

How to Experience
Gratitude
In Your Life

manual

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Introduction

An attitude of gratitude can make the difference between a life of fulfillment, or a life of emptiness. There is so much in this world we cannot control and that fact alone keeps us downtrodden and small. Therefore, it is empowering to concentrate on what we can control and we all have the ability to control our thoughts. Our thought forms create our actions and our actions create our life. That being the case, the first step to a grateful life is to find the tools that will guide our thinking into a positive and powerful way.

The wisdom of gratitude contains the solutions to the teachings hidden in our problems. It is the primary emotion that pulls us through all hardships and challenges. Feeling grateful is the defining characteristic of grace within our human experience because it holds within it the principles of fairness and faith.

This manual is designed to transform our negative thought forms into positive one, thereby creating a life filled with contentment, no matter external circumstances.

Exercise 1

The Vehicle to Victory

1. Think about what is good in your life, instead of what is bad. Make a list of what is good in your life. Then give thanks.

2. Think about what you do have, instead of what you do not have. Make a list of what you have in your life. Then give thanks.

3. Think about where you are blessed, instead of where you are not. Make a list of where you are blessed. Then give thanks.

4. Think about where you are lucky, instead of where you are unlucky. Make a list of where you are lucky. Then give thanks.

5. Think about what you love, instead of what you hate. Make a list of what you love. Then give thanks.

6. Think about who loves you, instead of who does not. Make a list of who loves you. Then give thanks.

7. Think about what you like in your life, instead of what you do not like in your life. Make a list of what you like in your life. Then give thanks.

8. Think about where you feel empowered, instead of where you feel helpless. Make a list of where you feel empowered. Then give thanks.

9. Think about where you feel inspired, instead of where you feel depressed. Make a list of where you feel inspired. Then give thanks.

10. Think about what is good in the world, instead of what is bad in the world. Make a list of what is good in the world. Then give thanks.

Exercise 2

The Street to Success

1. Knowing that failing is the first step to succeeding and being thankful for the experience we have.
2. Knowing to never, never, never give up and being thankful for the determination we have.
3. Knowing that the bamboo plant is the strongest because it knows when to stand strong and when to bend and being thankful for the flexibility we have.
4. Knowing that success is a matter of the mind, not the pocket book and being thankful for the mindset we have.
5. Knowing that we are living our full potential and being thankful for the courage we have.
6. Knowing that life is not worth living if we make a living not worthy and being thankful for the integrity we have.
7. Knowing that our purpose and prosperity marry each other well and being thankful for the abundance we have.
8. Knowing that success is not what we make externally, but who we are internally and being thankful for the insight we have.
9. Knowing that at all times, it is imperative to view the glass as half full, rather than half empty and being thankful for the inspiration we have.
10. Knowing that control is but an illusion and being thankful for the higher intelligence we have.
11. Knowing that peace comes from detachment and being thankful for the enlightened we have.
12. Knowing that success is a feeling not a fact and being thankful for the knowingness we have.

1. Make a list of where you feel you fall short and how you will strengthen yourself.

2. Make a list of where you stand tall and be grateful for your gifts.

Exercise 3

The Thoroughway to Truth

Exercise 4

The Pathway
to Positive Thinking

1. Do you watch TV a lot and if so do you watch violent or negative programs?
Are you willing to change that potentially harmful habit? If not, why?

2. Do you play video games and if so are they violent or negative? Are you willing
to change that potentially harmful habit? If not, why?

3. Do you read the newspaper and if so, do you read the violent or negative news? Are you willing to change that potentially harmful habit? If not, why?

4. Are your relationships based on a foundation of something negative? Are you willing to change or leave that relationship? If not, why?

Beginning Positive Transformation

1. Make a list of positive programs and watch them.

2. Make a list of positive video games and play them.

3. Make a list of positive news articles and read them.

4. Make a list of positive people that you would like to get to know better or already know and thank them.

5. Make a list of positive books and study them.

Exercise 5

The Highway to Happiness

It is a sad fact that we cannot escape problems while living in this world. It certainly is not heaven or utopia. However, we can make our own little heaven and utopia. Happiness is not rooted in the absence of problems, it is rooted in how with deal with them. All painful emotions have within them an ingredient of strength and power. As example, most non-profit foundations are started as a result of someone getting angry enough to do something about it. Grief is the ocean that tosses us about, throwing us up on the beach...three feet taller. Sadness is birthed from our giftedness to be sensitive. And remorse is the most powerful emotion that can create positive changes within ourselves.

1. Make a list of where you feel or felt pain and how it has or is helping you.

2. Make a list of where you feel or felt grief and how it has or is helping you.

3. Make a list of where you feel or felt remorse and how it has or is helping you.

4. Make a list of where you feel or felt sadness and how it has or is helping you.

5. Make a list of where you feel or felt anger and how it has or is helping you.

Exercise 6
The Concourse
to Completion

1. What do you feel you learned from this manual that you will incorporate into your work life?

2. What do you feel you learned from this manual that you will incorporate into your personal life?

3. Which exercise did you like the best and why?

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