

Are you Feeling A Little Stuck



Help Guide



**Some simple
ways to
Make some
changes in
your life**





WELCOME

Welcome to this basic help guide of different things we used to start our journey of change. When we started our online business we were taught to work on ourselves with personal development

This alone has given us a new found lease on life which can easily be done by anyone with little to No cost (buying a book is as expensive as it gets)

We want help you get the most of out of your lives and the following pages are little tips tricks, guides that we used to help us get out of the the funk, crappy head space and create a life we wanted to wake up to each day.

We know everyone is different so use some, all or even pass this free EBook onto a friend you think needs a little help

This is our gift to you

Gratitude

While this is the most simple of task to complete it is not done by many people as they do not understand it or the benefits of doing it.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

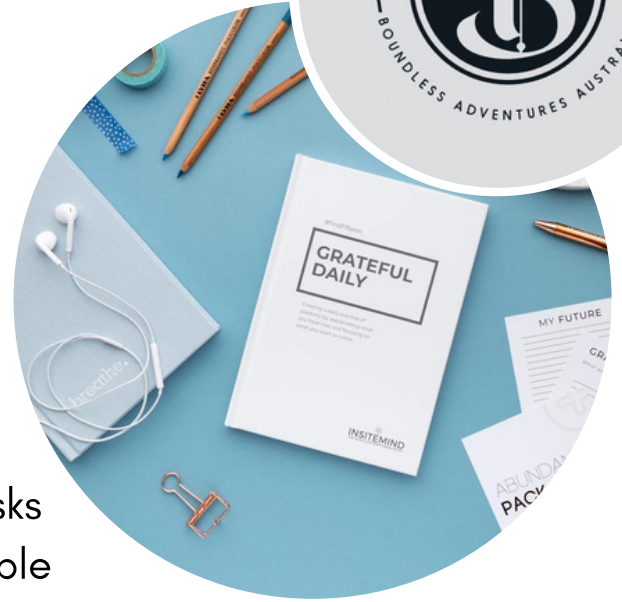


Unfortunately, negativity is just easier for most of us, thanks to a little theory called negativity bias, so practicing gratitude can be really difficult. In fact, psychologists believe the human brain is literally hardwired for negativity, because anticipating danger is kind of what's kept our species from dying out over the years. Even though life is much easier now than it once was, (in most corners of the world, that is) practicing gratitude and positive thinking still isn't natural for us. As Psychology Today put it, "unless we are occupied with other thoughts, worrying is the brain's default position."

So if negativity comes naturally to you, don't beat yourself up too much over it, because you're not the only person who needs help finding ways to live a more grateful life (plus, that would only be more negativity). Heck, my life is awesome and I still need help working gratitude into my life sometimes – because there will always be things to worry about, and evolution kind of screwed us on the whole staying positive thing.

That said, evolutionary instincts are no excuse to be miserable, so here are 10 little ways to work more gratitude into your life.

10 Ways to practice Gratitude



1 Keep A Gratitude Journal

I know from personal experience that adding tasks to your already busy schedule can seem impossible (and perhaps even counterintuitive) at times. Seriously at the end of a day its much more idealistic to sit down with a cold drink and relax then write down ways you felt good about your day. BUT If you want to find small ways to live a more grateful life, then you should start keeping a gratitude journal. (Its the first thing I do when I get up in the morning takes no more than 5 min)

2 Live In The Moment

Mindfulness is hard sometimes. In fact, it's really hard, and I have no problem admitting that I'm bad at it. Not making an effort to live in the present, however, can cause us to take things, people, and experiences for granted. however engaging our senses can help bring us back to the present and boost our gratitude levels. "Through our senses – the ability to touch, see, smell, taste, and hear – we gain an appreciation of what it means to be human and of what an incredible miracle it is to be alive."

3 Remember The Bad Times

Thinking about a time in your life that really sucked may not seem like the best way to cultivate gratitude in your daily life, but evidently, it's kind of a crucial part of becoming a more grateful person. "the key to leading a thankful life is embracing setbacks as part of your overall journey."

