


Chapter 10: A Step by Step Guide to Your First Gratitude Practice



S1 : In this video, we'll discover about "A Step by Step Guide to Your First Gratitude Practice"




If you're convinced that practicing gratitude will make a transformative difference to your life, you could benefit from this step by step guide to take you through the process.

S2 : Are you ready to begin your first gratitude practice? If you're convinced that practicing gratitude will make a transformative difference to your life, you could benefit from this step by step guide to take you through the process. There are five helpful steps for you to follow.



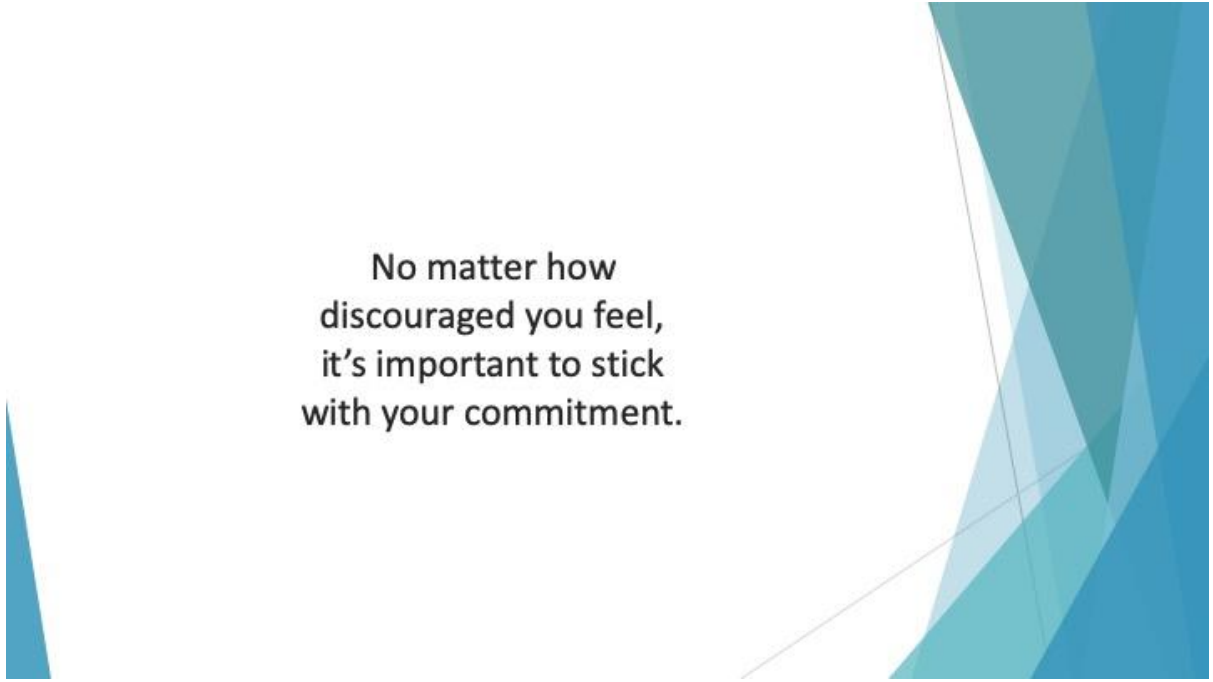
Commitment



Yet, no matter how much you might want to experience all the benefits that being more grateful can bring, there will sometimes be days when you just can't be bothered to think about things to feel thankful for.


S3 : Commitment

Practicing gratitude will gain momentum with time and practice. Yet, no matter how much you might want to experience all the benefits that being more grateful can bring, there will sometimes be days when you just can't be bothered to think about things to feel thankful for. If you're busy or just feeling too depressed it can just seem too difficult to fit in your practice session for the day.



No matter how
discouraged you feel,
it's important to stick
with your commitment.

S4 : No matter how discouraged you feel, it's important to stick with your commitment. If you give in to the temptation to let it slide for one day, you may never go back to it.



Rest assured, though, even if you
have to force yourself to sit down
and write in your gratitude journal,
you'll reap the benefits once you
get started.

S5 : Rest assured, though, even if you have to force yourself to sit down and write in your gratitude journal, you'll reap the benefits once you get started.




Commencement

Once you've committed yourself to gratitude practice, you have to actually get down to doing it.

S6 : Commencement

Once you've committed yourself to gratitude practice, you have to actually get down to doing it.




Nothing may come to you
straight away, but that's ok.
Stop and wait for a minute
to reflect.

S7 : Sit down with your notepad or at your laptop and begin with “I am thankful for...” Nothing may come to you straight away, but that's ok. Stop and wait for a minute to reflect. Enjoy the moment of peace and soon you'll find yourself thinking of the first thing to add to your list.




Writing



Although you don't always have to write a gratitude journal, it's often the best way to start.

S8 : Writing

Although you don't always have to write a gratitude journal, it's often the best way to start. When you put the things you're thankful for in writing you have the power to read them back over again and again.




That allows you to experience
that feeling of thanks
repeatedly and reinforces the
emotions behind it in your
mind. Repetition is the key to
success.

S9 : That allows you to experience that feeling of thanks repeatedly and reinforces the emotions behind it in your mind. Repetition is the key to success.


