

The Guidebook to HAPPINESS

Are You Leaving Your Happiness to Chance?
Learn Proven & Practical Solutions for
Experiencing Real Happiness



Becoming a GRATITUDE FANATIC

Hi there happiness.

This week's workout is going to be pretty easy to do. But the thing we need to be aware of is that the things that are easy to do, are also easy not to do. So for this week this will be what you are required to do:

Activity 1:

To warm you up – RIGHT NOW – I would like you to write down **10 things you are grateful for:**

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Activity 2: Daily GRATITUDE Exercise

Every day this week take 1-2 minutes in the morning and say all the things that you are grateful for. I recommend saying it aloud, while you place your hand over your heart.

Every day this week before you fall asleep say a silent thank you for all of the great things that have happened that day. This is an excellent way to fall asleep.

(This is something I would STRONGLY RECOMMEND you do every day – FOREVER)

Activity 3: General GRATITUDE

Every single time someone does something for you, say 'thank you'. Regardless of if it is their job, expected, they do it every day, they don't expect it, they are paid well by you, they are your partner/child/sibling/etc. Fill the week up with **THANK YOU's**.

Activity 4: Targeted GRATITUDE

Find one person that you feel would most benefit from you telling them how grateful you are for what they have done for you. Maybe it is a friend, a partner, a sibling, a family member, a parent, grandparent, etc.

This might be your biggest challenge for the Weekly Workout. The more challenging it might be for you, the bigger result you are likely to get. This may very well change your relationship with this person in a very positive way.

Well done on this Weekly Workout. Learn, experience and grow!!

CARL MASSY

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