



Goal: To trust life, have gratitude for what is and set healthy optimistic intentions.

Affirmation: Post on a card or make it your wallpaper this week.

***I fearlessly trust life and embrace ‘what is’
with gratitude and positive intention
for the life I want to create.***

Gratitude and Trust

Buddha’s famous saying is : “It is your resistance to ‘what is’ that causes your suffering.”

We all create expectations about what our life should look like, how people should treat us, how our career should turn out, or our marriage, or our kids and yet rarely do things go the way we hope.

Life is a grand adventure full of surprises and twist endings and though some of them are not the endings we hoped for, everything that happens does serve you in some way. Difficulties and disappointments make us stronger, wiser and more grateful for what we do have.

Every moment of your life you basically have two choices. You can embrace ‘what is’ and be grateful for the goodness it may create in you down the road or you can resist it and make yourself miserable on top of disappointed.

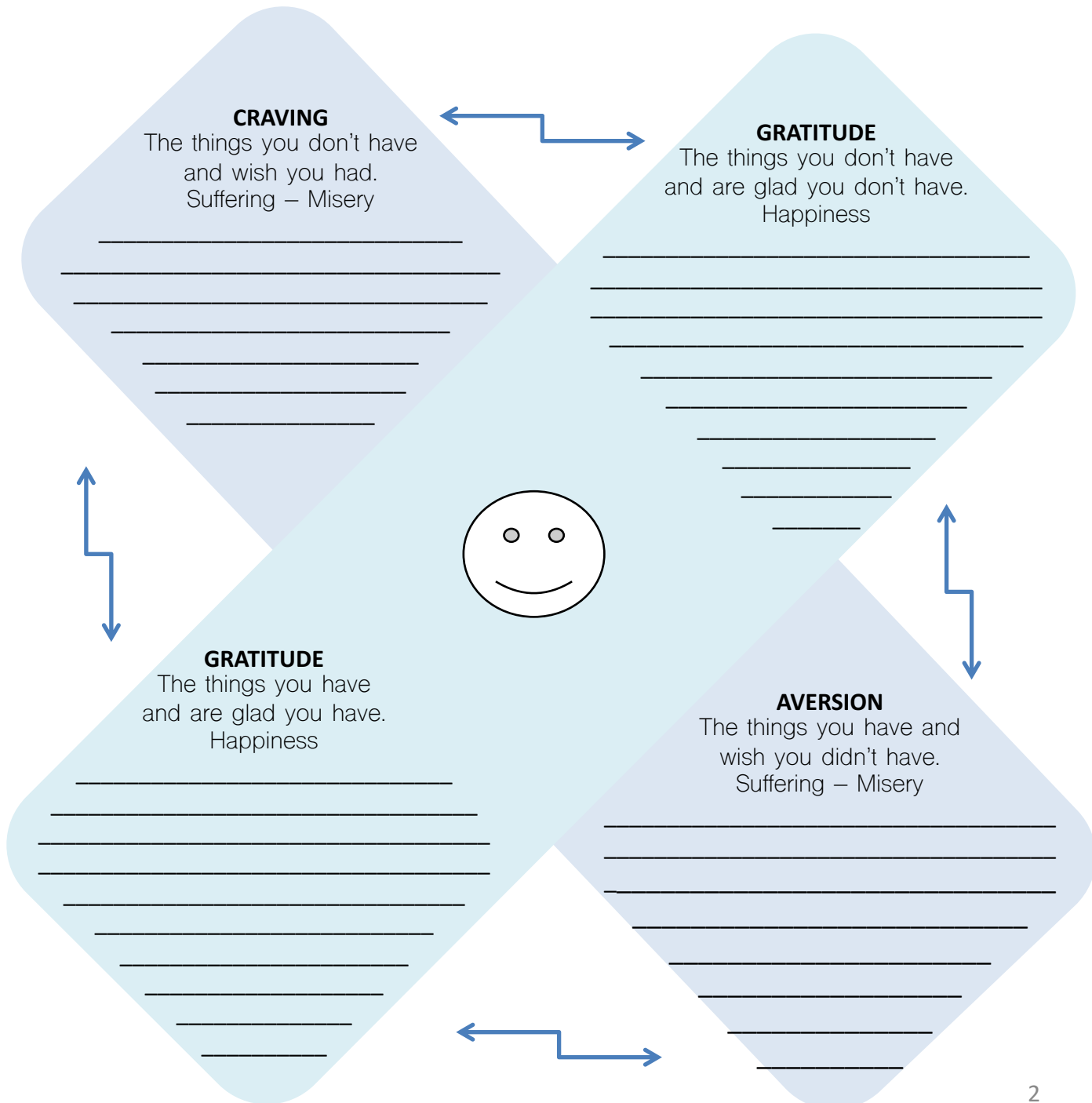
How do you want to live?

