Physical and
Psychological
health."**

**What about the sleep?
Does gratitude affect the
sleep quality?**

Well, before I go into the proof, let me ask you one question. How do you spend your last 10 to 15 minutes before sleep? Most people either watch TV or social media.

But if you develop a habit of reviewing positives on your day, this will drastically improve your sleep quality.

But Priyank,

“I don't have too much time before sleep. Is there anything I can do quickly?” You may ask, right?



If you are short on time, one thing I would suggest doing every day before you go to sleep.

That is, ask yourself a question:

What went right today?


Yes, just a simple question to review your day and focus on positives of the day.

Review your whole day and find few things that went well Today. It can be as simple as spending time on your hobby or able to eat nutritious food.

Remember, for many people, eating healthy food can be a rare thing!

Find little good things in your day today and record it down in your diary or mobile notepad.

This will make you feel good before the sleep time and your **subconscious mind** will do the work for rest of the night for 6 to 8 hours while you sleep. Imagine the benefits you may get if you just practice this one simple thing every night before bedtime, isn't it?



Do we have any scientist proof?

According to a 2011 study published in Applied Psychology: Health and Well-Being,

If you spend just 15 minutes noting down a few grateful sentiments before bed, it will improve your sleep quality.

Wow, great to learn all the benefits of Being Grateful. I want to start my day with positivity, is there anything you can suggest?

The best way to start your day if you wish to live a happy, successful and fulfilling life is:

Start with Gratitude

Every morning, write down few things you are grateful for before you start doing your work.

Rather than feeling like a beggar about what you don't have, you will feel like a King/Queen with what you already have.

Imagine your happiness and peaceful level if you start your day like this!

Amazing, isn't it?

Tony Robbins is currently one of the best motivational speakers in the world.

He says,

“when you are grateful, you can’t be fearful.”

In one of the interviews with CNBC, Tony Robbins said, when it comes to preparing for his daily success, he follows the 10-minute morning routine to be more grateful throughout the day.

Tony says,

"If you don't have ten minutes for your life, you don't have a life,"

He says,

"There's no excuse."

3

HOW TO BUILD GRATITUDE HABIT?

One simple way is to build a habit of consciously looking out for good things in your life.

Write it down in your mobile notepad or journal or put it in your Gratitude Jar.

What if we forget?

The biggest challenge people face when sticking to a new habit is, doing it consistently. Either they quit or forget.

I am going to show you a simple and effective way to build Gratitude habit in your life. Many of my students found this technique really useful.

It will be easy to build a habit if you are committed to do regularly on a specific time.

Pick a time that you know you will always be available. Can it be morning time or afternoon or night time?

As per **Atomic Habits** book written by James Clear,

To build any new habit, you need to keep it easy, start small and make it repetitive.

You can also use the technique called

"Habit Stacking"

described in his book.

What is Habit Stacking means?

It means, building a new habit on top of existing habit.

If you worried about forgetting the new habit, then it is better to associate with any existing habit.

You can do the **new habit just before or after the existing habit.**

For example,

You can commit to practice
BEING GRATEFUL straight
after shower every morning.

OR

You can commit to practice
BEING GRATEFUL straight
after dinner.

By using **Habit Stacking method**, you will never have to worry about remembering it. Also, when you start, just write down only one thing you are grateful for. This means you are **keeping it easy** for you. Also, practice this daily, meaning you are **doing it repetitive**.

There you go,

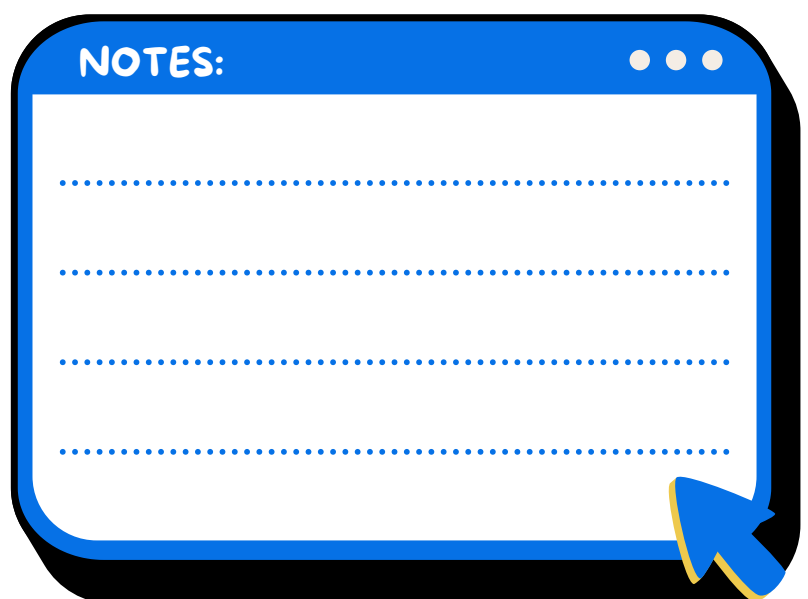
You have now successfully
build a new habit of
BEING GRATEFUL.

Hurray..!

Most people won't follow this because this is so simple. But, as we have seen earlier in this book, there are so many scientific proofs that BEING GRATEFUL helps us live a happy and healthy life. It helps us in our physical and psychological health.

Let's start the change.

I am grateful
for...



NOTES:

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On the following pages, I have included some examples/questions that you can ask yourself for different areas of your life to help you start the Gratitude practice.

