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coaching program

**HOW TO
HAVE A LIFE
YOU LOVE**

PG.4

**CULTIVATE GRATITUDE
THIS HOLIDAY
SEASON**

PG.10

**HOW TO
HAVE EVERYTHING
YOU WANT**

PG.14

**WE ASKED,
YOU ANSWERED**

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ISSUE NO. 9 | NOVEMBER 2019

THE GRATITUDE ISSUE



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happy november!

While most of us probably know, on some level, that it's important to practice gratitude, the reality is that it's easy to let that practice slip. Especially when life gets really crazy.

It's not that the gratitude isn't there—deep down, we're grateful for the people in our lives, our health and that of our loved ones, our homes, the food on our table—whatever it may be—but we can easily forget to think about gratitude in an intentional way.

But what better time to get back in touch with the practice of being intentionally grateful than the month of November?

The art of practicing gratitude really starts with contentment, and with appreciating the life you already have and we'll provide some guidance on just *How to Love the Life You Have* (on p. 4). Then we'll move on to making the practice of gratitude extremely relevant to this time of year and share some tips on how to *Cultivate Gratitude This Holiday Season* (on p. 10).

While it is most important to truly be grateful for all that you already have, there is nothing wrong with—in fact, I encourage you to—dreaming bigger and wanting more for yourself and your life. Believe it or not, we'll share our tips on *How to Have Everything You Want* (on p. 14).

Our recommended reading for this month is a good one and we especially love it because while it has the important message of gratitude and

approaches it in a practical way like a self-help book typically does, this one is told in parable format so you get to learn the lesson and enjoy a well told story. This month we are reading *The Energy Bus* by Jon Gordon and let me tell you, it will warm your heart (on p. 8)!

We are also really excited about our Practical Application worksheets this month! We've included everything from a drawing page for your kids to a 30 day challenge that I know you're going to love! We've also included a prompt to encourage you to show your gratitude and that's not even all of it (on p. 30)!

Because intentionally practicing gratitude can tend to slip through the cracks when life gets busy, we wanted to share some reminders of what practicing gratitude can really do in our lives. In the *We Asked, You Answered* portion of this magazine we are sharing the answers from your peers to the question: What differences do you notice in your life when you actively practice gratitude? (on p. 28)

And finally, we would be remiss to not take this opportunity to express our gratitude for this community and YOU specifically. You reading this magazine, you participating in the group, you making the commitment to embrace *Doing It Scared* and make big changes in your life. Thank you!

gratefully.

Ruth, Amanda & The Doing It Scared Team

HOW TO HAVE A LIFE YOU LOVE

9 COMPONENTS TO LOVING THE LIFE YOU ACTUALLY HAVE,
(RATHER THAN THE ONE YOU WISH YOU HAD)

ALEXANDRA KUYKENDALL

I'd had it. Done. I was stretched thinner than I could handle. My life was no longer sustainable, much less fun. I was running (sometimes literally) from one soccer practice to the next. Transporting my four children to schools and dentist appointments was a full-time job on its own. Not to mention working an actual part-time job and trying to get dinner on the table on a semi-consistent basis.

Loving my actual life?! I was hardly able to survive it.

And so I needed to make a change. But I wasn't sure what or how. Where does one begin when she wants to love the life she is already living? I figured an experiment was in order, one that would allow me to try different approaches. I knew the changes had to be small and immediate. If I couldn't make the change within twenty-four hours, it was probably too difficult to implement, much less maintain long-term.

I also decided a systematic approach was in order because if I tried to do everything all at once, nothing would actually get accomplished. I knew it was smart to focus on one area of my life at a time, but how to choose? I considered what I missed, longed for even, in my days. And I did an honest evaluation of what I'd been putting off in my regular routines. This frank examination of my current state of crazy pointed to nine areas. So a nine-month experiment was born where I focused on each component for a month to find what would help me better love my life today.