It is time to create an official policy or mindset towards the journey of life. Take some time this week to create this important policy about the nature of life and how you will choose to handle disappointments:



The Nature of Life Chart

The Law of the Nature of Life: Everything moves and changes from these four categories every day but you ALWAYS have all four in your life at all times. You create misery and suffering in your life when you focus on what's not right about right now. Your focus is the cause of your suffering and – You can end your misery with a shift in perspective. You can focus on Gratitude.



Principles Related to Gratitude

1. Manage your Expectations:

You may have a tendency to want to control your life and everything in it. You may create expectations about how your life should go, how people should act and how events should turn out... and you really expect things and people should be that way.

The problem is that life rarely goes the way you expect.

Expectations set you up for disappointment and frustration. This does not mean you should sit back stop planning. It does not mean you should stop setting goals, dreaming big or shooting high. It means you need to adopt a mindset of love and trust in the process of making plans. Strive for excellence and abundance while knowing you are always safe and however things turn out is perfect.

Review the three motivations on the chart below.

- Can you think of times when you have been in each of these mindsets?
- What would it look like to live with love Motivation and do things from passion?
- How could you let go of expectations and still actively work towards the life you want at the same time?



ClarityPoint:

“You are your own worst enemy. If you can learn to stop expecting impossible perfection, in yourself and others, you may find the happiness that has always eluded you.”

– Lisa Kleypas

Principles Related to Gratitude

Driven by a fear
of failing and
fear of loss

Creates
subconscious
self sabotage

Driven by love
for God, life,
yourself & others

Creates action
and abundance

Is all about YOU!
It creates
Stress

Puts performance
before people

Is focused on
others and
creates joy

Has clarity about
priorities

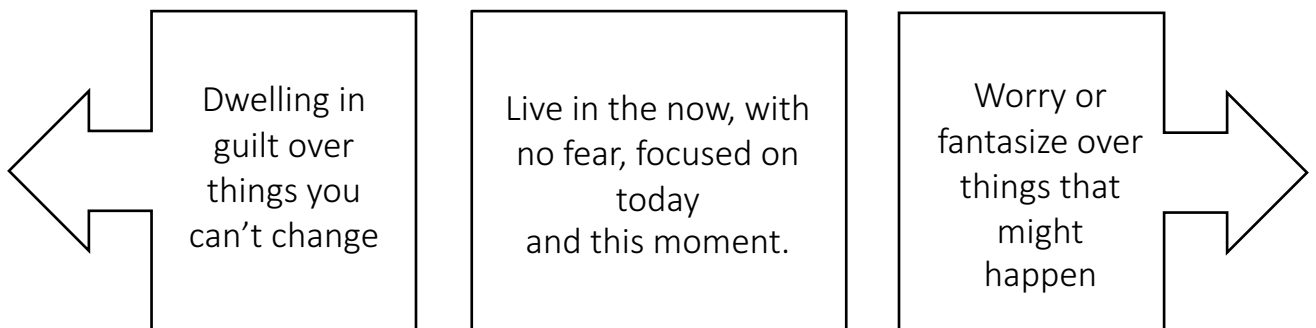
Fear Motivation

Love Motivation

2. Live in the Present:

The past is gone, the future is distant and today is a gift – that's why they call it the present.

