

Your Daily Gratitude ✦ Practice ✦



with Business and Lifestyle Coach, Beki Eakins
www.bekieakins.com

A daily plan to boost your
happiness and abundance in
life!

Why Gratitude?

Every day starts with a choice, a choice for you to define who you wish to be that day and how you wish to live.

It is so easy to get bogged down by dreams you have and cannot yet reach, situations that drag your mood down or you might feel life just sucks a little bit.

Even when you are generally happy - it is easy to miss some of the small things that are happening around you because you are always wanting more.

Watching the news or being on social media can lower your mood and you find it hard to keep a balance.



The Commitment

It's so easy to say - "Do gratitude and you will feel better!" I know I was guilty of trying this here and there many times.

But the day I committed to making this a part of my life - a daily habit - things really changed!

I started doing daily gratitude practice to boost my happiness, my creativity, my love for the world and my abundance.

Since doing this daily practice the most amazing things have come into my life.

My family are so happy, we have been gifted theme park tickets, freebies when shopping, reduction in the costs of the house designs my first 10k day in business, a tax rebate, and the list goes on!

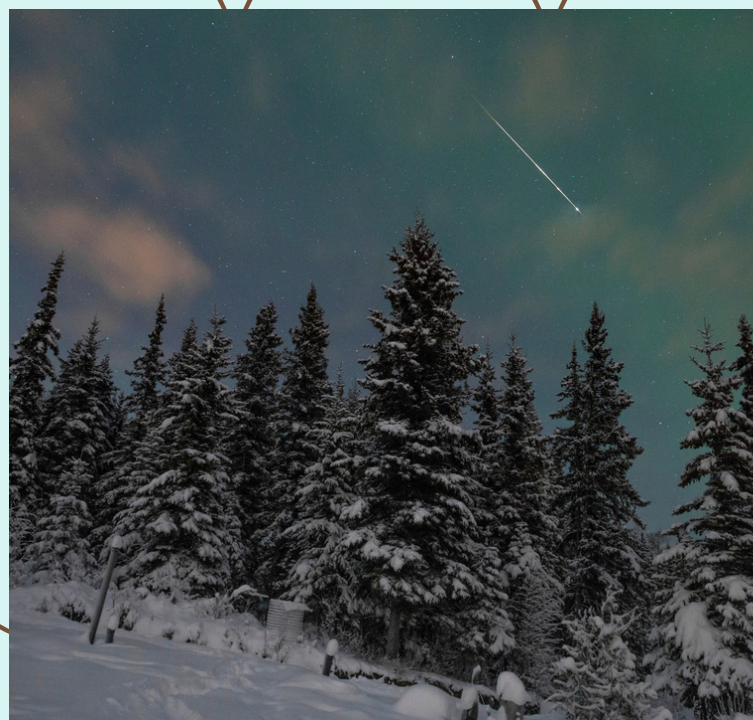


My Story with Gratitude

I choose to do mine down the river when I first wake and one day I saw a shooting star whilst actually speaking!

It felt so close and I knew all was good in the world. And yet I had been woken at 5am by the puppy - so I did not start the day in the best of moods!

The best thing about this gratitude practice is that it really deepens the relationship with your friends - because you are hearing their thoughts, feelings and dreams too and you can celebrate with each other.



I have a tendency to be always aiming for new goals and can get frustrated if I do not reach them immediately.

This gratitude practice helps to ground me in the present.

THE SET-UP

1

Choose a very small group of friends (2-3 recommended)

You want to choose friends who are open to self-development and who you can trust with your innermost thoughts and feelings.

2

Ask if they have 4-12 minutes per day to put towards a practice that will change their life!

Some people will not find time for this, it is extremely sad if someone cannot find 2-4 minutes per day for a practice that can change their lives but be understanding that some friends will back out.

3

Set up a messaging group

Set up some form of messaging group where you can send voicenotes to each other. I use Whatsapp as you can playback at 1.5 speed which I prefer. Then send them the instructions!

THE DAILY PROCESS

1

Share your gratitude

Spend 2 minutes talking on a voicenote sharing your gratitude in life. You can feel gratitude for anything - but it has to be 2 minutes or more. Why? Because this really makes you dig deep and look round for more abundance than just the obvious things. It gives you longer to absorb the feelings and for it to really take effect!

2

Talk about your day

Spend 1 minute describing your day - as if it has already happened and all the great things that have occurred. I use this to set my intention for how I will behave too. For example - today was a calm and quiet day, or today was a super fun day! It acts as a reminder of who I wish to be that day.

3

Talk about your future

Spend 1 minute talking about your future, as if it has already happened and feel the gratitude for it having come true. For example: "I am walking around my new extension, it's so beautiful and I am so happy that I get to laze here and gaze at the stars."

This helps to prompt you to be grateful for the things that are about to come!

What else?

Listen to your friends speak as well. You can listen whilst you are doing other things, getting ready for the day, cooking, driving etc. Listening to their messages will boost your mood and give you ideas of where else to look for abundance in your life!

No matter how bad things get - there will always be an abundance of things to be grateful for and committing to this practice will make you look for it.



“No matter your position, circumstances, or opportunities in life, you always have the freedom of mind to choose how you experience, interpret, and, ultimately, shape your world.”

Brendon Burchard, *The Charge: Activating the 10 Human Drives That Make You Feel a little better*

