

REBECCA ACHELLES

30  
**QUESTIONS**

That will remind you  
Life's pretty SWEET

# Ponder

# These



Gratitude inspired  
QUESTIONS -

**Next time you're feeling  
like a NEGATIVE NANCY**

**(AKA Having a Shit Day)**

**(PSSSST... you could even use them to start yourself a  
"Secret Smile" Jar) Read on - I'll explain**





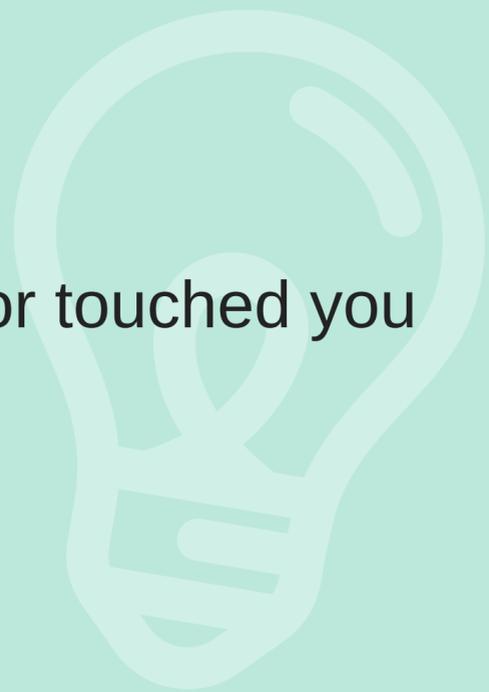
1. Who always really listens when you talk, and how does that make you feel?

2. Have you recently imagined a worst-case scenario that never actually happened? What was it?

3. Who have you enjoyed being around recently, and why?

4. What's one kind or thoughtful thing someone did for you recently?

5. What's something that inspired or touched you recently?





6. How have you used your talents and abilities recently, and what have you enjoyed about doing that?

7. What have you learned recently that will help you in the future?

8. What made you laugh or smile today?

9. Have you experienced any blessings in disguise lately, things that didn't turn out like you wanted but ended up being for the best?

10. Have you had an opportunity to help someone recently, and how did it make you feel?



# Why GRATITUDE TRUMPS POSITIVE THINKING

An attempt to be 'positive' & to only think 'positive thoughts' is easier said than done. You'll notice positive thoughts can be easily overridden (& forgotten) by your negative Nancy brain - it's legit - it's called the *Negativity Bias*. It means that our mind has a tendency to remember, focus on & learn from, negative experiences - over positive ones! We can't really help it.

Instead, with the help of the questions above, focus on what you DO have (be GRATEFUL). Don't worry if at first, all you can manage is: *"I'm grateful I had enough peanut butter left in the jar to cover my toast this morning"*

Eventually (with practice) the 'neurons' in your brain responsible for being 'grateful' and 'positive' will strengthen & you'll learn to habitually become more positive. Scientists call this *Neuroplasticity* – they say the brain can create new neural pathways depending on what we do repeatedly – nifty, eh?

So, make it a daily habit to be grateful



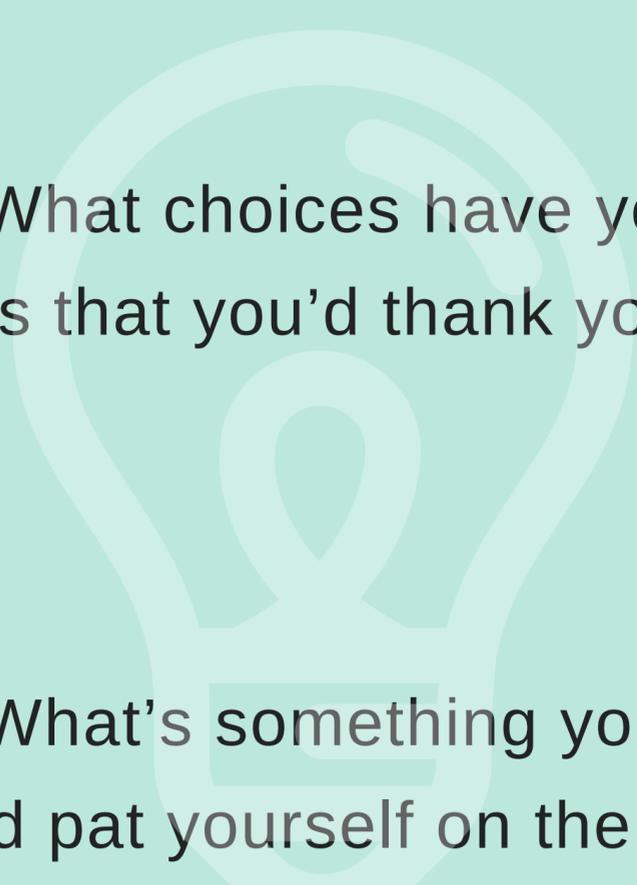
11. What's the best thing about your home? Have you taken time to enjoy it recently?