Why is living in the present an important part of gratitude?



Challenge 1:

Try to go all day staying in the present. You can plan for the future, just don't fear it. Make a rule in your head against worry – it's a waste of time.

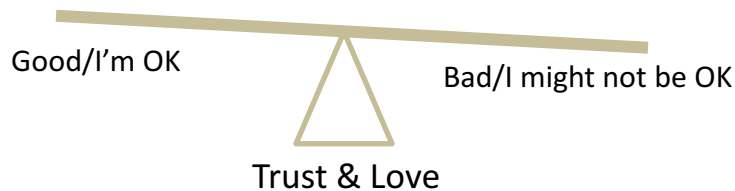
Live in the NOW this week. Be prepared to share how you did it.



Principles Related to Gratitude

3. Greet life with Curiosity and Gratitude:

Do you judge everything in your life as either good or bad? Do you have a tendency to label everything in order to feel in control? This means living on a teeter-totter constantly tipping between (I might be OK) and (I might not be OK.) When in reality you are always OK.



Greeting life with curiosity means you stop judging. You greet everything in your life with...

“I wonder why this showed up in my life?”
 “I wonder what this is meant to teach me?”
 I wonder what this is showing me about myself?”

Greeting life with gratitude eliminates complaining & blaming. Gratitude means you look for the good in every situation. **Complaining and blaming are huge time wasters. Make a policy against them.**

Challenge 2:

Greet each situation this week with curiosity and gratitude. Be open to seeing the perfect lesson in each experience. Practice trusting life at a deeper level. Try to avoid complaining and blaming all week.

4. What You See Is What You Get:

The law of attraction means you always get what you think or believe you will get. If you go into any situation with fear. You will create exactly what you are afraid of.

Faith and optimism open the doors for good things to come your way. Seeing the best in people often encourages them to be the best you see in them.

Challenge 3:

1. Think of something good you want in your life.
2. Get very clear in your mind what this good thing would feel and look like. If you had it right now, how would you feel, act or think differently.
3. Start acting, doing and feeling those things right now. Be prepared to share how you are going to do this. Be optimistic all week.



Principles Related to Gratitude

5. You get what you give – (The Law of the Universe):

The purpose and point of our being on this planet is to learn and love, and more specifically to learn to love.

Life is a classroom and you are here to stretch and grow. To facilitate your learning, there are people and situations placed all around you to show you the “limits of your love” (a phrase coined by Marianne Williamson). Everything in the universe is here to teach you how to choose love over fear. There will be some people who are in your life specifically to give you the chance to see the limits of your love, so you can stretch and learn to love at a deeper level.

This means you are here to learn to forgive, honor and respect all men. You do not have to agree with them and you do not have to participate in their lives, but you do have to honor their intrinsic value and it would be a good idea to refrain from judgment or attack and declaring anyone as worthy for rejection.

If you choose a mindset of judgment and rejection, you must understand you are sentencing yourself to the same. *You get what you give.*

This is true because there are only two mindset options and whichever you subconsciously choose for others, you also choose for yourself.

If you choose to dwell in fear (judgment, condemning and attack) you will also experience a subconscious fear of judgment and being attacked by others. This will create unease and is not a peaceful place to live.

If you choose to dwell in love (forgiving, accepting, and edifying others) you will subconsciously feel accepted, loved and safe in the world. This is just how your subconscious mind works.

You project out your own inner state – and whatever you put out dwells in you.

Choose a mindset of acceptance and forgiveness so you will feel accepted and forgiven.

Remember if someone chooses to judge you – it says more about them (and their choice to live in fear) than it says about you.

Who do you judge?



