

What's so great about gratitude?

The Balance Tree

i am
grateful



WELCOME

Thanks for taking the time to download **What's so great about gratitude?**^(c)

We have put this together to share our reasons around the importance and impact of living with gratitude and how having gratitude can really bring about a balanced and effective life!

We hear about gratitude and being grateful so often now, but what does it really mean and why is it something you need?

We are Jaye & Ricci Barros, married for over 30 years with 3 adult children and 3 grandchildren. Coming from Corporate backgrounds we now run our own online business to help others gain clarity, unlock their true potential and live their dream plan. We want this for you too!

Below are some reasons and activities as to why we believe living with gratitude will help you become more balanced and effective.

We know having a grateful heart will help you improve.

Jaye & Ricci Barros
Your Effective Life Team

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GRATITUDE

1 Creates positive emotions



When you give thanks you immediately have to tap into something positive that has happened or is about to happen. You are usually giving thanks for something you are happy about or at the very least something that has challenged you into a positive change. The more you tap into these positive emotions the less room will be available for the negative.



ACTION: Baby steps to start! Sometimes it's not easy to think of something you are grateful for. Find a quiet space and look around - are you grateful for the sun on your face, or the rain that has come. Perhaps for a chance to sleep in, your car getting fixed, a cuddle from your child or a kiss from your partner. Give it time, it will come. Be kind and gentle with yourself as you explore those positive memories and emotions. And keep practising!

2 Improves your health



The more positive you become, the happier you become. Gratitude helps you focus on what you have, rather than what you have not!

It is said that a "daily gratitude practice ... improves sleep, boosts immunity and decreases the risk of disease"*

*Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/improve-health-practice-gratitude/art-20270841#:~:text=A%20daily%20gratitude%20practice%20has,decreases%20the%20risk%20of%20disease>

3 Builds resilience



The definition of resilience is "the capacity to recover quickly from difficulties". When we are practicing a daily ritual of gratitude we are already tuning in to this bounce-back-ability. We are being realistic, acknowledging what we have and creating balance through happy, healthy routines.



ACTION: Every day, look at yourself in the mirror and give thanks to YOU! What have you done, or are about to do, that you are grateful for!

GRATITUDE

4 Provides connection



As you develop a sense of gratitude for the things around you and within you, you will start to notice these things, events, activities and feelings are often connected to others. You will start to connect with something much greater than yourself, whether it's members of your family, other individuals, nature, the world or a higher power. This will further increase your gratitude and optimism - it's contagious!



ACTION: Create a Gratitude Journal or Jar. When you are grateful for someone or something write it down in your journal or on a note and pop it into the jar. After 6-12 months go back and read what you have written. **ACTION PLUS:** Say thanks to that person face-to-face!

5 Helps you dig deep



If you're in a negative space or believe there is nothing in your world to be grateful for, then you may need to really dig deep. There will be something, past, present or future, that you can be grateful for. Set up a quiet space, close your eyes and let your mind wander to something that brings a smile to your face. A joke, a sunset, a pet ... it's there.

If you are truly confronted and feel overwhelmed then please seek help - either with us or your medical professional.

6 Brings clarity



You will start to think clearly and the more you practice the easier expressing gratitude, being grateful, and giving thanks will become. You are producing realistic optimism!

7 and remember ...



Give thanks with a grateful heart. Your gratitude should be displayed with love, care, compassion, integrity, honesty and empathy - to yourself and to others. True gratitude is heart-felt - feel it as you say it and as you receive it.



ACTION: When someone offers you a gift/compliment simply say, with love, "Thanks".

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- language skills for successful conversations
- a positive mindset
- the power of positive and effective communication
- the clarity and balance to unlock your true potential and live your dream plan

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TESTIMONIALS



Great to complete with your partner to recognise and achieve balance and effective communication as a unit.

— Joanne & Patrick

Life tools, broken down into recognisable and achievable bites, allowing them to be utilised and polished into a balanced and effective life.

— J Sherry



It was really good. Clear, simple, with food for thought without setting expectations ... It is Do-able! And principles that can be practiced in real life situations.

— R Mason

I did the TWO courses today. They were fab, I really enjoyed them. Holding my attention in these things is not easy, I am fast-paced and bore so easily, so the split screen of visuals and Jaye on the side was great!

— Jess N