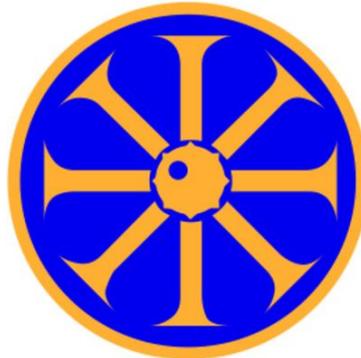
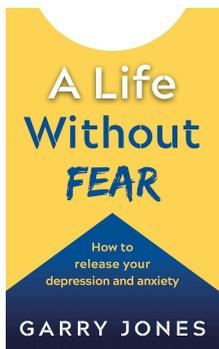


A Life Without Fear. Gratitude Template



My suggestion is that as you practise the gratitude/ appreciation daily habit you eventually find what is best for you. I have changed and adjusted to fit my needs over time. There are some basic rules that are recognised by many who have been at this for decades so before I list some examples, here are some rules:

1. Make the statement positive.
2. Talk in present time." Here and Now" is a good statement.
3. Add "Thank you". It is really powerful. Think about how you feel when someone says "thank you". On that basis alone, say it more.
4. Get yourself into the right mood. If you are not, best not to do the journal. Come back to it later when you feel in a better place.
5. Start with "I Am..."
6. Handwrite them. It is important to engage the right side of your brain.
7. Use a lovely journal and a gold pen(Colour only is fine)



Here are some formats then.

1. Thank you, thank you, thank you. I Am deeply appreciative for time with my family today, here and now.Yes-yes-yes.
2. Thank you, thank you, thank you. I Am truly grateful for my new car, here and now.Yes-yes-yes.
3. Thank you, thank you, thank you. I Am so lucky and Blessed with the sight of a beautiful sunrise,here and now.Yes-yes-yes.
4. Thank you, thank you, thank you. I Am absolutely appreciative of passing my examination,here and now.Wow. I allowed.Yes-yes-yes.
5. Thank you, thank you, thank you. I Am totally appreciative for my redundancy, it allows me the freedom to follow my dreams,here and now.Yes-yes-yes.
6. Thank you, thank you, thank you. I Am so Lucky and celebrate the gratitude I have for the life lessons I have learnt today, here and now.Yes-yes-yes.
7. Thank you, thank you, thank you. I Am so grateful for receiving a pay rise today here and now.Wow. I allowed.Yes-yes-yes.
8. Thank you, thank you, thank you. I Am magically appreciative discovering how to be grateful, here and now.Yes-yes-yes.

This is not to be a mundane chore. The most important factor involved is to “**feel**” the gratitude/appreciation. That is with all the senses. The yes repeats at the end of the sentence are designed to enhance that. Remember from the book to clench your fists when saying yes. For those who have some deeper knowledge squeeze your perineum muscle too!

Bye for now.

Bye for now

Thank you

Garry ‘Goldstar’ Jones

Transformational Coach

Master Practitioner of Neuro Linguistic Programming and Hypnosis

Master of Martial arts

#1 best selling Author

International Speaker

www.garryjonescoaching.com