We all must do our own self-examination to determine where we should place our focus, but in my conversations with other moms, I've found the ones that were true for me tend to be pretty universal. These aren't about major life changes or monumental expenses. They are about making small changes in areas I can control and letting go of what I cannot.

In the spirit of sisterly sharing, here are 9 components to loving the life you actually have, (rather than the one you wish you had):

COMPONENT #1: QUIET

Some days I can't hear myself think. When I'm overwhelmed my impulse is to do more, when really I should do less in order to recalibrate. To stop. Breathe. And just be. For more than twenty seconds at a time. As busy women we must be intentional to carve out some silence to consider what goodness we

already have. Turning off social media helps create quiet because often the noise, the chatter, is not as much audible as it is the consumption of a constant newsfeed. When I'm quiet I not only hear myself think, I have the space needed to hear God's whispers more clearly.

- Get up before or go to bed after everyone else in your home.
- Turn off music, phones, and passengers' movies when driving.

COMPONENT #2: MORNINGS

The way we begin our days has a trickle-down effect for hours to come. Not just for us, but also for the people in our care that we are sending into the world. So streamlining routines, planning ahead, and incorporating some of the quiet we just talked about helps the entire household have a stronger start to each day. The great thing is every morning is a fresh beginning. So if the previous twenty-four hours didn't knock your socks off, God gives you a chance to try again.

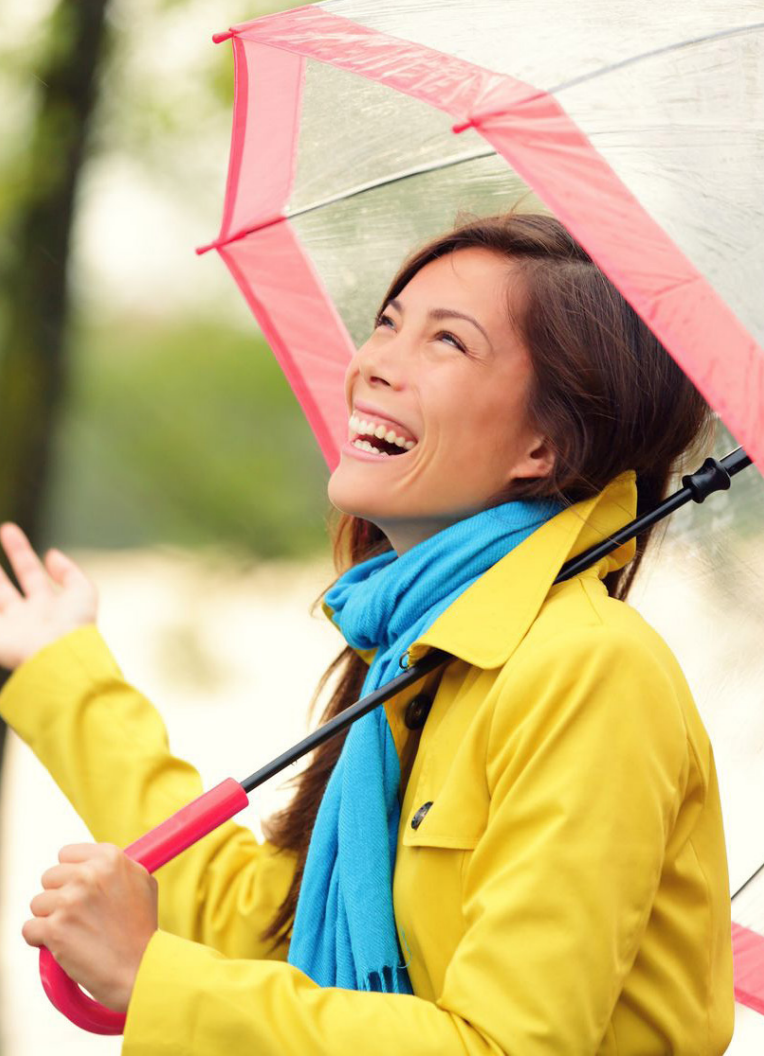
- Get dressed with the idea of presenting your best self to the day (have a fallback uniform.)
- Create a staging area for leaving the house.