12. What's something (on the horizon) that you're looking forward to?

13. Since this time last year, what's improved about your life?

14. What choices have you made in the last five years that you'd thank yourself for making?

15. What's something you did well recently, that you'd pat yourself on the back for - & what qualities or skills helped you to do this?





• It is NOT •

*HAPPY  
PEOPLE*

Who are thankful

*It is  
THANKFUL  
people  
who are HAPPY...*



16. What's something you witnessed recently that reminded you that people are good?

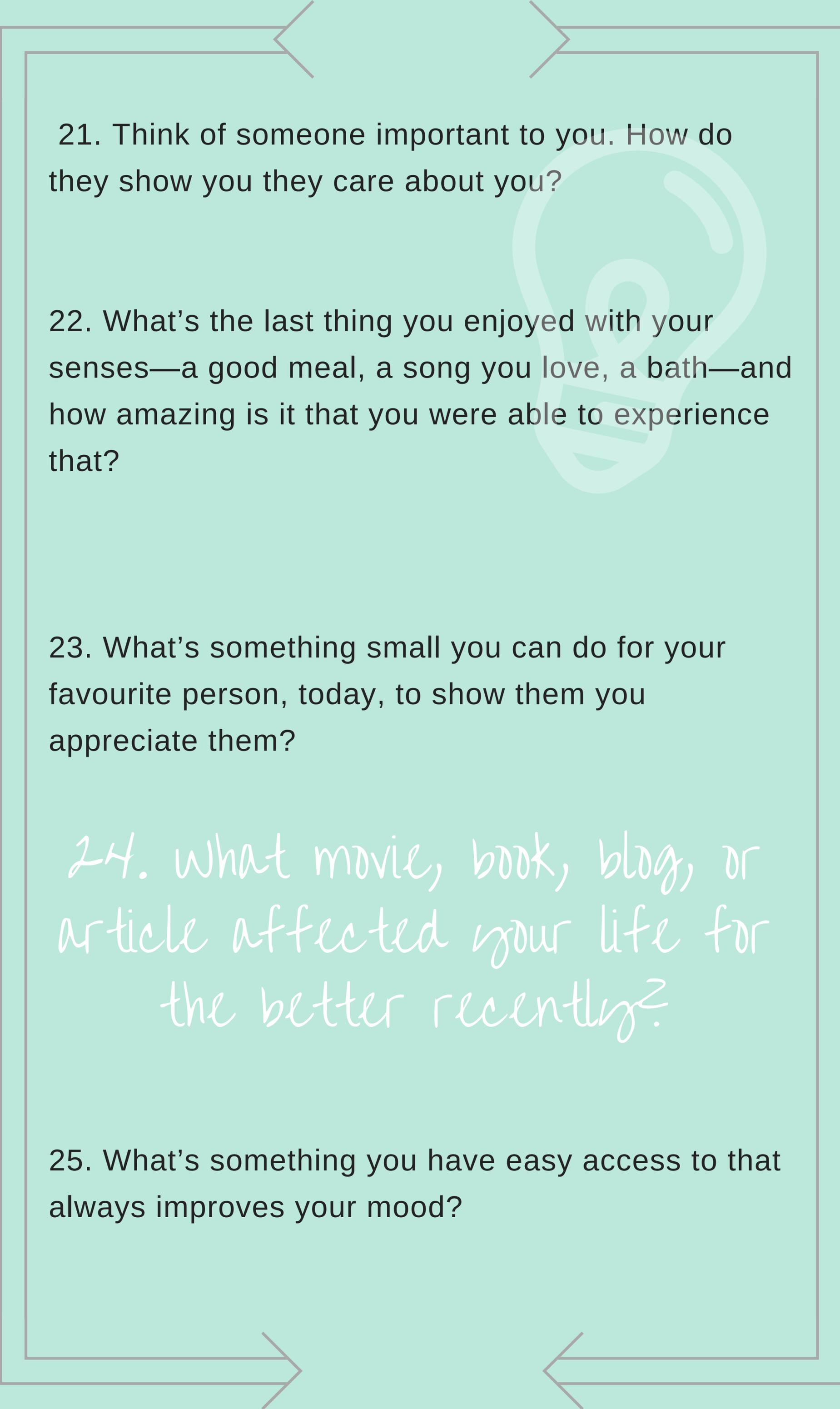
17. What simple pleasures did you enjoy—or can you enjoy—today?

18. What's the most beautiful thing you saw today?

19. What's something enjoyable you get to experience every day that you've come to take for granted?

20. What are three things your arms or legs allow you to do that you enjoy?





21. Think of someone important to you. How do they show you they care about you?

22. What's the last thing you enjoyed with your senses—a good meal, a song you love, a bath—and how amazing is it that you were able to experience that?

