

Tools for the Daily Walk – Gratitude

***Thank** [God] in **everything** [no matter what the circumstances may be, be thankful and give **thanks**], for this is the **will of God** for you [who are] in Christ" ~I Thes 5:18 AMPC*

Nothing can create a shift in our life like gratitude! Nothing opens doors of abundance, peace, or joy like a good dose of gratitude. As your client begins to shift their perspective and create new success habits, gratitude is a great place to start.

Scripture and Science Show that Gratitude
- Improves Physical Health
- Improves Psychological Health & Mental Strength
- Improves Self Esteem
- Improves Relationships
- Improves Ability to Manifest Goals, Dreams, Desires

A study on gratitude conducted by Robert A. Emmons, Ph.D., at the University of California at Davis randomly assigned participants one of three tasks. Each week, the participants recorded in a journal.

- One group briefly described 5 things they were grateful for that had occurred in the past week.
- Another group recorded 5 daily hassles from the previous week that displeased them.
- Another neutral group was asked to list five events or circumstances that affected them, but they were not told whether to focus on the positive or on the negative.

RESULTS: Ten weeks later, participants in the gratitude group felt better about their lives as a whole and were a full **25 percent happier** than the

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hassled group. They reported **fewer health complaints and exercised an average of 1.5 hours more.**

According to research at the Institute of HeartMath, true feelings of gratitude, appreciation, and other positive emotions can synchronize brain and heart rhythms, creating a body wide shift to a scientifically measurable state called *coherence*. In this optimal state, the body's systems function more efficiently, generating a greater balance of emotions and increased mental clarity and brain function. Sustained feelings of gratitude created favorable changes in the body's biochemistry include **improved hormonal balance** and an increase in production of **DHEA**, the "anti-aging hormone."

Tool #1 - Gratitude Journal – Have clients add gratitude pages to their journal or begin a gratitude journal and record 3-5 new things they are grateful for each day. Here are some prompts:

- **Three people in my life I AM GRATEFUL for:**
- **Three things about my physical body I AM GRATEFUL for:**
- **Three things about my home I AM GRATEFUL for:**
- **Three things about my career I AM GRATEFUL for:**
- **Three lessons or experiences I AM GRATEFUL for:**
- **Three financial blessings I AM GRATEFUL for:**

"The best kind of giving is thanksgiving." ~Chesterton

What is Coaching Success?

- Client understands the importance of gratitude.
- Client chooses key scripture on gratitude to meditate and reflect.
- Coach works with client to implement a gratitude journal or section in journal.
- Client integrates gratitude as part of morning spiritual practice and throughout the day.

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