COMPONENT #3: DATES

The most important things in life aren't things at all, they are people. And though I am surrounded by my people all day, every day, I often am not maximizing our time together for connection. From play dates to dates that require a dinner reservation and a sitter, focusing on intentional one-on-one interactions with those in my closest circle gives me fresh insights into who they are. Being more available in the midst of the busy allows me to mine unexpected moments and discover joy-filled exchanges right in the middle of the mundane.

- When tempted to browse on your phone, call a friend instead.
- Discover the "love languages" of those around you.





COMPONENT #4: HEALTH

As the caretaker in my family, I am meeting people's needs, often at the expense of my own body's care. From exercise to proper sleep, a reprioritization of my physical health in turn helps me better care for those very people I love so much. Rather than fixating on the parts of my body I'd like to change, I must come to terms with the actual changing, aging version I have and be grateful for the miracle it is. I am reminded that God gave me a body for a purpose. And the stronger, more energized I am, the better able I am to carry out his mission in the world.

- Set a designated screen end time for the day.
- Say a prayer of gratitude for your body.

COMPONENT #5: ADVENTURE

The rote of my actual life can make one day feel just like the day before. With tomorrow not promising to be much different. In the middle of the every day I begin to feel bored, even restless, like this life God has gifted me isn't enough. When I make a few small changes to mix up my routines, I re-discover some of the beauty around me that goes unnoticed. In fact, there is opportunity to partner with God to do great things if I watch and pay attention to the work he is already doing. Now that adds some spice to my actual life!

- Drive home a different route.
- Dress up for dinner (fancy or theme related).

COMPONENT #6: HOME ORGANIZATION

When my living space is in order I experience a greater sense of calm and peace. And when I have prepared our home for others I am more free to swing the doors open and invite them in. This inviting in gives my home a sense of purpose beyond sheltering my family. Whether you manage a home full of people or live alone, your daily routines can be adjusted to keep your stuff in order so it doesn't rule over you. A little organization can free you up to use your home as a sanctuary.



- Have two designated “clean up” times each day.
- Have an area ready and available for an unexpected guest.

COMPONENT #7: CREATIVITY

God is creative and made us in his image. As a result we are made with a creative thread running through us. However, in the busy of life, our creative pursuits are frequently not prioritized because the “musts” take our attention. When we carve out some time to work in the garden, play some music, or try a new recipe, we tap into that thread and are reminded of the miracles all around us. We have a renewed sense of God’s creation as we join him in the creative process.

- Buy yourself fresh flowers.
- Read (or write!) a poem.

COMPONENT #8: MEALS

Food preparation, consumption and cleanup have to be dealt with multiple times a day. Yet we find ourselves hoping the need to make dinner will just magically disappear. When we tackle this area with a plan, we are freed up to remember the purpose of nourishing our bodies and our spirits. It’s no accident the Bible is full of references about food and meals. It is a reminder that God provides for and nourishes our bodies and spirits and food is a practical way we can care for others.

- Develop a list of staples to keep stocked in your pantry.
- Eat outside or have a picnic on the floor.

COMPONENT #9: PASSIONS

Sometimes the best way to relish what’s right in front of us is to lift our heads to ask the bigger questions of heartbeats and talents in our lives. If in the midst of the mundane we can remember how we are uniquely made and make our stamp of influence on the world with conviction, the intersection of where our hearts moan with the worlds’ need is a good place to begin. As long as we are living out of a sense of calling, every task, no matter the size, has purpose.

- Learn to do one thing really well (a recipe, a technique).
- Listen to a podcast on a topic of interest.

As I journeyed through this experiment I discovered focusing on these components did make a difference in how I enjoyed my days. Often because I slowed my pace enough to notice what God already had for me. Because our moments build days. Which build weeks. And months. And years. Our small moments make up our lives. When we pay attention to them we relish the details of our lives a little more.

