



Beyond Personal Training
HEALTH COACH - WELLNESS WORKSHOPS - RETREATS

Making the Season Sparkle

Recognize the Gifts

Gratitude – An Approach to Life

Gratitude is more than just a feeling. Practicing gratitude is an overall approach to life. We can't be anxious (envious, angry, worried, etc.) and grateful at the same time. Gratitude is an attitude consciously cultivated and an orientation which can eventually become a habit.

The Daily Gratitude Inventory

A written, daily examination of the gifts and blessings in our lives. Writing encodes positive experiences in our memory. This practice helps us to become more aware of our blessings.

The Everyday: Enjoy your senses during the holidays. Taste the varieties of food, lovingly prepared; delight in the tiny white lights strung along the streets; revel in the deep winter colors, the sumptuous velvets and rich brocades. Celebrate the changing of the seasons and create rituals that fulfill and sustain you. Bring out the flannel sheets, the fire logs and the candles. Savor the beauty of the world around you.

People and Relationships: We gather with friends and family during the holidays and feel deeply connected with those we love. We feel a sense of belonging. We go out at night; we visit each other in our homes; we dress up and go out on the town; we enjoy good entertainment. We connect with some of the people in our lives only once a year around this time. Plan ahead for the holidays, scheduling events you look forward to with people you enjoy. Feel your affection for the people you love.

The Big Picture: As you focus on your life, take the long view. This is a good time to reflect over the past year. Focus on what was good. Was there a difficult situation you handled well? Did you exhibit a strength or talent this year that was helpful to another person or to your organization? Was there an experience that helped you to grow? Did you receive an insight or an understanding that changed you for the better?

December 24th

Merry

Christmas

To All



The more we practice gratitude, the more often we experience it and the deeper we experience it.

Being thankful is a choice we can make in any given moment. Take the time to relish and savor the gifts in your life this holiday season.