Principles Related to Gratitude

6. You spot it you got it:

Whatever you see in another person – you probably have it or do it too. You have to make sure you are not seeing other people as different from you, especially worse than you, because it's not accurate. The people in your life serve as a mirror for you, so you can see yourself more accurately.

The Universe does this to help you grow, gain compassion and become more accurate.

Think about your current situations.

- What are these experiences showing you about yourself?
- Use the worksheet on the following page to work through your issues with another person and their behavior.
- Write down everything they do that bothers you on the left side. Also write down how you would like them to behave. How do you want them to treat you?
- Then take each statement you made on the left and flip it on the right, so it is now talking about you. Ask yourself, "Is there ever a time when it's true?" Be honest with yourself. Then commit to change you in the very way you wanted them to change.

Remember when you choose to condemn and judge others (dwelling in criticism and attack) you are choosing low self-esteem for yourself too.



You Spot it You Got It

The person who is hurting, offending or bothering me is...

List all the things this person does which hurt, offend or bother you and why they do them. List the issues and faults this person has too...

He doesn't respect me

His pride keeps him from admitting he is wrong

What do you wish they would do different to show up better for you...

Write your name here...

Rewrite each thing from the left side on this side but flip each statement so it is now about you... (Is it still true? How?)

I don't respect him

My pride keeps me from admitting when I'm wrong

What can you do different to show up better for them...



Optional Challenges

Talk to your coach about which challenges they recommend for you.

Challenge 1:

Try to go all day staying in the present. You can plan for the future, just don't fear it. Make a rule in your head against worry – it's a waste of time. Live in the NOW this week.

Challenge 2:

Greet each situation this week with curiosity and gratitude. Be open to seeing the perfect lesson in each experience. Practice trusting life at a deeper level. Try to avoid complaining and blaming all week.

Challenge 3:

1. Think of something good you want in your life.
2. Get very clear in your mind what this good thing would feel and look like. If you had it right now, how would you feel, act or think differently.
3. Start acting, doing and feeling those things right now. Be prepared to share how you are going to do this. Be optimistic all week.

Challenge 4:

Write 2 letters. On the first one, write a letter to God or the Universe. Grab a fresh piece of paper and then write the letter back. Dear (Your Name)... don't plan this or edit it, just start writing and write whatever comes into your mind. Take some time and find a quiet place to do this. This is something you can do anytime you need some guidance.

Challenge 5:

Pick something to do this week that scares you. Get out of your comfort zone and practice staying in trust and love as you do it. Go for something that requires you to practice trusting the journey.

MOST IMPORTANT: Practice trusting the universe and the process of life this week. Play with choosing trust and be prepared to share what difference it made in your week.

Challenge 6:

Re-write some policies you are now aware of. You may use your assessment report to find out of balance policies you may have. Use the worksheet in this material to help you write new policies that would serve you more.



Optional Journaling

Journaling is a great tool of self-discovery. It gives you a chance to record your thoughts thus enabling you to review them. It also gives you an opportunity to explore ideas and concepts and make some decisions about them, all in a space and time that is not threatening or judgmental.

You'll notice that some journaling assignments ask a pair of questions, and after the first question, we ask you to rip out the page and throw it away. While throwing this page away I the trash say..." **I am so done with this!**"

Possible Journal Writing Questions:

- 1) Write a list of things that caused stress today and what you were afraid of. (*Throw this page away.*) How could you deal with these situations from love motivation instead? (*Keep this page in your journal.*)
- 2) Write about situations that seemed BAD today or recently. Write about how you could choose curiosity and gratitude instead. (*Keep this page in your journal.*)
- 3) Write a list the times you were not in the present today. Where were you and what did you miss. (*Keep this page in your journal.*)
- 4) Write about expectations that didn't work out as you wanted? Write about what you might learn from the experience. (*Keep this page in your journal.*)
- 5) Write about what fears you felt today. (*Throw this page away.*) Write about how you can trust and feel safe in your life. (*Keep this page in your journal.*)
- 6) Write about how you are going to give differently get something different in your life. (*Keep this page in your journal.*)
- 7) Write a new policy about your mindset towards life and trusting the process. Write how this policy will affect specific situations in your life.
- 8) Describe ways that you have conformed to win approval. (*Throw this page away.*) Write about what makes you happy and how you are being true to you. (*Keep this page in your journal.*)
- 9) Write about tough decisions you have made in your life and how they have turned out in the end. What can these experiences teach you? (*Keep this page in your journal.*)
- 10) Write about how a fear of failure has held you back before now and how you will beat that fear.



