



## 3 Things Gratitude Practice – A Coaching Tool

Gratitude is one of the only practices that is scientifically proven to increase happiness. When you are happy you are more effective at everything in life - cultivating your own inner sense of gratitude is like rocket fuel to help you be more loving and emotionally intelligent in the workplace, and at home.

As you consistently do this practice you will get to know yourself better. You will more clearly understand your own unique value and contribution and how everyone around you is supporting you to express that value.

## Why this practice is valuable

Our brains are hardwired to find threats in the world, often ignoring the wonderful things happening to/around us. We can redress the balance by purposefully making time to cultivate positive thoughts of gratitude. Ideally, we want to get to a ratio of 5 positive thoughts to 1 thought about a threat. Most of us aren't even close to that.

With this practice you will be reminding your brain of everything you like about your life. Amidst everyday pressures, your brain forgets this, but when you remember, it empowers you to create more experiences that you'll really like.

## What you need

Buy a journal or get a notebook and grab yourself a pen. We recommend starting a new journal specifically for this practice.

## How to do it

There are several ways to start your practice. One structure we recommend is this:

- **Each day, in both the morning and the evening, write down THREE (3) things that you're grateful for. This is so easy and so powerful.**
- **These things can be big or small. You're not trying to rate or judge these experiences. You want to identify three memories, experiences, or feelings that have you feel gratitude and love in your heart.**
- **In your journal write the date and the sentence: Three things I'm grateful for...**
- **Then see what comes.**

Make a minimum commitment to yourself that you will write down at least ONE thing every day. That's the minimum. Anyone can do this no matter how busy or lousy they are feeling and then from there, two more things might emerge.

As you practice, watch your overall gratitude levels rise.

To take your practice to pro-level: begin to note down any difficult or challenging situations that you are also able to see the good in. This practice will fortify you to take on challenges in the future.

## What you can do now

Start a new page in your notebook with the following sentence: "I am grateful for..." and then put three bullet points. Either come back to this page later or fill it in immediately. Now that you've started, all you need to do is keep going!