10 Ways to practice

Gratitude

4

Make Time For Your Favorite People

Gratitude, “actually strengthens relationships and relationships are the strongest predictors of happiness and coping with stress.” , “More than other emotion, gratitude is the emotion of friendship.” So if you want to live a more grateful life, make sure you’re spending quality time with the people you love.

5

Treat Social Media Like Your Personal Gratitude Archive

It’s a well-documented fact that social media can really mess with our happiness if we let it. Fortunately, though, social media can also be a vehicle for gratitude when used mindfully. Maybe try treating your social media accounts like your own personal gratitude catalogs. Not only will posting positive status updates create a safe Internet space for you to turn to when you’re having a hard time feeling grateful about anything, but you might even help your followers feel better about their lives, too – because research has shown that positive posts actually spread faster than negative ones.

6

Make Exercise A Habit

Did you know that physical fitness and gratitude are linked? People who practice gratitude work out more often than those who don’t, and they’re less likely to suffer from dietary restrictions and substance abuse issues, too. So if you haven’t already found an exercise regimen that works for you, now might be the time to change that. Oh, and take your work out outdoors if you can, because the health benefits of exercising in nature are abundant.



10 Ways to practice Gratitude



7 Make Time To Help Others

Not only does research suggest that volunteering can improve feelings of depression, but people who make time to help others usually feel grateful for the experience, because it allows them to use their talents in new, meaningful ways. People become more grateful as givers rather than receivers." So whether you choose to volunteer at your local animal shelter on a regular basis, or you commit to babysitting your nieces one night a week so your sister can remember what it's like to sport clean clothes and eat grownup food, you might want to consider volunteering your services once in awhile.

8 Think About What You Have Instead Of What You Want

In our increasingly materialistic society, this one can be tough to pull off, and I get that. There's so much pressure to have more and be more these days, and for whatever reason, people tend to confuse contentment with complacency. Here's the thing, though: there's nothing wrong with being content with what you have while you work toward what you want. As Lifehack put it, "The happiest people are those who are contented with what they currently have, not with what they lack."

10 Ways to practice *Gratitude*



9 Savor The Small Stuff

OK, so maybe you're not where you want to be financially, and that means you can't afford to do the things you really want to do. Maybe you're going through a really difficult breakup and everything seems horrible. Or, maybe everything is fine, but you're in a weird funk right now anyway. Whatever's going on in your life, though, remember that there will always be good things to enjoy – like pizza, your favorite TV series, soft clothing, and clean sheets. Make an effort to savor the small things in life, then no matter what's happening in your universe, practicing gratitude should become less challenging.

10 Say Thank You A Lot

When your partner does something sweet, leave little "thank you" notes where you know they'll find them. Thank your barista for making your coffee, even if it takes them a while. When your mom texts to check on you, maybe thank her for thinking about you. Thank everyone you come in contact with for every nice thing they do for you, no matter how small – because when it comes to gratitude, you really can't overdo it.



Setting Yourself up to win

Daily wins start with daily goals. Instead of creating massive daily to-do lists, block off some time throughout your day to accomplish certain tasks. For example, if you know you need to call your leads, set aside two or three hours in the morning to focus only on that task

Early in my career, my mentor taught me that if I want to “win” the year and see success, it all comes down to winning each day. If we focus on success each day, the little wins add up to the big win of achieving our goals.

Here are four steps you can take to win your day.

1

Protect your morning.

Mornings can be precious so it's important to treat them as such. Block off your time to minimize distractions and lay the foundation for key actions. Just as a personal trainer would encourage you to work out first thing in the morning, I encourage you to get a workout in for your business too. When we leverage our mornings and use them for our most productive actions it sets the tone, energy and focus for the remainder of the day. I spend about 90 minutes in the morning before I begin my “real work” to lay the foundation needed to be purposeful with my days. I assess my energy, look over my schedule and determine where my focus will go. This small practice saves me time and allows me to determine the right actions to win the day.



