



ACTION GUIDE - GRATITUDE

One of the biggest differences between the RBC and other book clubs is this action guide. So often, we don't make time to read. And even if we do, we don't take the time to really absorb what we've learned – and put it to action in our life. The purpose of this guide is to help you document your Aha! moments and points you want to remember in one handy place, and give you a simple guide to refer to to refresh your memory and keep you on track in the future.

The point is not to recap the ENTIRE book, but instead to pull out the 20 percent that is going to make the biggest difference in your life. And, of course, my 20 percent might be very different from yours! :)

When I think of providing a summary of this book on gratitude, what I take away is that attitude is everything. We can CHOOSE how to interpret any given situation. We can CHOOSE to look for the best. We must be intentional, however, since the human tendency is to become accustomed to our blessings.

Here are the elements that hit me the most:

1. Keep track. The evidence is in and it's overwhelming; keep a journal of things you're thankful for has a huge impact on your life. Period.
2. "When you expect everything, it's hard to be grateful for anything." Once we become accustomed to our blessings, we cease to see them. Try to look at your life with fresh eyes.
3. Gratitude is the basis for living a positive life.

***"Gratitude is not only the greatest of virtues, but the parent of all others."
(Cicero)***

4. Think about the relative joy and enjoyment you get from possessions, vs. experiences. (And find ways you can create a tangible reminder of joyful experiences!).

"It wasn't the frayed baby blanket that made me grateful but the memory of the sweet baby who used it."

4. **Comparisons kill our joy.** As soon as we start looking what we have compared to what someone else has, we lose appreciation for our own blessings. When you start comparing, STOP!

From the past homework sheets, what were your big AHA moments?

WEEK 1: _____

WEEK 2: _____

WEEK 3: _____

WEEK 4: _____

Some tips to remember:

- **Take time to enjoy your life.** A walk outside, the smell of a lilac bush.
- **Stay focused on the here and now.** The more you can appreciate the moment you are in, the more mindful, present, and peaceful you'll be.
- **Expressing gratitude has an effect on your health.** Try it as a stress-reliever, or anxiety relief if you are in a tough spot. It works even better than focusing on your breathing.
- **“Gratitude isn't just a nice feeling. Gratitude at its best is an action. It's about something you do rather than just something you feel.”** If feeling gratitude improves your life, imagine how much better your life will be if you start ACTING grateful!

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