

What's So Great About Gratitude?

The Balance Tree

i am
grateful



WELCOME

Thanks for taking the time to download **What's So Great About Gratitude?** ^(c)
We hear about gratitude and being grateful so often, but what does it really mean and why is it something you need?

Enjoy our reasons around the importance and impact of living with gratitude and how it can lead to a balanced and effective life!

We are Jaye & Ricci Barros, married for over 30 years with 3 adult children and 3 grandchildren. Coming from Corporate backgrounds we now run our own online business to help others gain clarity, unlock their true potential and live their dream plan. We want this for you too!

Don't stop at a grateful heart! Improve yourself further with our online workshops at www.thebalancetree.com.au

Jaye & Ricci Barros
Your Effective Life Team

GRATITUDE

1 Creates positive emotions



When you give thanks you immediately tap into something positive in your life (past, present or future). You usually give thanks for something that brought you joy or even challenged you into a positive change. The more you tap into these positive emotions the less room there is for the negative.



ACTION: Baby steps to start! Practicing daily Gratitude is easier said than done! Find a quiet space and look around - are you grateful for the sun on your face, or the rain that has come. Perhaps for a chance to sleep in, your car getting fixed, a cuddle from your child or a kiss from your partner. Give it time, it will come. Be kind and gentle with yourself as you explore those positive memories and emotions. Keep practising!

2 Improves your health



The more positive you become, the happier you become. Gratitude helps you focus on what you have, rather than what you have not!

It is said that a "daily gratitude practice ... improves sleep, boosts immunity and decreases the risk of disease"*


*Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/improve-health-practice-gratitude/art-20270841#:~:text=A%20daily%20gratitude%20practice%20has,decreases%20the%20risk%20of%20disease>

GRATITUDE

3 Builds resilience




The definition of resilience is "the capacity to recover quickly from difficulties". By practicing a daily ritual of gratitude, we tune in to this bounce-back-ability. We are being realistic, acknowledging what we have and highlight the good with the bad, creating balance through happy, healthy routines.

 **ACTION:** Every day, look at yourself in the mirror and give thanks to YOU! What have you done, or are about to do, that you are grateful for? Be present in this moment and find the good.

4 Provides connection



As you develop a sense of gratitude for the things around you and within you, you will start to notice you are connected to others. Connecting you to something much greater than yourself - be that family members, other individuals, nature, the world or a higher power. This will further increase your gratitude and optimism - it's contagious!

 **ACTION:** Create a Gratitude Journal (or Jar). When you are grateful for someone or something write it down in your journal (or on paper and place it in the jar). After 6-12 months go back and read what you have written. **ACTION PLUS:** Say thanks to that person face-to-face!

GRATITUDE

5 Helps you dig deep



If you're in a negative space or believe there is nothing in your world to be grateful for, then you may need to really dig deep. There will be something - past, present or future. Set up a quiet space, close your eyes and let your mind wander to something that brings a smile to your face. A joke, a sunset, a pet ... it's there.

If you are truly confronted and feel overwhelmed then please seek help - either with us or your medical professional.

6 Brings clarity




You will start to think clearly and the more you practice the easier expressing gratitude, being grateful, and giving thanks will become. You are producing realistic optimism*!

**Find out more about Realistic Optimism in our Mindset PDF*

7 Remember ...



Give thanks with a grateful heart. Your gratitude should be displayed with love, care, compassion, integrity, honesty and empathy - to yourself and to others. True gratitude is heart-felt. Feel it as you say it and as you receive it.

 **ACTION:** When someone offers you a gift or compliment simply say, "Thanks", and say it with love and a grateful heart.

WANT MORE ?

FOLLOWING THIS WE RECOMMEND

LIFE WORKSHOP PPP COACHING

WHAT WILL YOU GAIN?

LIFE WORKSHOP

- clarity around the impact of past influences
- choice to get out of the drama cycle and create positive change
- the ability to identify, interrupt and change negative behaviours

PPP (Passion Purpose Plus 1 on 1 Coaching)

- find your passion and purpose
- positive resources to rebalance and empower
- opportunity to create new strategies to live a life filled with success, love and happiness

www.thebalancetree.com.au



TESTIMONIALS



I was anxious that working through old wounds and longstanding barriers would be frightening and too confronting ... each session I came away with the feeling of burdens being lifted and a new sense of clarity.

— Helen S

I was able to release some negative beliefs and the energy attached to it. I am now able to have a more confident, equal discussion with my loved ones. I am also more confident in my own strength of character

— Sean R



It was really good. Clear, simple, with food for thought without setting expectations ... It is Do-able! And principles that can be practiced in real life situations.

— R Mason

I did the TWO courses today. They were fab, I really enjoyed them. Holding my attention in these things is not easy, I am fast-paced and bore so easily, so the split screen of visuals and Jaye on the side was great!

— Jess N