23. What's something small you can do for your favourite person, today, to show them you appreciate them?

24. What movie, book, blog, or article affected your life for the better recently?

25. What's something you have easy access to that always improves your mood?



"Grateful people report themselves as being less materialist and less envious.

In particular, grateful people report being more willing to part with their possessions, more generous with them, less envious of the material wealth of others, & less committed to the idea that material wealth brings happiness."

The Grateful Disposition:  
A Conceptual and Empirical Topography





26. What's one thing you really enjoy in your job (besides your pay cheque)?

27. Can you think of any non-physical gifts you've received recently—someone's time, attention, understanding, or support?

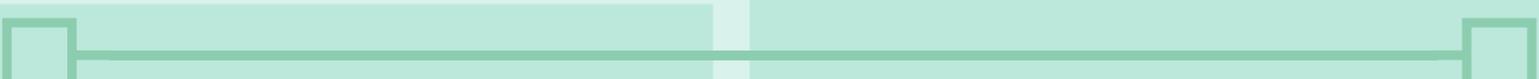
28. What did you learn from the most difficult part of your day yesterday, and how will this lesson benefit you going forward?

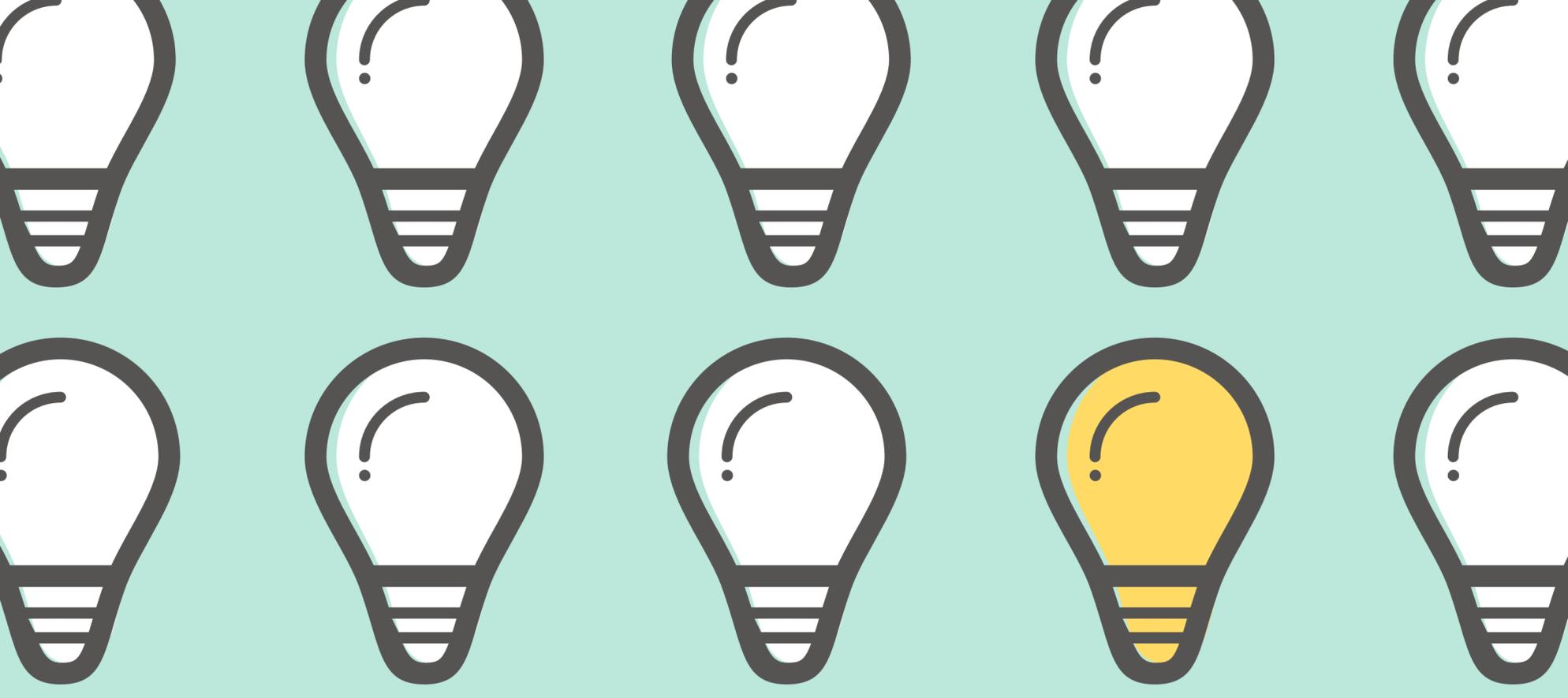
*29. What's the kindest thing someone has done for you lately?*

30. Who has made a positive difference in your life recently?



# A Place to JOT YOUR THOUGHTS





# My Secret **SMILE** Jar



Write down  
your favourite answers  
(from above)

put them in a  
"Secret Smile" jar

Refer to them often

- on days  
when you're feeling  
**MEH!** -