

Gratitude



Taking responsibility for your own actions, emotions and current situation is the first step toward breaking out of old patterns and changing your life for the better. This is because all the things that you actually take responsibility (even if you're not directly to be blamed) for are the things that you can change, or if you can't change them, you can improve them going forward. By answering the following questions, you gain some insight into how you can take more responsibility of the things that are holding you back. If you do not accept personal responsibility then you're approaching the problem as a victim - which means you can't do anything about it - which is counterproductive.

List ten things you have a reason to be thankful for:

Even if they're really small things like warm sunrays on your face

How are my challenges making me learn:

For example if you have a conflict with someone, you may be learning how to handle yourself gracefully in difficult situations

The people in my life I'm really thankful for:

Make a list of special people in your life and why you're really thankful that you have them in your life

Things I'm looking forward to:

What are some great things and opportunities you're looking forward to. How can you have more such things?

