



April - Thank You. Thank You. Thank You.

Yes, I am grateful for our relationship however, this isn't a thank you note to you, exactly.

Studies show that cultivating a spirit of gratitude contributes to a positive mental attitude. My experience and those of others I know confirms this is true. One way that I cultivate this spirit is by writing my gratitudes each night in a gratitude journal. Each day in my journal I write:

- 5 things I am grateful for each day,
- 1 thing about me personally for which I am grateful,
- The Best thing of the day
- The Worst thing of the day to let it go,
- 1 Fear from my day to let it go
- 1 learning for the day (a learning about me or about life)

Each day I also write at least one gratitude about my spouse and at the end of the month I give that list to him – it makes me appreciate him more, it makes me find positive things in a bad day, and he feels special receiving it.

Doing a gratitude journal results in a few benefits:

1. You spend a few minutes feeling good about your life.
2. You appreciate what you have.
3. You start seeing things throughout the day in order to have something to write about in the evening.
4. During a bad day you learn to find some good in it so you have something to write about later.

Also, there is a theory that living a life of gratitude brings more things into your life for which you are grateful – a positive side of getting what you deserve. Very often I get parking spots wherever I am looking, even in hard to find places, to many people's amazement, I believe it's because I expect it and because I actually thank the parking gurus frequently.

What are you grateful for? What do you give thanks for in your life? Start a gratitude journal today.

And thank you for being in my life.

Live your potential!

Anne Taylor
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