

# 30 days of Gratitude

*confirming goodness in our lives*

[www.barefootmentor.com.au](http://www.barefootmentor.com.au)



## 4 steps to creating a grateful life

1

### **Review the good things**

Every morning take stock of goodness that is abundant within your life and choose something to share with the world. It doesn't have to be material it can be a thought or other people.

2

### **Create a Social Media post**

Whichever Social sharing site you use, create a post to share your gratitude statement. It may contain photos or inspirational quotes. Keep it short and to the point. Best to do it as the first post of each new day.

3

### **Reflect on the way you feel**

Taking a positive stance can lead to happiness, and enlightenment. Others may see your joy reflected back at them. Make a note of any changes that occur to your way of thinking or your attitude. You will find unexpected goodness just happens.

4

### **Do it all again the next day**

Make a habit of sharing your gratitude. I suggest a minimum of 30 days to get the most value from the experience. Best case is to do this everyday for the rest of your life.

*Gratitude is the art of painting adversity into a lovely picture*