

28 June 2021

The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!

Gratitude

As well as our own (often) negative self-talk, one aspect of improving good & positive mental health is to be grateful about what we do have. We all know that but don't always do it... In the 'First World', it's also quite easy to not be so grateful for things like having a home or being safe because we kind of take it for granted a lot of the time. This week, I'd like you to look beyond the obvious for what you are grateful for & focus on all the little things that are actually an essential part of making you happy (one of those for me for example is candles). Let's not forget that all the little things are actually the foundations of the big things...



Monday - What little thing that makes you happy are you grateful for? How does it contribute to your overall state of being? How could you do make it even better? (frequency, adding or tweaking something, etc...)

Tuesday - What little thing that makes you happy are you grateful for? How does it contribute to your overall state of being? How could you do make it even better? (frequency, adding or tweaking something, etc...)

Wednesday - What little thing that makes you happy are you grateful for? How does it contribute to your overall state of being? How could you do make it even better? (frequency, adding or tweaking something, etc...)

Thursday - What little thing that makes you happy are you grateful for? How does it contribute to your overall state of being? How could you do make it even better? (frequency, adding or tweaking something, etc...)

Friday - What little thing that makes you happy are you grateful for? How does it contribute to your overall state of being? How could you do make it even better? (frequency, adding or tweaking something, etc...)

Saturday - What little thing that makes you happy are you grateful for? How does it contribute to your overall state of being? How could you do make it even better? (frequency, adding or tweaking something, etc...)

Sunday - What little thing that makes you happy are you grateful for? How does it contribute to your overall state of being? How could you do make it even better? (frequency, adding or tweaking something, etc...)