

Daily Gratitude Practice

Simply Living with Janica ~ Simply Living Academy

"I don't have to chase extraordinary moments to find happiness, it's right in front of me if I am paying attention and practicing gratitude"
~Brene Brown

One thought can change your whole day, one smile can change how you feel and one whisper of thank you can make everything better. You might be thinking this is foolish, how can saying thank you change anything? I promise you when you decide to change how you look at things, your life will take a drastic turn for the better!

Life is all about perspective, how you choose to look at things will make all the difference. If you choose to be angry that the jerk in the crappy old pickup just cut you off, you will be angry and not present with the people in your car. Your mood will shift and you will likely be in a bad mood for a while. If you choose to take a deep breath, be grateful that he didn't hit your car and have compassion for the fact that maybe he was driving that way for a reason: someone he loves was just given a bad diagnosis or is in the hospital. You never know. Everyone is fighting a battle you know nothing about, breathe and don't take on the negative energy. Maybe take a second and look up to say thank you.

It doesn't matter if your glass is half empty or half full... be grateful you have a glass. In everything, you can find a silver lining. I know this because I have been practicing for a few months. I made a conscious decision to NOT let the small stuff pass me by.

I wanted to be more present and more available for the universe to deliver the abundance that I had been waiting for. (woo woo, yes! But I LOVE IT and it works!) When you open your heart and your mind to the possibilities and make the decision to be more present and realize all of what goes on around you, you start to see miracles everywhere you look.

I challenge you to do the same. Here are some great places to start!

- **Ask yourself “why” when something seemingly bad happens.** Chances are, if that “bad” thing wouldn’t have happened, something worse could have! (Old: UUUGGHHH! Why did she spill her milk? New: “Thank goodness she didn’t break the glass and get hurt!”)
- **Smile everytime you make eye contact with someone!** Make a decision to do it, you will start to notice your mood just stays positive! Smiling is like magic!
- **Find 1 thing to admire every time you look at yourself in the mirror!** My eyebrows look awesome today! Ooh, my butt looks legit in these pants! My body is amazing! It will seem ridiculous at first, but in no time flat, you will start feeling better about yourself!
- **Thank people every chance you can!** We all have this bad habit: we apologize ALL. THE. TIME. and for things that we do not need to apologize for. Pay attention for the rest of the day, how many times do you say *I’m sorry*? Try saying *thank you* for something instead!

- **Start a gratitude journal.** This doesn't have to be a big deal, at all. It can just be a notebook. When you think of something you appreciate, find something beautiful in nature, or look at your kids and realize how AMAZING they are, write them down. Write a few things in the morning and a couple at night. There are no rules, but putting it down on paper puts it out into the world and the world needs more positivity and light!

When you start focusing on what you are grateful for, you will start to drown out the things you aren't, the things that bug you and put a shade over your light.

Write down 10 things you are grateful for today, nothing is too small!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____