

Tap Into the Power of Gratitude

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Outline

- Let's Set the table...Current Mood: STRESSED OUT
- Connection between Happiness and Gratitude and Success
- What's Gratitude to You?
- Common Speed Bumps
- Tools!
- Questions ~ Discussion

Remember when you were little and you'd fall while on the trampoline but everyone would keep jumping and you couldn't get up?

That's how being a real estate agent can feel...



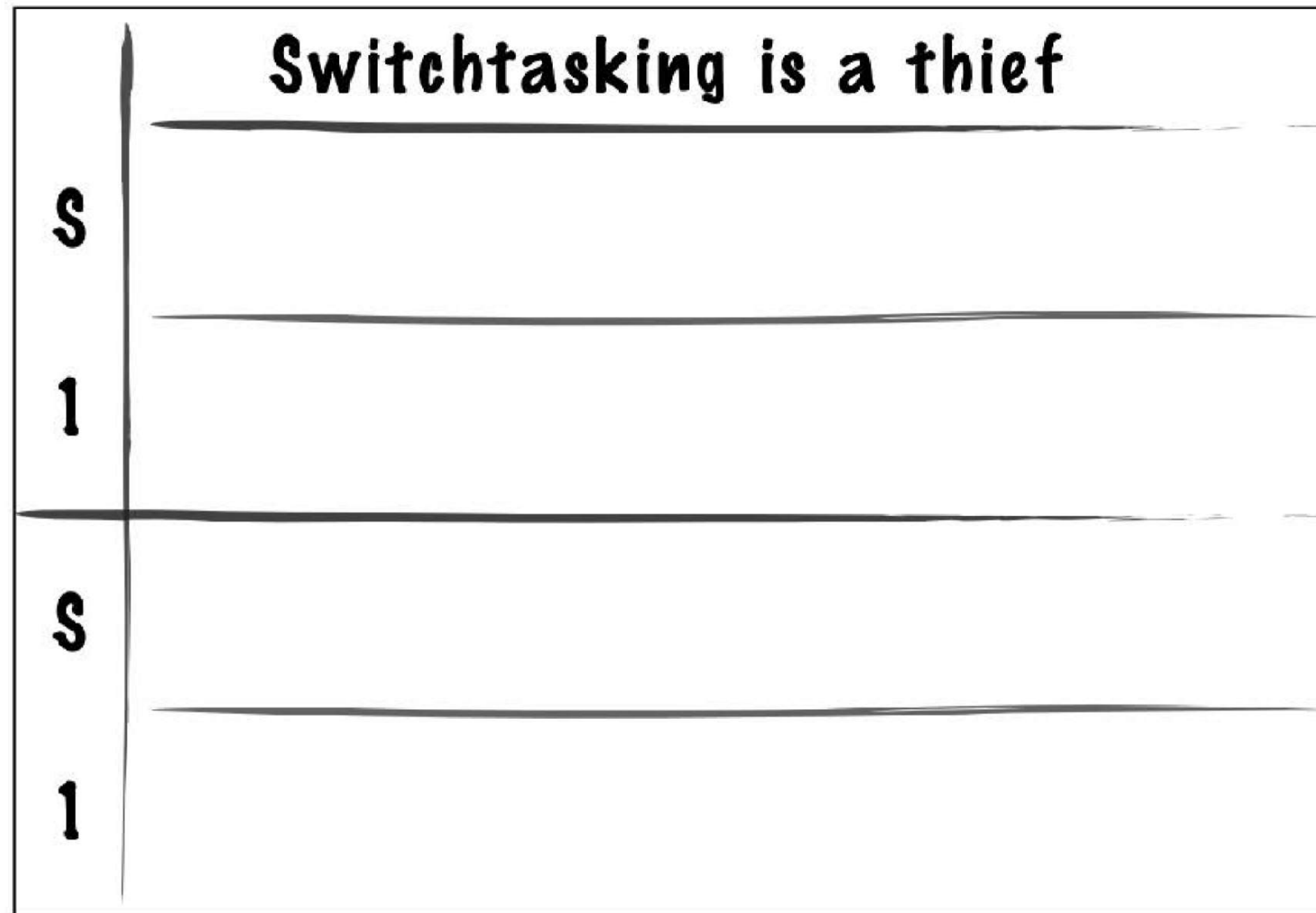
Is Multi-Tasking Really a Skill?



