



# 7 DAY VITALITY BOOST INTENSIVE DAY: 5

By Drs. Joyce Carols

# Day 5: An Attitude of Gratitude

- What we focus on grows. Perhaps you remember a day in your life when you bought a new car and suddenly you saw that car anywhere? Or when your child is behaving badly and you give it (bad) attention, the bad behavior becomes worse? Or when you were feeling bad and you thought about what a rough day this would be, you immediately got what you asked for?
- Literature & research shows that we attract what we think about. So when you focus on the negative, you'll receive more of the negative, if you start to focus and be grateful for the positive, you'll get more of that! Try it and you'll see your mind will shift, your mood will shift, and you'll start to notice more of the good things coming your way! I do this myself on a daily basis and it keeps me in a positive, receiving the good flow state!
- I describe two exercises here that you could do. Please make sure you try it, because this one I can't assure you enough, works like a charm for me over and over again! (It's really proven to be very healthy and it reduces stress)

# Day 5: Gratitude & Journaling

- Journaling is proven to be of benefit to your health and wellbeing. It improves your emotional intelligence, your mindfulness, it stretches your IQ, it's boosting your memory and comprehension, it strengthens your self discipline, it improves your communication skills, it sparks your creativity, it gives you self confidence and it has a healing power. So let's start!
- Take a pen and paper or a nice little paper notebook (no, a laptop or your phone is not the best way to do this, the actual writing is part of the exercise) and start writing at the end of each day.
- Write down what your feelings are (do you feel sad, bad, happy, exhausted, proud etc.),
- Write what you learned today
- Write 3 things you did well (and yes there are always 3 things you did well!!!)
- Write down the things you are grateful for (e.g. that you were able to finish your project, that you have nice fresh food on the table, the abundance in love, success, health, friends, work or whatever you choose you have. Anything you are grateful for that day. Just write it all down.

# Day 5: Reflecting

- What did you notice when you started journaling?
- What did you notice when you focused on all things you were grateful for?
- What do you find most difficult in doing this?