



**THE 7-DAY
GRATITUDE
CHALLENGE
THAT CAN CHANGE
YOUR LIFE**

Introduction

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend” - Buddha

Gratitude is not a feeling that we give a lot of importance to. We experience it occasionally but it's not something we really stop and reflect upon. Perhaps that's why so many people today are so discontented and dissatisfied with their jobs, their relationships, and their lives.

In today's consumer-driven and super-competitive world, our more prevalent emotions tend to be anger, frustration, envy and often, despair. Even people with wealth and successful careers feel this way. Why do we feel that something is missing in our lives? The likely answer is that we lack gratitude.

Gratitude is one of the most overlooked factors in our pursuit of self-improvement and personal well-being.

Although not an external skill that can be learned, gratitude is an innate quality, a potential mindset that exists in each and

every one of us. It can be awakened and developed to dramatically change your outlook - and transform your life in ways you never imagined.

Practicing gratitude creates a huge paradigm shift. Suddenly, so many of the things that keep you tossing and turning at night become trivial and meaningless – while the things you should be putting your effort into, the things that have true value and meaning, become crystal-clear. No physical skill can ever transform your life in this way.

This is not a bogus theory. A wealth of research has proven that the regular practice of gratitude helps achieve lasting happiness and success.

So, how do we "practice" something as elusive and intangible as gratitude? Actually, it's one of the easiest things to do. This 7-Day Challenge will show you how to practice a different form of gratitude every day for one week. It will help rewire your brain and sow the seeds for a lasting mindset that becomes second nature. Try it yourself and at the end of the seven days you will never view your life – and the world around you - in the same way again!

Si vous voulez connaître une excellente méthode pour gagner du

mindset :

<https://www.digistore24.com/redirect/328411/unisdess/>

Chapter 1: What Science Tells Us About Gratitude

Gratitude is one of the most researched concepts in psychology and behavioral science. Not only has it been proven to improve happiness and strengthen social and personal relationships, but it has also been proven to boost success and productivity, as well as promote overall physical and mental health. Here are some surprising facts that science can tell us:

1. Most people don't express gratitude at their workplace.
2. Women are more grateful than men.
3. Grateful people exercise more and are more health-conscious.
4. Gratitude improves sleep.
5. Gratitude lowers cholesterol levels.
6. Grateful people are more likely to achieve their goals.
7. Gratitude strengthens personal relationships.
8. Gratitude alleviates depression.
9. Gratitude helps people make wiser buying decisions and not overspend.

10. Gratitude strengthens inner peace.

With all these proven benefits, it's no wonder that many wellness experts are recommending that their clients practice gratitude regularly. In addition, many psychiatrists are now incorporating gratitude practices and exercises into their therapies.

The bottom line: Gratitude is likely one of the few things in life that has no downsides. Scientifically, there can be no doubt that gratitude is good for us on many levels!

Chapter 2: Getting Started

The 7-Day Gratitude Challenge requires no special preparations or costs. All you need to get started are two key things:

Keep A Gratitude Journal

The challenge needs to go hand in hand with a gratitude journal where you record your experiences at the end of each day. Ideally, you should keep a physical journal where you record entries in handwriting as this will better imprint the experiences in your mind.

Each night before you go to bed, take a few minutes to jot down how that day's challenge went, any particular things you noticed and how you feel. You must do this each day for the first seven days and the next seven days if you decided to repeat the challenge for another week. As you get the hang of it, it's sufficient to make entries into your journal twice or three times a week after that.

There's an added bonus as well. Research has linked gratitude journaling with lower stress levels, improved mental clarity and better sleep. This should be enough motivation to keep your journal entries top of mind at the end of each day!



Consistency Is Key

When you make the intention to take the 7-Day Challenge, you must make the commitment to follow through consistently. The first week is especially important because you are preparing your brain to rewire itself for gratitude. If you skip days or go

through the challenges half-heartedly, your brain will register that gratitude is not important enough for you to make it a habit.

However, this may not be easy for everyone.

Perhaps the one downside to practicing gratitude is that it won't be easy for people who are generally pessimistic and negative in their thinking.

We are all programmed to think negatively more than we do positively, as it is an innate survival instinct from the days when our ancestors had to expect the worst in order to stay alive. However, this can definitely be overcome with consistency and practice,

The bottom line: In order to change, the brain needs to experience gratitude regularly. That's why it's important to follow the challenge through the full seven days and keep gratitude top of mind.

Gratitude builds on itself. The more we experience gratitude, the more the brain changes to make it a mindset. Keeping a gratitude journal and staying consistent will allow you to achieve this by creating a continuous cycle of gratitude in your life.

Chapter 3: The 7-Day Challenge

Day 1: Count Your Blessings

On your first day, from the moment you wake up until you go to bed, make the intent to notice all the things you are grateful for.

There are so many things that we take for granted without giving them a second thought. The challenge is to look around you and notice these things or people and how they make your life easier or happier. Just keep your mind open and be grateful for as many things as you can.

Examples:

- Start your day by being grateful for the running water in your home as you shower, the invigorating smell of your morning coffee and the fact that you are alive to enjoy a new day.

- Find opportunities for gratefulness throughout your day, such as friendly salespeople and helpful colleagues and other people you encounter.
- Find things to be grateful for in your surroundings; the nice view outside your office window, your comfortable chair, and perhaps even your computer and cell phone, which make your life so much easier.