THE Myth OF Multitasking

EXERCISE

(Are you being productive ... or are you switchtasking? The following exercise will help you quickly understand the negative impact on efficiency caused by switchtasking.)



Happiness = Gratitude = Grace = Success

Gratitude and Grace can actually **rewire your brain**, allowing your brain to actually work more optimistically and more successfully.

Happiness Fuels Success

31%

Higher Productivity

23%

Stress Reduction

37%

Higher Sales

50%

Greater Revenues

*When grace guides our thoughts and actions,
our success will be fulfilling and meaningful.*

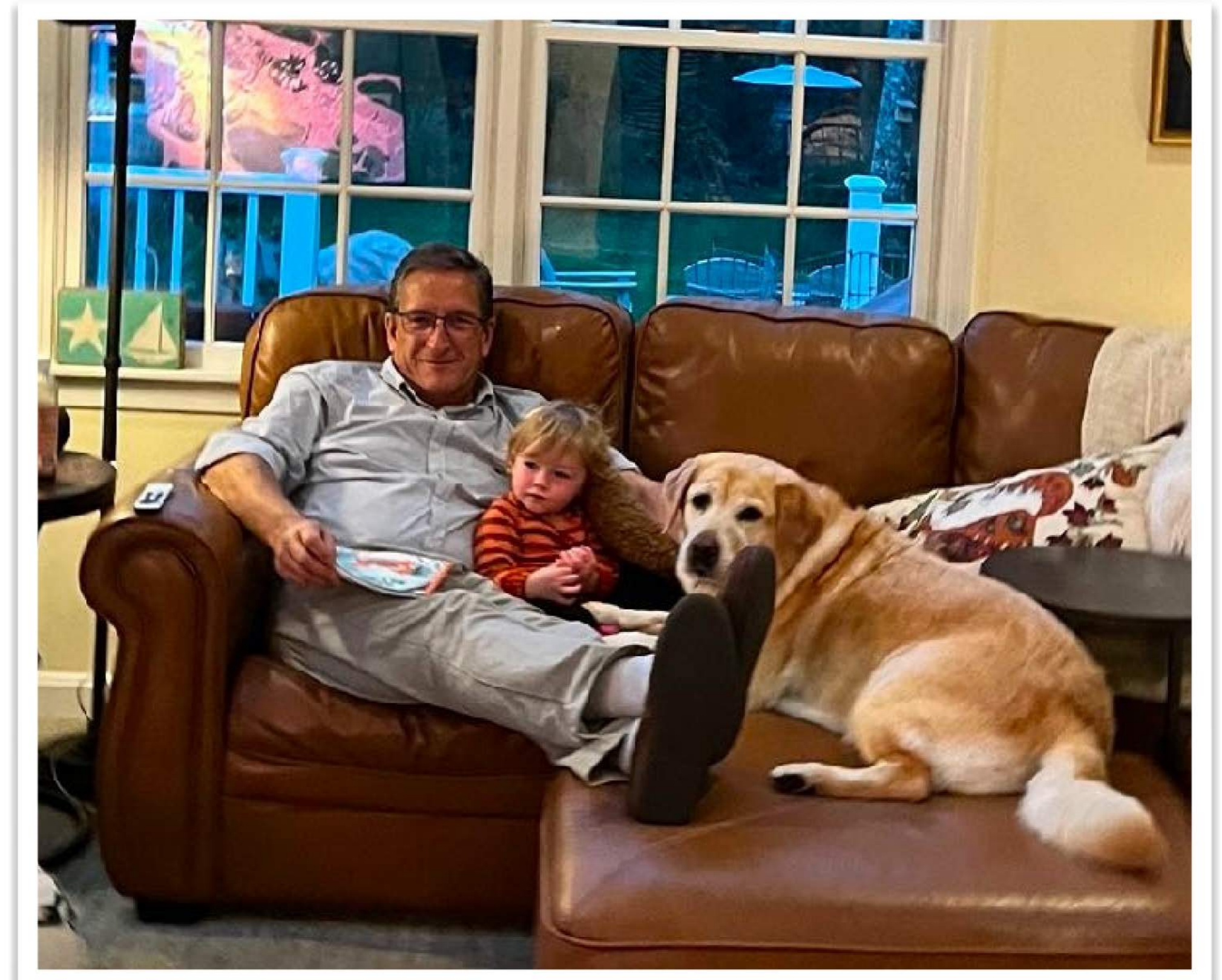


My Current Definition-What's Yours?

To me, gratitude boils down to focusing my mind and attention on all the positives that exist in my life in the present moment instead of worrying about the past, future or what I lack.

