



## Turning Heart Life Coaching

*It's Your Life.....Stop Just "Living It" and Start "Loving It"!*

[www.turningheartcoaching.com](http://www.turningheartcoaching.com)

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### How to Nurture Your "Attitude of Gratitude": Three Things You Can Do To Get Started

*Gratitude is a muscle.* The more you use it, the stronger it grows and the more power you have to use it on your behalf. Think of gratitude and generosity as two sides of the same coin. If you're grateful for what you've received or experienced, you'll naturally share your blessings. Then as you extend your love to others, you open the door to even greater abundance to flow into your life. We've all heard, the more you give, the more you'll get. It's also true that you'll have even more available to give. I call this the "delicious cycle" of gratitude. *So how do we bring more gratitude into our daily lives?*

**Write it Down. - Keep a Gratitude Journal.** Every night before you go to bed, jot down a few things that you appreciated that day. I recommend starting with a goal of *at least* five per night. Sometimes it may be easy to identify the "big" things you have to be grateful for, but also make note of all the little gifts of life: the scent of the air in the morning as you head out to work or for your daily walk, the sound of birds on a summer morning, or the sparkle of fresh snow in the moonlight. Don't limit your gratitude to just the outside world, notice what you hold dear about yourself. This practice expands confidence and causes you to see yourself as deserving of encouragement, creating a resonance of self-respect that will draw back respect and appreciation from others – that "delicious cycle" Referring back to your gratitude journal is useful when we get lost in the stress of everyday life. Use it to remind yourself of all that you have to be grateful for.

**Stop, Drop, and Roll.** Whenever you're feeling down about something, Stop what you're doing. Take a moment to become aware of what you're thinking about, and then Drop the negativity – whether its worry, judgment, or dissatisfaction of some kind, say, "I can let this go," and then just Drop it. Then – wherever you are or whatever you're doing – Roll on with an attitude of gratitude right away. Find something you can be thankful for in your environment right now. If you can't think of anything in the present moment, try to remember something you've written in your gratitude journal. The more you practice, the more easily you'll be able to make this amazing energy shift, even in challenging times.

**Heart Centered Meditation.** When you catch yourself worrying, or when you're annoyed or dissatisfied, choose to shift your energy from the anxiety of your head to the peace of your heart. Take a deep breath, close your eyes and relax your muscles. Visualize your problem lifting up and floating away like a cloud on the horizon. Take another deep breath, and as you inhale, sense the energy of your mind quieting down; feel your awareness slowly dropping down into your heart center as you exhale your breath. Just relax, keep letting go of all concerns, and focus your consciousness to your core. Then as you loosen up, let yourself think about something that makes you happy, that you appreciate and are grateful for. Visualize all the details, and put yourself right in the center of the picture. Bring it up close, and make it vivid and colorful, immersing yourself in that happy situation. Feel the joy and let yourself smile. You're so relaxed and happy, and peaceful. This is the state of appreciation, the warm feeling of grateful acceptance. Hold on to it. Know that its ultimate form is loving your life, and when you go back to your daily activities, choose to find gratitude, gladness and peace in all you do. *(Thanks to Sandra Anne Taylor for her beautiful guided meditation piece.)*