This is a guest post from Author *Alexandra Kuykendall*

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10 Rules
to Fuel Your Life, Work, and Team
with Positive Energy

THE ENERGY BUS



JON GORDON

Foreword by Ken Blanchard

Coauthor of *The One Minute Manager* and *Leading at a Higher Level*

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book of the month

The Energy Bus

by Jon Gordon

Executive Summary

AMANDA KADZIOLKA



In the mode of other best selling business fables, *The Energy Bus*, by Jon Gordon, takes readers on an enlightening and inspiring ride that reveals 10 secrets for approaching life and work with the kind of positive, forward thinking that leads to true accomplishment—at work and at home. Everyone faces challenges.

And every person, organization, company and team will have to overcome negativity and adversity to define themselves and create their success.

No one goes through life untested and the answer to these tests is positive energy—the kind of positive energy consisting of vision, trust, optimism, enthusiasm, purpose, and spirit that defines great leaders and their teams.

The Energy Bus provides a powerful roadmap to overcome common life and work obstacles and bring out the best in yourself and your team.

Why you should read it:

This book is an easy read that really pulls you into the life and trials of the main character, George. I found myself not being able to put this book down and that is something to say for me. Let's just say business type books are not my go-to. But this book was so different, it is so cleverly written that all the practical secrets for business can also be applied to life. We all need to be reminded that our viewpoint of our circumstances does play a part into how we choose to solve them. Having the right mindset can make such a huge difference.

I mean the first rule resonated with me right away- You're the driver of your bus.

Wow! That reminder that I'm in charge of my own destiny and how I react to life's circumstances. I can control my actions and my responses. I want to be a positive force in my life, not wallow in self pity.

The Energy Bus, is full of these practical tips that force you to look inward to understand how your mind, body language and appearance can affect how you are perceived, the people you attract and the type of work you do. I have shared this book with so many people in my life because I really feel it is not just a business book but a guidebook for life. Jon Gordan has also written a children's version titled: *The Energy Bus for Kids: A Story about Staying Positive and Overcoming Challenges*.

So start your holiday shopping now and order one for your best friend, teacher or neighbor!

CULTIVATE GRATITUDE THIS HOLIDAY SEASON

4 WAYS TO COUNT YOUR BLESSINGS

C HERIE LOWE

Almost every year on the fourth Thursday and Friday in November, a perplexing cycle repeats. All across America, families gather together to share a meal on Thanksgiving. The house brims with activity. The delicious aromas fill the air. Bronze turkeys find their center-stage position on the dining table. And before the bird is carved and the pie is tasted, men, women, and children, young and old, join hands. They bow their heads in reverence and give thanks—for the meal, another year, each other, and the many good gifts in their lives.

If your family is like ours, you may even recount blessings together—each cousin, aunt and uncle, grandpa and grandma, child, and parent sharing in a festival of gratitude. The traditional meal bubbles joyful feelings through the room and after it's over, we exhale a collective, contented sigh. The food was amazing. Life is good. How wonderful to be together in this moment, celebrating.

Not too long after the feast, our conversation turns to Black Friday and the impending holiday season. With the quick flip of a mental switch, I discover my spirits turning from thankfulness to want, from contentment to desire. The newspaper ads find their way into my hands either in physical or digital form and I comb through the deals and make a list of what to score in less than twenty-four hours.

A year or two ago, this juxtaposition of gratitude followed a few short hours later by longing began to bother me. It was a little annoying because Black Friday is like my Super Bowl. I love a great deal. I love buying gifts for others. But as a tap on my heart began to blossom into conviction, I knew I needed to rethink how I approach the ways I spend money and collect things throughout the holiday season. If I really am grateful for all that I have, why do I feel the pull for more and more and more?

If you find yourself struggling with similar challenges during the Christmas season (or any other time of the year), I hope these simple practices will open your eyes and your heart to the potential change you can make in your own life and the world around you.