Instead of looking outside myself to find happiness, I must accept that real, true happiness comes from within AND is in the Present Moment.

Simple but not easy!



A sunset over the ocean with a quote overlaid. The sun is low on the horizon, casting a golden glow across the sky and reflecting on the water. The sky is filled with soft, wispy clouds. The ocean has gentle waves breaking on a sandy beach. In the foreground, there is a heart shape drawn in the sand. The quote is written in a white, cursive font.


*Being in gratitude reminds me that everything
is happening for me and not to me.*

-Tony Robbins



It is not happiness that
makes us grateful,
it is gratefulness that
makes us happy





Gratitude also has the capacity to *increase important neurochemicals*. When thinking shifts from negative to positive, there is a surging of feel-good chemicals such as **dopamine, serotonin and oxytocin**. These all contribute to the feelings of closeness, connection and happiness that come with gratitude.

What's Your Lens?





*Common Speed Bumps to Gratitude
(and Happiness!)*

Speed bump #1: Survival Instinct



A close-up photograph of a weathered green wooden door. A heavy, rusty metal chain is draped across the door, secured by a brass padlock. The door shows signs of age with some peeling paint and small holes. In the bottom right corner, a keyhole is visible. The overall scene suggests a locked door, symbolizing restriction or a barrier.

Speed Bump #2: Fixed VS Growth Mindset

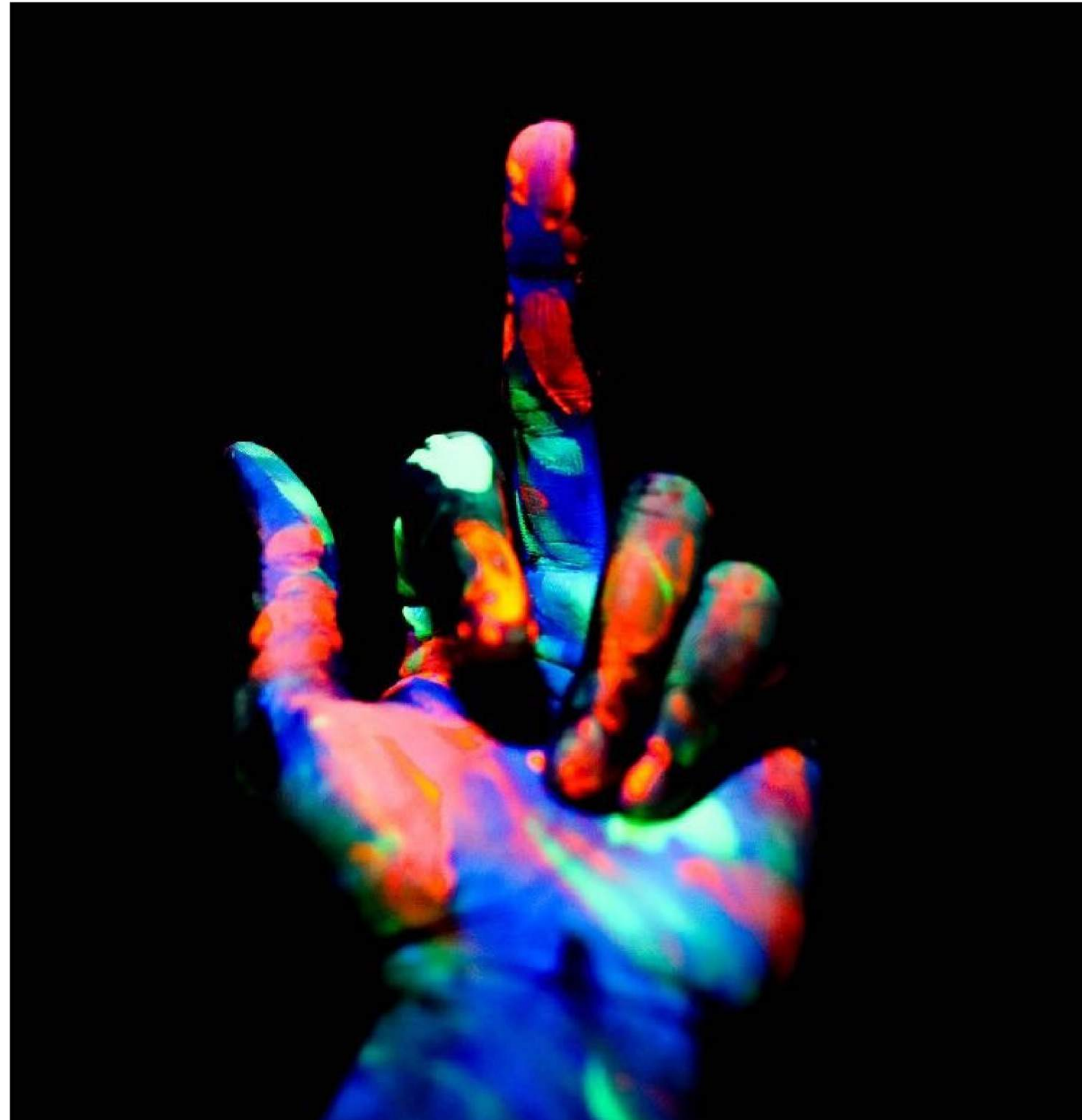
Speed Bump #3: Comparing Ourselves to Others



