

# *Practise Gratitude*

**WE VERY OFTEN TAKE FOR GRANTED WHAT WE HAVE, WHAT WE'VE ACHIEVED, THE PEOPLE WE HAVE AROUND, THE MANY BLESSINGS IN OUR LIVES**

**IT'S EASIER TO FOCUS ON WHAT WE DON'T HAVE, THE LACK, THE SCARCITY, IT'S EASY TO BE JEALOUS OF WHAT PEOPLE AROUND US HAVE.**

**REMEMBER: WE LIVE IN A CONSUMERIST SOCIETY WHERE ALL OF THIS IS ENCOURAGED!**

**MARKETERS MAKE US BELIEVE WE CANNOT LIVE WITHOUT A CERTAIN PRODUCT, WITHOUT THAT CAR, OR THIS BAG, OR THAT HOUSE**

**YOUR SOCIAL MEDIA FEEDS SHOW PEOPLE WHO PRETEND TO BE HAPPY & SEEM TO HAVE IT ALL FIGURED OUT**

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**WE MIGHT BELIEVE THESE ARE CRAZY TIMES, SOMETHING BAD HAPPENS EVERY DAY**

**AS A RESULT YOU CANNOT DIFFERENTIATE WHAT'S REAL AND WHAT'S NOT ANYMORE**

**SO MUCH POLITICS AND PROPAGANDA WHICH CAN AFFECT US IF WE ALLOW IT TO**

**THE NUMBER 1 CASUALTY OF A "SCARCITY CULTURE" (AS BRENE BROWN PUTS IT) IS VULNERABILITY**

**REMINDE YOURSELF THAT VULNERABILITY IS THE BIRTHPLACE OF EVERYTHING ELSE WE ARE HUNGRY FOR: FAITH, JOY, LOVE, CREATIVITY, HAPPINESS, INNOVATION AND MUCH MORE**

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**A GREAT PRACTICE TO REMIND US WHAT WE HAVE IS THE PRACTICE OF GRATITUDE**

**HERE'S AN EXCERPT FROM TIM FERRISS' PODCAST, "THE TIM FERRISS SHOW" WHERE HE INTERVIEWS TONY ROBBINS, AMERICAN BUSINESSMAN, AUTHOR, PHILANTHROPIST AND AMAZING HUMAN**

**IN CASE YOU HAVEN'T HEARD OF HIM, HE BECAME WELL KNOWN FROM HIS INFOMERCIALS AND SELF-HELP BOOKS: UNLIMITED POWER, UNLEASH THE POWER WITHIN, AWAKEN THE GIANT OR HIS DOCUMENTARY "I AM NOT YOUR GURU"**

**CLICK HERE TO GO TO THE EXERCISE (IT STARTS AT 01:07:22)**

**THE WHOLE PODCAST IS REALLY AMAZING SO TOTALLY RECOMMEND IT IF YOU GET THE CHANCE TO LISTEN TO IT**

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## **Resources**

**TONY ROBBINS GRATITUDE IS THE ANTIDOTE**

**SUPER SOUL SUNDAY - BRENÉ BROWN & OPRAH ON  
GRATITUDE & JOY**

**WANT TO BE HAPPY? BE GRATEFUL**

**GRATITUDE (AMAZING PROJECT & VIDEO)**

**BENEFITS OF GRATITUDE ARTICLE**

**ABRAHAM HICKS - APPRECIATION VS GRATITUDE**

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**Things I am grateful for today**