EDUCATE YOURSELF

Each time I feel the pull toward wanting more than I need, I try to center myself by focusing on what I have. It's easy to scroll through a social media feed or glance through a magazine and begin to mistakenly think we have much less than everyone else. Those cute shoes, that fun bag, the lovely home decor... it seems like everyone else lives a much more stylish lifestyle where lattes are sipped nonstop and houses

are always clean and everyone in the family wears matching pajamas to bed at night—where they always sleep on freshly laundered white sheets.

Let's just clear this up here and now. No one lives like that.

To go a step further, it's wise to consider the fact that more than 10% of the world's population (approximately 770 million of the 7.7 billion people on the planet) live on less than \$2 per day. Even though global poverty is on the decline, 70% of the world lives on less than \$10 per day. I'm not talking about pocket change that you can spend on just anything. That \$10 covers their food, shelter, clothing, transportation - everything they need to live. Over 90% of the world doesn't own a car. 40% of the world doesn't own a pair of shoes. Fun fact: the average human on the planet gets their first pair of shoes at age 14.

Here's NOT why I'm sharing these facts with you. 1) To shame you into feeling bad about what you have. 2) To make you pity people who live in poverty. They need action, not pity. But it is wise to be aware of your circumstances within a global perspective. Having these facts inside my head helps me weigh what's really a need and what's really a want in my life. It's OK to own things. It's even OK to buy new things. But it's wise to put our purchases within a global lens.

COUNT YOUR BLESSINGS

To focus my eyes on all I have instead of all I do not, I make a regular practice of listing out what I am grateful for. Sometimes this comes in the form of a whispered prayer. Other days, I actually write down a list. Along with my husband and my daughters, we often go around the table recounting what we are thankful for at dinner time. The regular practice of gratefulness defeats greed.

This Christmas, before you make a single list of presents to purchase or items you long to receive, make another list first. Handwrite your very own grateful list. The intentional effort could shift your spending this year.



GIVE THEM A BETTER STORY

I once heard author Donald Miller tell a story, a real live fable of sorts. He talked about a family where the teenage daughter started dating a young man who didn't make wise choices. Saddened by what they saw, the parents struggled with how to address the situation. If they told her she couldn't date the boy, they knew the forbidden love would push them closer together. But his influence wasn't great on their daughter and they watched her become a person they didn't know before their very eyes.

Miller went on to say the dad one day had a crazy idea to help encourage his daughter, the little girl he'd watch grow up and had great hopes for. He decided to (wait for it) buy an orphanage. A friend of his knew there was an orphanage that needed a number of repairs to help properly care for the children placed in its care. And so, the entire family took on the adventure of raising money for, repairing, and caring for the residents of the orphanage.

The dad gave his daughter a better story to live. She was enthralled with the idea and began to get creative in ways to raise money in their community. And a few weeks later, she dumped the loser boyfriend because she didn't have time to both date him and live out a passion to change the world.

Don't hear me wrong, I don't think you should purchase an orphanage (especially if you're in debt yourself). However, sometimes to become fully alive, we need to live a better story. Begin looking for ways to impact the world beyond what you purchase for yourself. How might you make the planet a better place? How could you spread the love of God to people you don't even know?

CHANGE YOUR GIFT GIVING STRATEGY

Maybe this year is a year for change. While you don't have to give up gift giving altogether, maybe your family can choose to replace at least one gift with a gift to someone in great need. Maybe you'll purchase items for a local shelter, adopt a family through the school system, or serve at the Salvation Army. Maybe you will make a donation with the money you would have spent on gifts to your favorite charity. Samartian's Purse has their 42 gifts of hope catalog available this time of year. Where you can purchase blankets, livestock or help build a classroom for people all over the world. Maybe together, you can do research to find a place where your giving makes the greatest impact.

Donating gently used items is great, but giving brand new items to people in need is an honoring choice. Contact the charity or organization you choose to support to find out what their greatest need is. Don't just buy what you think might help. If you choose to sponsor a family, purchase wrapping paper, but allow the parents to prepare the gifts for their kids. Restore dignity to a situation that may feel overwhelming. Allow those parents the ability to care for their own kids in the midst of the holiday season.