Reading 7

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We recommend you record this on your phone with some baroque classical music in the background and listen to it 3 times a day. Or you can read it three times a day – for a week or two.

I am Grateful for my Journey

I trust that my life is the perfect life for me. I am exactly where I should be at this time. There are no accidents. I am right on track and becoming the person I am meant to become. I am safe in this journey because I trust God, the universe and the process of life.

I have completely let go of my expectations. I no longer try to control everything. I gratefully embrace what is and I look for the good in everything. Even though I let go of controlling my life – I do actively work to create what I want. I set lofty goals and intentions and shoot high. I do my best in everything while being motivated by love and passion.

Nothing can change my love and trust in myself and my life. Nothing can change my infinite and absolute value. I trust life and I live in the present. I refuse to waste today dwelling in yesterday. I will not borrow pain from the future and suffer today for things that are not even real.

I forgive my past mistakes immediately. I understand that mistakes help me to learn. I am grateful for my mistakes and refuse to spend time in guilt or shame because of them. Guilt is a waste of my energy and I want to live and work with joy. I trust this truth. My past is gone, over and no longer exists.

I choose gratitude in every moment. I refuse to spend time complaining or blaming. They are fear's attempt to feel in control and superior to others. I will not participate in this kind of behavior anymore. I am a victor not a victim.

I choose gratitude. It is the guiding principle in my life. I count my blessings daily. When events happen in my life I meet them head on. If my life doesn't go the way I want, even if I fail to reach my goals, I will continue to trust there is a reason and I am right on track.

I strive for excellence in everything I do. If I don't perform well, then I get to learn a lesson. I accept it and remember that my performance doesn't affect my value. Mistakes are a vital part of my journey but they don't define who I am. If I do something bad, it doesn't mean I am bad. I am the goodness and love inside of me. My value is not on the line. I have nothing to fear.



Reading 7

I greet all things with trust and gratitude. I do not judge situations as good or bad.

Everything is good for some reason. Everything serves a purpose. I fearlessly trust this. I know that what I see is what I get. If I see and expect bad outcomes, I will get them. If I see good outcomes I will attract them. As I learn to choose LOVE and TRUST I will attract more goodness into my life.

I choose to believe in abundance – I am always enough and I always have enough. As I do this, doors of opportunity open and synchronicity manifests. I often meet the right people and find myself in the right places at the right times. This is proof that I am living in sync with the universe.

I love this feeling.

I see goodness, love and abundance everywhere I look. I see a world of possibilities and potential. I see myself embracing life and all it has to offer. I am creating the life I want and trusting life to send me everything I need.

I have unique talents, gifts and abilities to create with, and the Universe wants me to create solutions, possibilities and results.

I embrace each moment and share my love and happiness with others. I understand that what you give you get. This is a powerful principle of truth. If I choose to live in judgment, condemning others and holding onto resentment or hate, I am condemning myself to feeling hated, judged and unsafe too. This is not how I choose to live.

I give all men love, acceptance, forgiveness, mercy and compassion. I see them as the same as me. I see their value as infinite and absolute. I give them permission to be a work in progress just like me. I release all judgment and resentment towards them because it is not the spirit in which I choose to live. I choose peace, love and charity towards all.

As I see people and situations accurately it becomes easier to forgive and see all men as struggling and scared instead of evil. I understand their mistakes come from fear and misconceptions. They need correction not condemning. I choose to live in love and trust that everything is perfect.

I am so grateful for my amazing life!