The written word has power. After all,
the pen is mightier than the sword.



S10 : The written word has power. After all, the pen is mightier than the sword. Writing your thoughts down or writing a gratitude letter has more energy than simply phrasing your thanks and saying it out loud.



Putting pen to paper physically
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more positive direction,
helping you to accept things
and learn from them.



S11 : Putting pen to paper physically turns the thought process in a more positive direction, helping you to accept things and learn from them.

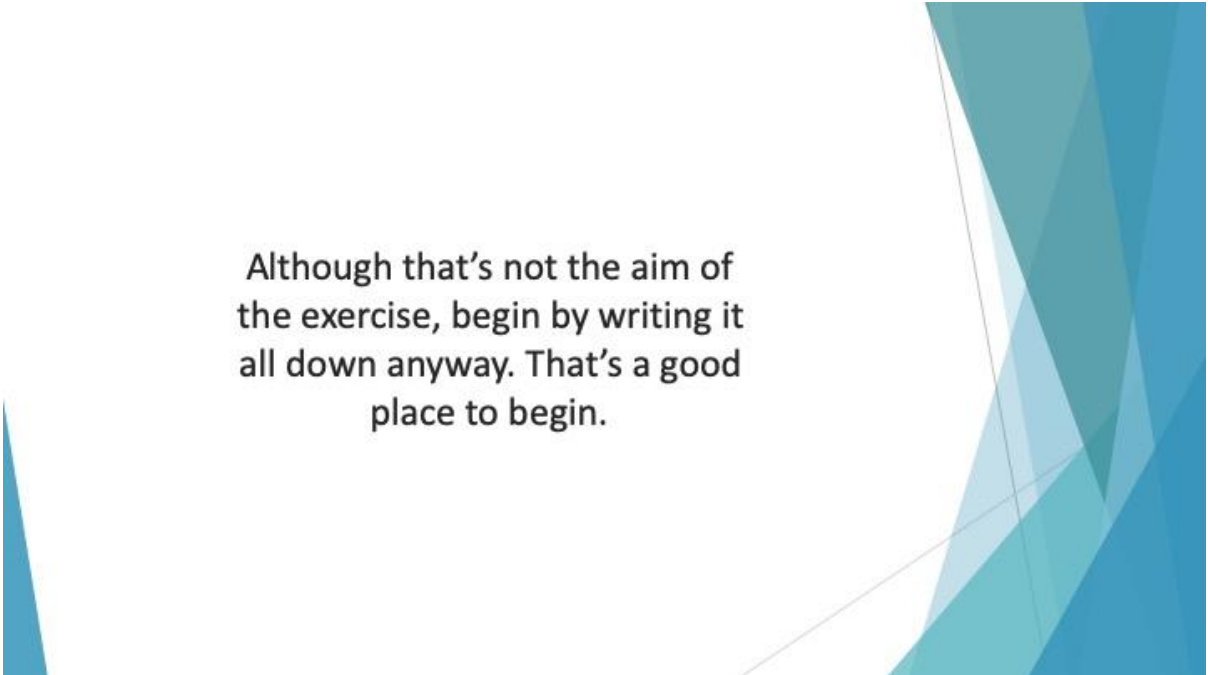


Feeling

There will, no doubt, be days when you start writing in your gratitude journal and you feel like you're on autopilot.


S12 : Feeling

There will, no doubt, be days when you start writing in your gratitude journal and you feel like you're on autopilot. You write without feeling any gratitude at all.

The image features abstract geometric shapes in various shades of blue. On the left, there is a small, solid blue triangle. On the right, there is a larger, complex shape composed of several overlapping, semi-transparent triangles in different shades of blue, creating a layered effect. The text is centered in the white space between these shapes.

Although that's not the aim of
the exercise, begin by writing it
all down anyway. That's a good
place to begin.

S13 : Although that's not the aim of the exercise, begin by writing it all down anyway. That's a good place to begin. The feeling will come later.



Read again what you've written
and keep reading it until you
finally start to feel the sensation
of thanks in your heart.

S14 : Read again what you've written and keep reading it until you finally start to feel the sensation of thanks in your heart. Once it's there, allow it to flow through your whole body.


Whatever is happening around
you, surrender to that feeling
and embrace it to the full.



S15 : Whatever is happening around you, surrender to that feeling and
embrace it to the full.




Sharing



The final step in your first gratitude practice is to share your grateful thoughts with another person.


S16 : Sharing

The final step in your first gratitude practice is to share your grateful thoughts with another person. The best results can be achieved by partnering up with someone else who wants to instill more thanks in their life.



You can both act as each other's motivation and, when you know you have to report back to your partner about your progress, it will give you a push to carry on and stick to your commitment to practice gratitude even on days when it feels too difficult.

S17 : You can both act as each other's motivation and, when you know you have to report back to your partner about your progress, it will give you a push to carry on and stick to your commitment to practice gratitude even on days when it feels too difficult. Sharing positive thoughts about someone with that person is a great way to double the benefits of your practice.



Both of you will be able to
experience the advantages
of boosted self-esteem and
a greater sense of well-
being overall.

S18 : Both of you will be able to experience the advantages of boosted self-esteem and a greater sense of well-being overall.