



## PowerBite #4— Express Gratitude

---

*Shortly after I started writing this workbook, I had a discouraging bout with back pain. I found myself becoming hyper-focused on the problem. I talked about it, thought about it, worried about it, and probably made it worse with all the attention I was giving it. One day it occurred to me that even though my back didn't feel good, my hands felt great! So did my heart, my stomach, my eyes, my ears, my legs, my lungs. I started expressing sincere gratitude for all the ways my body was healthy and serving me. My spirits lifted and eventually my back started feeling a whole lot better!*

When we feel worried, depressed or discouraged, there is a simple tool that can quickly shift us into a different place. It's called gratitude. Gratitude has the power to move us from feelings of anxiety to feelings of love and happiness. It puts us in a state of thankfulness that immediately lifts our emotions. Did you know that it's impossible to feel both gratitude and negativity at the same time?

You claim your power when you step into gratitude.

\*\*\*What are you grateful for?

List all the things you are grateful for in your life. (People, nature, technology, your body, etc....)

Choose one way that you can consistently practice gratitude. Then list three steps that will help you get there. Set a target date for each step. When you've taken a step, give it a checkmark.



One way I choose to practice gratitude is this (be specific):

I reclaim my power by taking these three steps:

Step 1      Target date \_\_\_\_\_

Step 2      Target date \_\_\_\_\_

Step 3      Target date \_\_\_\_\_

In **one word**, describe how you will **feel** when you've accomplished this goal: \_\_\_\_\_!