



How to Cultivate a Grateful Heart !

A GRATEFUL HEART FILLS YOU UP!



STEP 1:

HOW DO YOU WANT TO FEEL?

NOW DO THAT THING, FEEL THAT EMOTION UNTIL YOU'D RECOGNIZE IT ANYWHERE.

STEP 2:

WHAT CAN YOU DO DIFFERENTLY TO SOOTHE YOUR SOUL?

SOMETHING AS SIMPLE & LUXURIOUS AS TAKING A HOT BATH, OR MORE ADVENTUROUS LIKE TRAINING FOR A 5K....

STEP 3:

WHAT MAKES YOU GIGGLE, GUFFAW, PEE YOUR PANTS YOU'RE LAUGHING SO HARD?

INVITE IN THOSE KINDS OF OPPORTUNITIES FOR JOY TO SPARKLE, TO BE THE FOUNDATION UPON WHICH YOU WALK.

STEP 4:

CULTIVATE BEING UNCOMFORTABLE.

I DON'T MEAN THE KIND OF UNCOMFORTABLE THAT MAKES YOU CRINGE, BUT THE KIND THAT STRETCHES WHAT YOU THINK YOU CAN DO INTO RECOGNIZING YOU ARE CAPABLE OF WAAAAAYYYY MORE THAN YOU THINK.

STEP 5:

LOVE YOURSELF ALL THE MORE.

START TREATING YOURSELF THE WAY YOU TREAT YOUR BESTIE. WITH LOVE & ADORATION.
WITH UNVARNISHED TRUTH CUSHIONED IN LOVE. WITH LAUGHTER & THE MEMORIES THAT DELIGHT.
WITH EMPATHY & COMPASSION & THE UNDERSTANDING THAT THIS TOO SHALL PASS.

STEP 6:

BE NICE TO YOU.

YOU ARE THE ONLY YOU YOU'VE GOT. YOU ARE THE ONLY YOU WE'VE GOT.
WE NEED YOU. WE NEED YOU TO SHINE.
TO BE THE BEACON OF LIGHT FOR YOURSELF & FOR THE WORLD THAT LOVES YOU.