You don't have to boycott Black Friday. You don't have to become Ebenezer Scrooge, refusing to buy gifts for anyone. But it is wise to evaluate whether or not you're getting caught up in the frenzy or if you're making purchases that count. Give gifts of significance to the people you love. Budget well and you might even be able to splurge on something for yourself.

Before you buy a single bargain, begin with a heart of contentment. Cultivating gratitude combats greed. Change your spending this holiday season and you just might change the world, too.

Post by Cherie Lowe of The Queen Of Free

HOLIDAY

PLANNING SPREADSHEET



STAY ORGANIZED ALL SEASON LONG

Digitally track your **holiday budget**, manage your **Christmas card** and **gift lists**, plan your **Thanksgiving & Christmas menus**, and much, much more.

**GET MY HOLIDAY PLANNING
SPREADSHEET NOW!**

visit: <https://www.livingwellspendingless.com/hpspreadsheet>

HOW TO HAVE EVERYTHING YOU WANT

THE SECRET OF CONTENTMENT

RUTH SOUKUP

It's amazing how it quickly it can happen. One minute everything is awesome and we are feeling good about life. The next minute we see photos of a friend's vacation on Instagram, or we hear that so-and-so's husband just got a promotion, or we find out that our sister's daughter just got cast in a dog food commercial and is on the fast track to stardom, or the latest Pottery Barn catalog arrives and suddenly we're not feeling quite so serene.

Our own vacation plans now seem lame. We wish our husband would get a promotion, or at least a raise. We wonder why our kids aren't star material. And our house suddenly feels hopelessly out of style.

It's a slippery slope, this contentment thing.

And if we're not careful, our desire for always having just a little bit more will prevent us from ever actually obtaining everything we want.

A few years ago, when my oldest daughter Maggie turned 10, she asked if she could (please please pretty please) have her birthday party at the American Girl store. And while I normally would have balked at the idea, at that particular moment in time we had just moved cross country and I was feeling totally overwhelmed at the thought of trying to plan a party. And so I practically jumped at the opportunity to just show up and have someone else take care of all the details.

To be fair, the party was pretty wonderful. The food was good. The games were fun. The party favors were nice. The cake delicious. And even the price, for the size of our very small group, probably ended up being less than I would have spent on a party at home. My daughter was ecstatic.

I called it a win.

But there were a few hidden repercussions that I hadn't quite anticipated. You see, both Maggie and her sister Annie had been saving their money for months for a trip to the AG store, and they found plenty of opportunities to spend it! Thus, between their own purchases and a few extras provided by their grandma and auntie, they came home with a lot of new stuff for their dolls. (And, as you probably know, I'm not real big on STUFF!)

Even so, the stuff they brought home wasn't really the problem. The biggest problem was the stuff that didn't come home with them. All that pretty stuff in the glossy catalog that they kept paging through over and over and over

again, all that stuff that they didn't get that they continued endlessly talking about and obsessing on.

I started noticing that their playtime, instead of spent actually playing with their dolls and enjoying all the new accessories they now had, was spent talking about getting those new things in the catalog and discussing all the things at the store they still wanted.

The more I noticed it, the more uneasy I got, until finally, one day, I couldn't take it anymore.

I sat them down and explained that I was going to take the catalog away, and I asked them if they had noticed that they seemed to be spending more time wishing for the things they didn't have, instead of appreciating and enjoying the things they did have. We talked about discontentment, and about what it means to have an attitude of gratitude, and how easy it is to forget to be happy with what we have when we are always looking for that next thing.

Thankfully, they took it well. We all moved on, and I was happy to see them start simply enjoying their dolls again.

But oh, how I wish it were that easy for adults—myself included!

The reality is that discontentment can creep up on every single one of us SO easily, before we even realize it is happening!

