

# Gratitude – Where all Personal Development Begins

Have you ever thought about things that may hold you back from real achievement? I certainly have.

I have found that, in most cases, I am least productive and less than positive when I am thinking about the bad stuff in my life. The things that aren't going right or the people that have done or said something I didn't like. In fact I used to wake up in the morning and get stressed and anxious about all the things I didn't want to do, didn't have time to do or should have done—what a horrible way to live. Do you relate to this at all?

It wasn't until I made a deliberate decision to change and NOW every day that I wake up I now think about all the things I am grateful for. Things like; my beautiful partner, my health, my family, my friends, my abilities, living in a wonderful country, the opportunities that are available to me, the weather just to name a few. What about things as simple as the shoes on my feet, the roof over my head, food on the table and running water? Do you know that some people don't have these things that we take for granted?



Thank You for Feeding Us

I am even grateful for the obstacles that confront me because I know that the rewards for successfully negotiating these challenges are significant.

The difference this gratitude made in my life was incredible – all of a sudden I saw possibilities instead of despair.

I was recently speaking to a client of mine who was telling about all the bad stuff in her life, all the things she didn't have, the bad things from her past and why she could never achieve her goals. After listening to her for 10 minutes or so I asked her "What are you grateful for in your life?" Her face immediately lit up as she talked about how grateful she was to have her health back after being sick for a couple of weeks. She talked about the gratitude she felt having her children and her friends in her life. Her whole demeanor changed for the better. What about you?

## Here are two really simple, yet powerful activities:

1. Each night before going to sleep write down 5 things that you are grateful for that day. The next morning read those 5 things first thing
2. Ring someone NOW and say 'thank you'



**Enjoy the rewards**