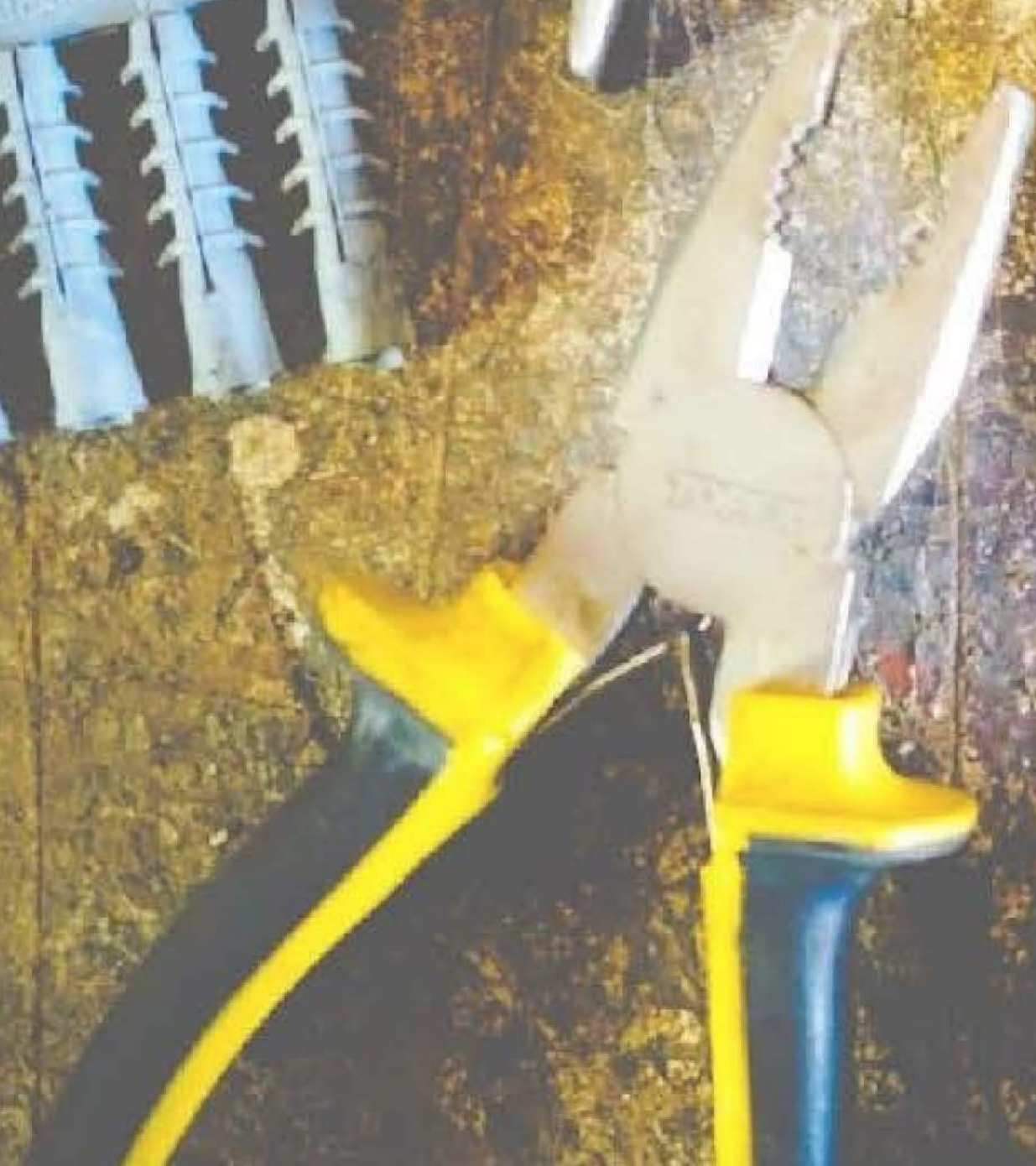
Speed Bump #4: Harboring Grudges



Speed Bump #5: Feelings of Entitlement



Tools



2 Types of Mindset: Fixed and Growth



Ways to cultivate a growth mindset



More ways to cultivate a growth mindset



- Embrace change and approach it with curiosity
- Reflect on your progress every day
- Focus on and strengthen your resilience muscle
- Practice an abundance mindset 😊

Abundance Mindset - 7 Keys

1. Thinking Big vs Thinking Small

2. Plenty vs Lack

3. Happiness vs Resentment

Abundance Mindset - 7 Keys

4. Embracing Change vs Fear Of Change

5. Proactive vs Reactive

6. Learning vs Knowing It All

7. What Is Working vs What Is Not Working



A few more suggestions...

- Begin (or pick back up) a gratitude journal 📖
- Give back 🤝
- Consider a 'Random Act of Kindness' challenge 🙏

And 2 more...