At the end of the day, record in your journal three things that you were most grateful for during your day, why they make you feel that way and your reflections on them.

That's all you have to do for day 1. Now, on to day 2!

Day 2: Make Someone's Day

Your mission for day 2 is to look for opportunities to help others and experience the wonderful sense of selflessness that comes from showing kindness. Being kind to others expands your heart to gratitude because it just makes you feel so good! Here are some examples:

- Send an email or a text message to a friend or colleague thanking them for something they've done – or for simply being in your life.

- Smile at sales attendants and cashiers in shops and thank them for their service.
- Compliment a coworker or friend on something they're wearing.
- Help someone carrying heavy bags to their car or assist an elderly person across the street.
- Send flowers to your partner
- Thank a coworker for their help and support on a project or task.

People don't usually expect appreciation out of the blue so when they receive it, you can be certain it will make their day – and it will make you feel great.

Note: The key here is to be sincere rather than throwing out false compliments for the sake of flattery. Engage with people from a real sense of appreciation and empathy because they add value to your life.

At the end of the day, record in your journal how you went out of your way to make others happy and how it makes you feel.

Day 3: Mindful Positivity

On day 3, you will be on the lookout for negative things that you encounter throughout your day. These could be situations, people or things. Your goal is to find something positive in the negative, such as a lesson, takeaway, or a positive trait that offsets the negative one. Here are some examples:

Negative situation: You're caught in a traffic jam on the way home due to an accident on the road. You're going to be at least two hours late because traffic is at a complete standstill. You think of all the things you have to do at home, your family waiting anxiously, that report you have to write for your boss... it's a total bummer. What positive thing could you possibly be grateful for in that situation?

Well, for starters, that you're not in that accident, injured or God forbid, even dead. At the very least, your car would be totaled. Be grateful that you are safe and that your loved ones are safe and say a prayer for those less fortunate people in the accident.

That should be enough to keep you patient until you make it home. Spend the time listening to podcasts or even playing games on your phone. It's not the end of the world.

Negative people: We all know that type of person who is always so cynical and critical; the constant moaner and complainer who always finds fault with everything. Being around people like that can be extremely draining and frustrating.

How do you see anything positive in that type of person? Everyone, no matter how horrible they may seem, has some positive traits. They may be an animal lover. It may be that they express their criticism with a dry sense of humor that makes you smile despite yourself. It may be that they are brutally honest, in their own way.

Negative people usually have a reason for being that way. They could be scared or angry due to a past negative experience. Seeing them in this light helps you empathize with them and be more understanding.

Negative things: Your boiler breaks down in the middle of winter and the inconvenience and cost of getting it fixed have thrown your budget and schedule off track. However, you can look at the positive side and be grateful that you even have a boiler when so many people in the world still live without heat and running water. Be grateful that the money spent did not go towards medical costs for you or a loved one being ill or

hospitalized. When you look at the bigger picture in this way, you will be grateful it was not worse.

This challenge will really make you think deeply about many things and help you realize that indeed, every cloud does have a silver lining. Record your reflections in your gratitude journal.

Day 4: Affirmations

Affirmations are positive statements that you repeat to yourself in order to condition your brain to believe them. Because they work to rewire your brain on a subconscious level, they are very powerful tools for making gratitude a lasting mindset.

All you have to do is choose two or three affirmations that resonate with you and repeat them to yourself throughout the day. There are two things to note here:

- Affirmations must be said with conviction.
- Affirmations must be in the present tense and never in the past tense.

Here are some examples:

- I am so grateful for everything I have in my life.
- I accept and appreciate all that comes to me in my life.
- My life is filled with abundance and I am grateful for that.
- I am grateful for my health and the health of my loved ones.
- I am grateful for my loved ones and friends who encourage and support me.

You can choose two or three affirmations from the examples above. Google more by searching for "gratitude affirmations" or even write your own. Keep them posted where you can see them and repeat them throughout the day.

Day 5: Negative Visualization

This is a very counterintuitive approach that is designed to "shock" you into gratitude. It was invented by the ancient Stoic philosophers who believed that all worldly desires and material possessions were a vice and that one must live only to cultivate inner virtue.

Negative visualization works by forcing your mind to imagine a worst-case scenario and in doing so, you immediately realize all that you have to be grateful for. Sit down, close your eyes and force yourself to imagine one of the following:

Losing everything. A terrible hurricane or flood hits your town and destroys everything; your home, car and all of your possessions. You are left with nothing but the clothes on your back. Visualize the terrible scene, and how everything you worked so hard for is gone. Enough said.

Death or illness of a loved one: Death and illness are facts of life. When you visualize the death or serious illness of a loved one, you will immediately realize that nothing – absolutely nothing – would matter compared to that. Be grateful that your children and family are happy and healthy. You will realize that having your loved ones in your life is all you need to be happy.

Contemplate your own mortality. Nobody likes to reflect on their own death and yet, we're all going to die someday. Reflect on your own mortality and how precious life is. We don't know how long we will be in the world. What matters is that we enjoy every moment. Be grateful for every new day and never take anything for granted.

Many people find this exercise extremely uncomfortable and with good reason. But when you practice negative visualization, you should experience a dramatic shift in your perspective. Not having all you want and having a less than perfect life is nothing

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