

Make A Daily Date With A Gratitude Story

- 1. Deliberately choose a time, each day this week, to play with this technique.**
Set an alarm. Do whatever it takes to make sure you keep that date. It only takes a few minutes, and setting a definite time means it will happen. Leaving it to chance means it probably won't.
- 2. Take a 'snapshot'.**
Pause for a moment and notice how you're feeling - physically and emotionally. Notice what your thoughts are. Notice the current tone of voice in your head.
- 3. Think about an event that has happened (any time!) which triggers grateful emotions for you.**
Really allow yourself to dive into that experience. Feel the emotions you were feeling. Think the thoughts you were thinking. Hear the subtleties of the voice in your head shift. Notice the change in colour and vibrancy of any images you are seeing. Smile!
- 4. Now for the fun! Imagine you are telling this story to someone else.**
Talk your way through the story, in your head (or out loud, if you have a willing audience!). Really help your story come to life. Share all the best bits. If it helps you dive into it, turn up the dial a few notches. *For this exercise, it doesn't matter if you embellish a little. It's about getting into the habit of shifting the tone of our stories.*
- 5. When you feel you have finished, smile and thank yourself for taking the time.**
Repeat your 'snapshot' from step 2.
How have things changed? What did you notice? Can you sense a shift?
I'd love to hear how you got on – there's a discussion thread in our private forum - see the image link on the weeks 9 & 10 page.

Affirmation:

I choose to tell myself stories that make me smile.