While our source of longing might not be the American Girl catalog, chances are it is something. Between Pinterest and Facebook, magazines and catalogs, television shows and a constant bombardment of advertisements reminding us of all the things we don't have, our default mode is often to be dissatisfied.

In ancient times Socrates wisely pointed out that “he who is not contented with what he has will not be contented with what he would like to have.” More recently, someone else once said “There are two ways to be rich; one is to have everything you want, the other is to want everything you have.”

In other words, contentment comes from within, not from what we have.

The truth is that it takes effort and intentionality to practice an attitude of gratitude in a world that constantly tells us what we have isn't enough. We have to practice counting our blessings. We have to be purposeful about remembering what we have.

Because the only way to have everything we want is to want everything we have.

And so, my little piece of advice, for both you and for myself, is to be conscious about practicing contentment in your life. Pay attention to that little voice of discontentment that comes creeping in when you're not paying attention, and take steps to shut it down. Throw away the catalogs that keep taunting you. Stay off Pinterest or social media, and stop reading magazines or watching shows that make you feel like you need more.

Cultivate an attitude of gratitude.

It might just make all the difference. To help you get started on remembering gratitude each day, we have included a 30 day challenge sheet for you to record what you are thankful for each day



True gratitude is digging beneath the surface of what we are “supposed” to say.



Kelsie Bentley

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story of the month

The first time I walked up and introduced myself to a homeless person, I was there to volunteer with a local woman who had created an entire homeless ministry for my local area. At that time, she centered around handing out hats and blankets through the winter and water bottles in the summer. It was October and I was there doing a project in anticipation of World Kindness Day (November 13th this year!).

Seeing people express heartfelt gratitude for items that had been donated by others (who were probably looking to just “get rid” of these things) was something that really made me evaluate the role of gratitude in my own life. More profound than that was their excitement that someone was willing to say hello to them.

Seeing what it meant to those 30 or so people to have someone make eye contact and say hello was indescribable. It has surprised me over time by how much it has carried over into the other parts of my life. Now, when I see others who may be visibly having a bad day I often realize, “this person just wants to be seen.”

When we realize what a privilege it is to be among mainstream society, we learn to be grateful for that person who makes eye contact in the store and smiles because we understand that not everyone gets that same courtesy. When we see someone having a bad day, it’s no longer the default option to write them off as just being a grouchy human being, but perhaps to reach out in kindness, even if it is only with a smile because we realize that they may be having some sort of inner struggle.

For too long, gratitude has been equated with making platitudes. However, true gratitude is digging beneath the surface of what we are “supposed” to say. We are grateful for and acknowledging how true gratitude transforms the way that we behave as a whole. True gratitude also means being willing to see the suffering of others and using everything that we have to be grateful for (and often take for granted) to remind that suffering person that they are not alone.

“

THE MORE

GRATEFUL

I AM,



THE MORE

BEAUTY

I SEE. - MARY
DAVIS

”

RECOMMENDED RESOURCES



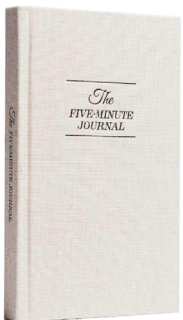
YOUR BEST BEAUTIFUL LIFE PODCAST WITH EDIE WADSWORTH **LISTEN** TO THE PODCAST AT LIFEINGRACEBLOG.COM/PODCAST/

Welcome to Your Best Beautiful Life where we believe that a beautiful life is embracing what is right in front of you. We are committed to helping you show up as your best self. I'm Dr. Edie Wadsworth and I promise in this podcast to give you my best tools, my best encouragement and my best inspiration so that you can overcome your fears, get unstuck and start living life to the fullest.

GRATITUDE APP :

AVAILABLE FOR THE APPLE STORE AND GOOGLE PLAY STORE

With over 100000 users on the app, we have found from our users that the app has been tremendously beneficial for improving their self image, feeling good about their life and becoming more mindful, coping with depression and anxiety, self love and appreciation and to lift their life vibrations and raise their spirits. Gratitude journaling allows us to shift our focus and attention towards our blessings which we take for granted. And Positive affirmations or self image affirmations works wonderfully if practiced well.