I radiate
grace

Create some personal affirmations then SPEAK them

I am successful,
intelligent
and confident

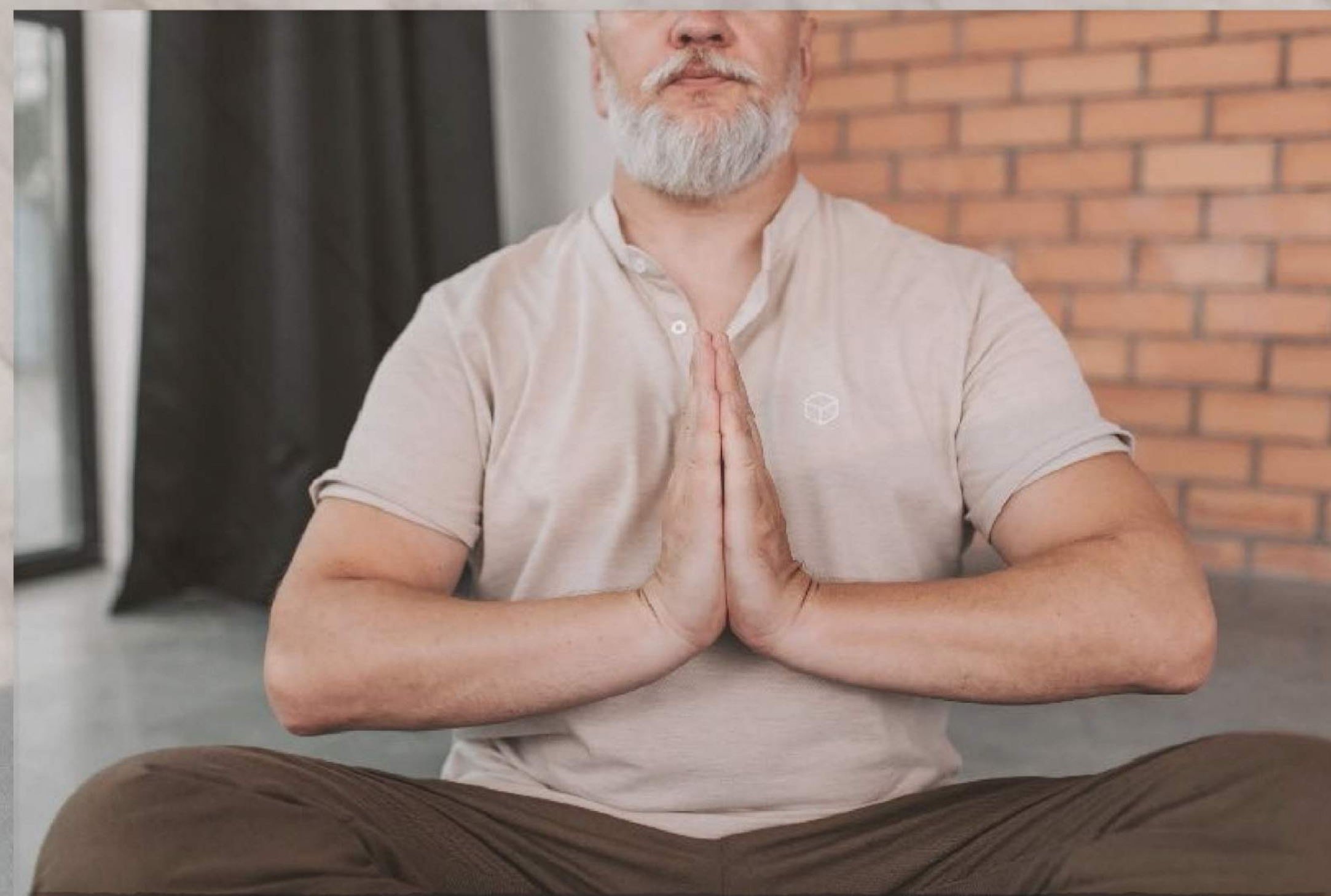
My Journey to Gratitude



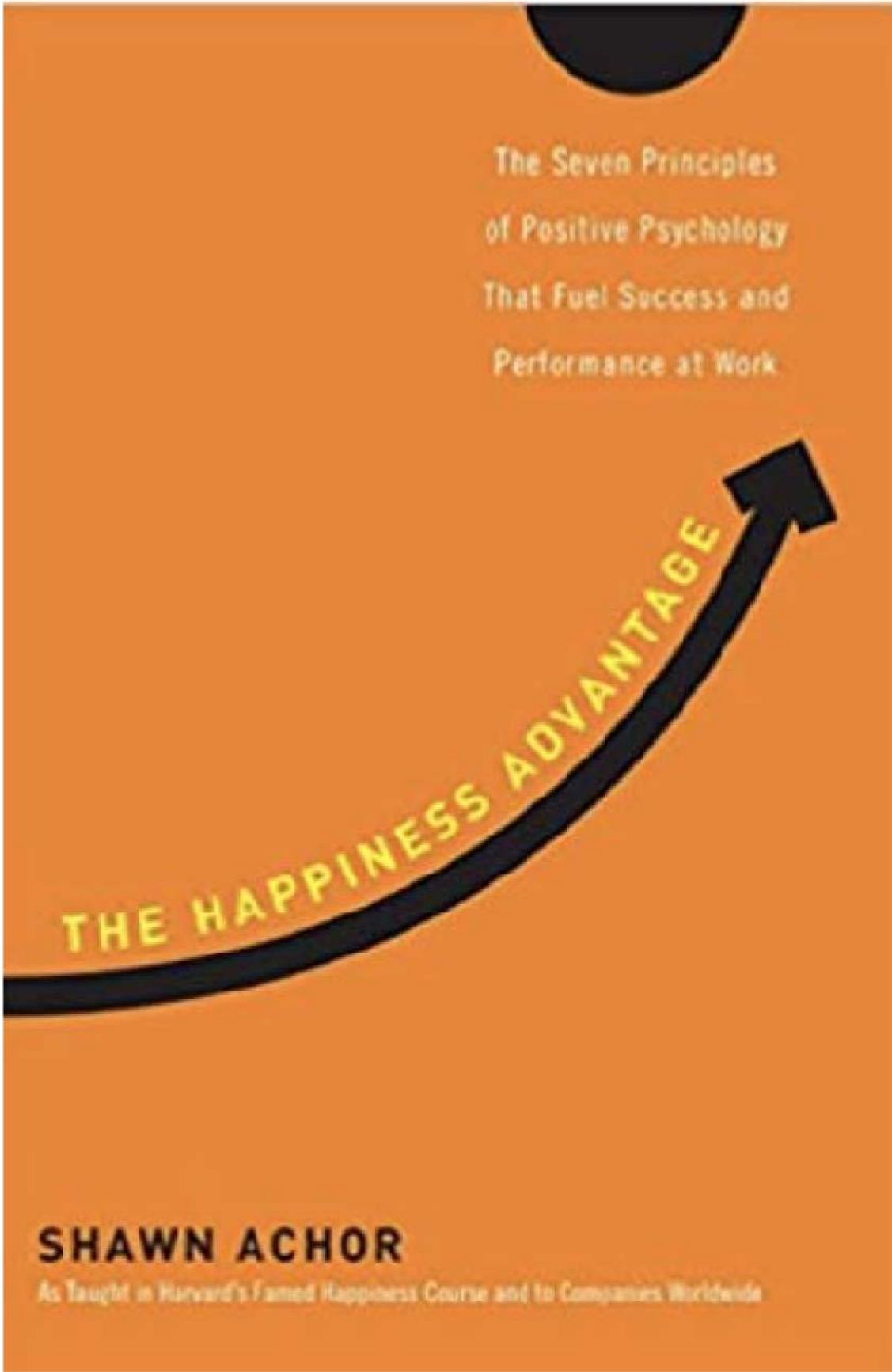
Meditation can be informal..



Or more formal-any effort is rewarded!



21 Day Challenge-Please Join Me!



Weekly Gratitude Journal

'When you are grateful, fear disappears and abundance appears.' Tony Robbins

21 Day Gratitude Challenge!

1st thing in the morning, or last thing at night, take some time and journal 3 new things you are grateful for each day.

Monday

- 1.
- 2.
- 3.

Tuesday

- 1.
- 2.
- 3.

Wednesday

- 1.
- 2.
- 3.

<https://bit.ly/21DayGratitude>

8 Ted Talks Worth Watching

1. Shawn Achor: The Happy Secret to Better work

<https://youtu.be/fLJsdqxnZb0>

2 Mihaly Csikszentmihalyi: Flow: the secret to happiness

<https://youtu.be/fXIeFJCqsPs>

3. Michael Norton: How to buy happiness

<https://youtu.be/PsihkFWDt3Y>

4. Malcolm Gladwell: Choice, happiness, and spaghetti

sauce <https://youtu.be/iIiAAhUeR6Y>

5. Louie Schwartzberg: Nature. Beauty. Gratitude

<https://youtu.be/8lXYZ6s3Dfk>

6. Dan Gilbert: The surprising science of happiness

https://youtu.be/4q1dgn_C0AU

7. Benjamin Wallace: The price of happiness

https://youtu.be/7_XAMm_TBJk

8. Laura Tice: Remember to say thank you

<https://youtu.be/2YExcHRUeqE>

BONUS!

9. David Steindl-Rast Want to be happy? Be grateful

<https://youtu.be/UtBsl3j0YRQ>

Questions?
Call/text/email me!



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