

DANNY SWANSON

empowering your life

“The Keys to Living an Inspired Life... Here and Now”

Part 4 - Love Yourself – Gratitude

You are always in the right place, doing the right thing, at the right time.

Provocative and challenging? Possibly!! Some of you may be thinking “I was with this guy, he seemed all right but now... hhhmmn”!!

Think about it though. Just be with it for a while and see what happens.

You see we understand now that there are always two sides to everything... yin yang... complementary opposites. Most of us are not always used to or experienced in looking at the whole.

For most of us we have become very used to looking at just one side of any situation and ascribing either good or bad to it. We pursue more of things we deem to be good and try and avoid more of things we deem to be bad. However the Law of Equilibrium or complementary opposites would suggest that inside every good is a bad and inside every bad is a good ... so in the end neither is better than the other. The more we blindly pursue good over bad or bad over good the more we seem to attract the other. Ever noticed that? This is the way the world works.... There is always a balance. Accepting that there is always balance enables us to let go of good and bad and right and wrong and develop an attitude of gratitude.

When was the last time you consciously expressed gratitude about people and situations in your life? Gratitude is one of the most powerful emotional states we have. Being able to be grateful enables us to open our head and our hearts and to live a more balanced life. There is a magnetic attraction about the state of being that draws people to you. It is quite extraordinary and very achievable ... it just takes a conscious decision and practice.

It may seem a bit weird to start with... but we come from a culture which is used to putting people down ... including ourselves. If I said to you you've got 15 seconds to write down 10 things you really like about yourself how would you go?

In fact why not try it now... here you go... start now...

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Okay, let's try part 2. You now have 15 seconds to write down 10 things you don't like about yourself... go....

How did you go then? I have done this with hundreds of people and most often people feel really uncomfortable about writing down things that are good about themselves and struggled to write 10 down within 15 seconds but when it comes to 10 things they don't like about themselves I get comments like "only 10?" or "I don't need 15 seconds". Most of us seem much more comfortable in identifying our faults and weaknesses than we do in identifying our strengths.

Gratitude is really the practice of acknowledging what we have and who we are. So a wonderfully simple activity which I use a lot at home these days is to share three things I am grateful for in my day with the rest of the family. We all take a turn doing that and what a difference it makes.

Why don't you try this for the next week? If it is something that you're completely not used to doing either individually or as a family you may find some initial resistance. But if you kick the ball off and keep it rolling others will join in. It will transform your conversations and relationships.

Empowered Actions for this week:

1. Each day write down in your journal and share with family or friends 3 things you are grateful for. You can do way more than 3 if you feel like it, but only include things you genuinely feel grateful for at that time (not things you think you should be grateful for...or just don't feel grateful for at that moment).

If you are not used to practicing gratitude, start with more obvious things (I am grateful for my partner, kids, house, animals, the smile I got, the compliment I received etc).

When you get more practised with gratitude, start to include something you might not "like" about your day, and explore how you could be grateful for that (how did this "negative" event help me live my purpose, what is the "positive" side of this event).?