THE FIVE MINUTE JOURNAL: A HAPPIER YOU IN 5 MINUTES A DAY

AVAILABLE ON AMAZON

The simplest way to start your day! Using the science of positive psychology to improve happiness, The Five Minute Journal focuses your attention on the good in your life. Improve your mental well-being and feel better every day.

EPISODE 72 ON THE DO IT SCARED® PODCAST:

LISTEN TO THE PODCAST AT DOITSCARED.COM

On this episode, Brandice shares how she struggled with eating disorders since she was a teenager. She wanted to be a model and thought she had to portray an ideal image that wasn't even realistic. She also cared too much about what other people thought. This led to body images issues, an eating disorder, and depression. It took her 15 years to come to grips with proper nutrition and having a healthy outlook about food.



WE ASKED, YOU ANSWERED

WHAT DIFFERENCES DO YOU NOTICE IN YOUR LIFE WHEN YOU ACTIVELY PRACTICE GRATITUDE?

Alesha: I am more at peace and look for ways to help others.



Kimberley: I started a gratitude practice a few months ago and just the act of writing down what I'm grateful for forces me to focus on the positive and has improved my mood and my outlook on life.



Kristina: I journal each morning before work - end it with Today's Gratitude: sometimes it's short like the reminder I'm still alive & breathing other days I run out of room on the page! Top of the list is always myself - for taking the time. It is amazing how at peace that makes me feel!



Saartjie: It is amazing how gratitude improves attitude. The moment that I start being thankful for the grace in my life, I always feel better. My mom and dad had a thing where they spoke about the milestones in their life. A year or so before my dad passed away, they were going through a tough time and one day when I was visiting them my dad said it was time to remember their milestones. So, I sat there in their lounge listening to every milestone that they recounted and how grateful they were for each. By the end, the tough time no longer seemed as tough and I had learned a really wonderful lesson.



Kelsie: It's so funny, I have a post scheduled about this! It legitimately makes me a nicer person, I'm more patient, and I am more compassionate and think about what other people might be going through (when they're being difficult to work with. They may just be going through something!)



Alexis: I don't feel anxious because gratitude welcomes me to be present. And when I am present, there is nothing for me to be anxious about.



Crystal: I have become more relaxed, have more peace, and am just a more pleasant person to be around.



Pat: Just happier and more upbeat. Able to help others and encourage them.



Erin: It's an entire mental shift that can literally change how you view the day and your world. I am a much happier, calmer, and nicer person because I am grumbling less internally which means the outside reflects that.



Amy: I am about 1000 times calmer when I start and end my day with gratitude. Little stuff just doesn't really bother me as much.



Sara-Lynn: Oh goodness, there's so much! I am less stressed and worried. I enjoy my day to day activities more and am more at peace. I have come to appreciate myself more too. I've been practicing a life of gratitude for a few years now and greatly attribute it to the many blessings in my life



Janet: I feel happier and my day goes so much smoother. If something bad happens, I don't feel devastated but can deal with it better,



PRACTICAL APPLICATION

Our **Acts of Kindness** suggestions:

- paying for person's coffee behind you
- bring baked goods to your local first responders
- make dinner for a neighbor
- mail a handwritten note expressing your gratitude
- leave out a basket of treats for delivery drivers
- drop off blankets to your local animal shelter
- compliment a stranger
- over tip your server
- donate stuffed animals to a children's hospital
- donate school supplies and books to a school
- treat your child's teacher to a gift card

Apply!

Who:

What Act of Kindness:

30 DAY CHALLENGE

Check in each day and write one thing you are grateful for

	Date	Today I Am Grateful for...
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4		
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THOUGHTS & THANKS

Reflections on Grace and Gratitude

WHAT I'M THANKFUL FOR

Kids Activity! Use this page and have your child draw what they are thankful for!