LIFE



What can I appreciate in my life right now?

- What is that I have right now maybe a dream for many people?
- Is it my toys, cloths, games or something else?
- What area of my life am I happy with?

BODY



What do I like about my
body?

- Is it the colour, shape or flexibility?
- Is it just being healthy enough?
- Nothing special but I am happy to be alive.

A photograph of a cozy living room. In the foreground, a round wooden table is partially visible. In the background, there is a window with a view of a brick wall. A green desk lamp is mounted on the wall. A wooden bench with a patterned pillow and a white bag is also visible.

HOME

What am i grateful at home?

- Enough food or things I have at home?
- Is it the feeling about having my own home?
- Respect and support I get from my family?

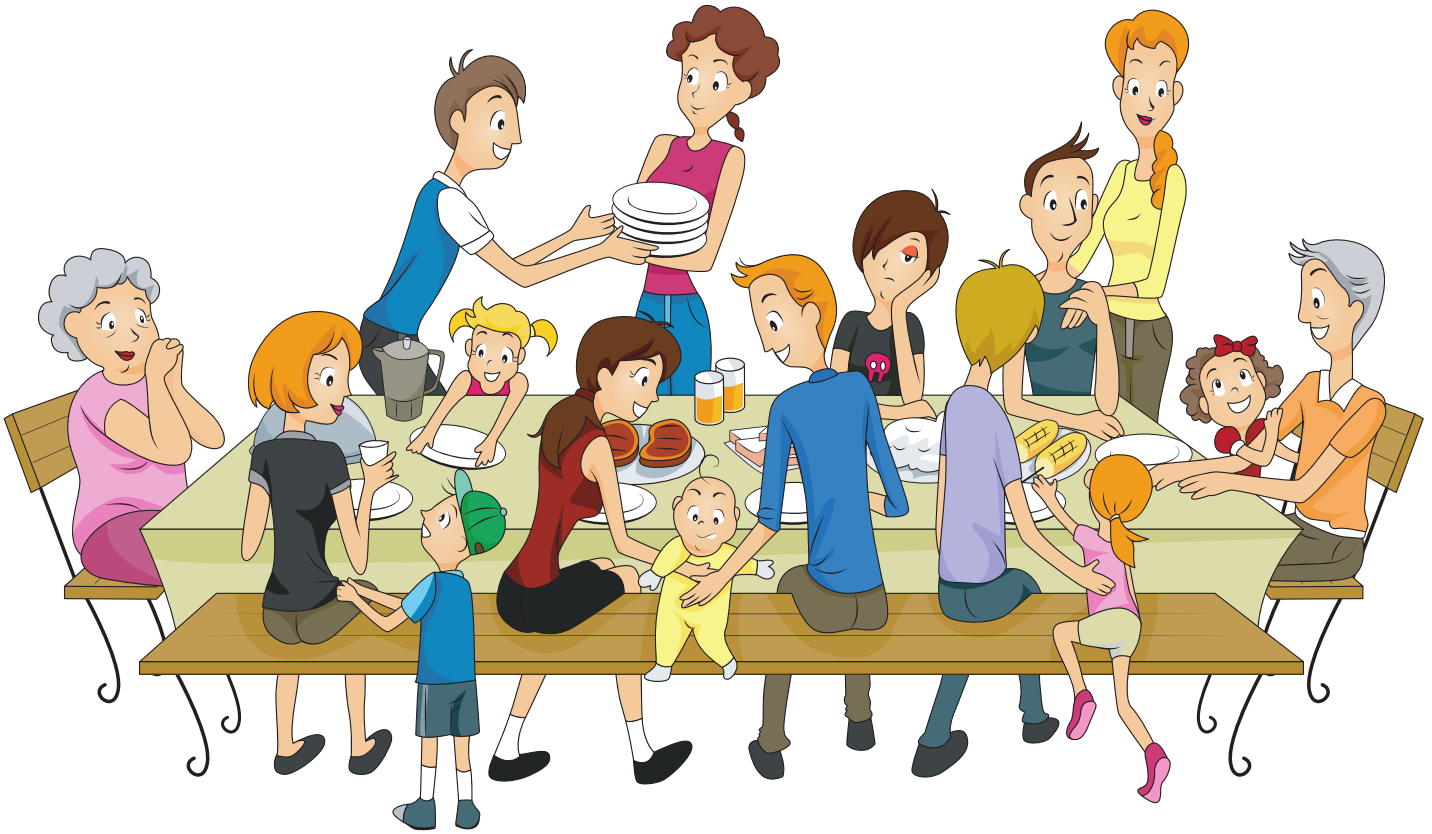
SCHOOL



What am I grateful in my School?

- Who am I learning a lot from in the School?
- Who makes me laugh and feel good?
- Any good memories of playtime, activity time or learning time?

RELATIONSHIP



What am I grateful in my relationship?

- What am I grateful in my family members?
- Who has been very caring and supportive to me in my family?
- Who has created good memories for me in my life?

So, what are the final take aways from this book?




Developing an Attitude of Gratitude is the way to live a happy, healthy and satisfied life.

If you want to start your day as a KING, practice **BEING GRATEFUL**

before you start your day.





If you want to improve
your sleep quality and use
your subconscious mind to
boost happiness in your
life, practice
BEING GRATEFUL
before you go to sleep.

Wishing you all the best for a
happy, healthy and fulfilling life.



Meet the Author

PRIYANK PATEL



I love writing easy, engaging and entertaining books that can make a difference in people's life.