Setting Yourself up to win

2 Show up.

Showing up may sound easy, and it can be. When we talk about showing up, we mean both mentally as well as physically. When it is time to be at work (regardless of if that is at an office or a home office) be there and ready to go.

When I started working as a forklift driver i wasn't interested in furthering my career so i was late all the time, had lots of sick days and generally made life difficult for my supervisors. and because of this i almost lost my job.

Then when i decided i wanted more from my life and i wanted to progress at this business so i changed my ways, I was always on time or early, i rarely took days off and i performed at the highest level i could.

Second, I got myself into positive state of mind and everything i spoke to coworkers or peers was positive, i know longer focused on negatives.

I was able to become the Production Warehouse Manger within 10 years a role that had only been held by university graduated people.

I was a high school drop out.



Setting Yourself up to win

3 Start with gratitude.

Even before I get out of bed, I focus on three things I am grateful for that day. They can be big items, like my health and family, or little items, like a good night's sleep or a sunny morning walk.

When you begin your day with a grateful heart, you focus on the positive aspects of the world in front of you. Life is hard enough and we all have a lot going on; when we look for the good, the good is what we find. And we carry that energy and focus into our days.

4 Be kind.

As simple as it sounds, kindness matters. It is not just about setting your day up for success, but also helping others win their day also. Look for ways to serve others. Can you send them a note or email acknowledging them for an accomplishment?

One of my favorite practices is a note. I have sent them to work peers, friends and others who show up in my world to help me. This simple practice has helped me not just grow my network, but also grow and strengthen key relationships.

But it doesn't have to be a note. You could take someone to lunch or help a colleague. Find what works for you, but know this: When we focus on helping others rise and grow, it allows us to do the same.

You can set the stage for your success. In my experience, when you win the day, you set yourself up to win the week, the month and the year.

How do you set yourself up for SUCCESS

Setting Yourself up for Success: How to Set Goals You Can Achieve

- 1 Identify a goal. ...
- 2 Work backwards to set smaller goals. ...
- 3 Make gradual changes. ...
- 4 Choose an accountability partner. ...
- 5 Manage expectations. ...
- 6 Celebrate your achievements...even the seemingly small ones. ...
- 7 Reward yourself.

I learnt this from Rob Dial when i first started on my online journey, if you are not clear on your vision or goal that you are heading towards in life then how do you now what to do each day to get there??

The example he used was: at Christmas time when your mum calls you and ask's "what would you like for Christmas??" and you just blow her off and say I wouldnt have a clue??

But then when you open your presents and you get socks and you get grumpy at her because you didn't get something you wanted. How was she supposed to know what you wanted if you didnt tell her?? Its no different to not having any idea of what you want to achieve in your life, how are you supposed to get it ? if you dont even know what it is you want - you need to get clear on your goals!!

SIMPLE WAYS TO IMPROVE

There are so many ways to grow and inspire change within yourself.

Books are one of those. To start your inspiration on the next page I have placed a list of books that I have loved, I also left some room for you to write down some more.

Podcasts are another great way to listen to inspiring people, check out

Mel Brandt,
Rob Dial,
Steve Harvey
Lori Harder
John Dee Lums

Seriously jump on google and type in inspirational podcasts or videos and you will be inundated with them. I find while I'm driving in the car I will chuck one on and listen to on the way home.

Also check out YouTube for free motivational videos if you seeking inspiration.

Our whole lives my Wife & I "didn't feel like we resonated with the Norm" We always wanted more from our lives and thought the only way was to win the lotto or to gain an inheritance. But when we started our online business we found so many other people who had been feeling the same and were looking for change in their lives as well.

We realized the only way to get what we wanted was to change into the people we wanted to be and the first step in doing that was to apply teachings above. You will hear that success leaves clues, when you invest your time and energy reading and listening to other successful people you will start noticing similarities in what they do these are the things I have implemented in my life to help me and my family gain the life we desired.

We hope we have inspired you to start making some simple changes in your life.

Everything changed for us when we started bringing more positivity and direction into our lives

Thank you for following our Journey

