

the GREATITUDE KICKSTARTER

an activity to help you begin to recognize the GREATNESS in your life.

before you begin

Most people understand and experience gratitude — being thankful and appreciating what you have or what you've been given. But what if you could elevate that practice to noticing and appreciating the truly GREAT things in your life on a regular basis?

We call this GREATITUDE. It's like gratitude x 10. The practice of GREATITUDE is a powerful tool that can help shift your mindset from scarcity to abundance. It can be used to quickly lift your spirits and permanently build your confidence.

Here are some simple places and times you can pause to practice GREATITUDE throughout your day:

- Before you get out of bed in the morning or before you fall asleep at night.
- At the breakfast, lunch, or dinner table with your family and friends.
- While you're brushing your teeth.
- On your commute to work (or on your way home).
- At the beginning of staff meetings.
- During the debrief of projects or events.
- Before setting your goals for the year, quarter, month, week, or day.

Imagine entering each day, your next project, a sales call, or a big challenge knowing you already have so much GREATNESS in your life? What would that do to your energy, your creativity, and your willingness to try new things? What would it do for your relationships? Your career? Your community? Your life?

There are only 3 rules:

1. Name names. GREATITUDE is specific.
2. Always include the why. What makes this great for YOU?
3. Write it down, either here or in a journal. Writing makes it real.
4. Post this page where you will see it often.

1 great person in my life:

1 great thing about my home:

1 great thing about my town/city:

1 great thing about my current work:

1 great gift/talent that I have:

1 great experience I've had:

1 great & beautiful thing I've seen:

1 great opportunity I've been given:

1 great thing I've celebrated:

1 great childhood memory I have: