

# SUCCESS INSIGHTS

## **#6 Stumbling Block – Not being grateful for what is working [and being focused on what is not working].**

This one's confusing, I know. When we're talking about goal setting and getting what we want, why would being grateful for what we have help us?

Let's take an example from real life. Let's say you do something nice for your partner or significant other. They, in turn, show their appreciation by a simple thank you or responding in kind. By their gratitude, what does that compel you to do? More of the same. When someone appreciates us, we are motivated to do more for them.

What would happen if they never said thank you? How long would it take before you stopped initiating those kind acts?

It works the same in the world. When we are grateful, more good things seem to show up. Do I know how this works? Not exactly. But I have the experience of it happening over and over again.

And maybe even more compelling, I've experienced that when I'm focused on what isn't working and what isn't right with my life – more of that seems to show up. Like those bad days that seem to downward spiral after getting up on the "wrong side of the bed".

There is a Universal Law at play here. What we focus on expands!

And since our minds are designed to only focus on one thing at a time – what you give your attention to at any one time is either negative or positive. You simply can't be focused on both.

Think of your mind as a miner's hat. As you're going through a dark mineshaft, the light that shines from your hat only illuminates that which is directly in the beam of light. If there is a pile of dirt on your right and a pile of gold on your left, you will only see the gold if you turn towards it, and away from the dirt.

There are people who in their lives are so focused on the pile of dirt they never look for or find the gold. Then there are others who once they find the gold, they are so grateful for it and so fixated on it, that the "dirt" in their lives may be there – but it gets very little attention.

So the question is: what are you focused on? Are you complaining about the way things are? Or are you able to see the good in your life and be grateful for what is working?

Unconsciously, we may be more focused on what we don't want rather than what we do want. Why is this? Perhaps because it is easier to notice what we don't want.

For example:

I don't want to be fat VS. I want to be thin

I can't afford that VS. I want to have more money

My work is so boring VS. I want to enjoy my work

Since this is such a powerful distinction, how can we be sure we are focused on what we want? Simple. How do you feel? Our feelings tell us everything that our mind is thinking.

When we're focused on the way things are and what isn't working, we typically feel lousy.

When we are focused on what we want and what is working, we feel hopeful and grateful.

You can begin to focus on the positive things in your life right now. Some suggestions I have for making gratitude a daily ritual are:

Get a gratitude journal. Even if you're skeptical of this whole concept, I challenge you to get a notebook and for one week – every day – write down five things/people you are grateful for.

Set a gratitude alarm. Mine goes off at 4pm everyday. No matter where I am (it happened in a prospective client's office the other day!), I take a moment to think of something I am grateful for.

Keep a gratitude charm. It could be a rock, a rabbit's foot, or a special coin. Something that you can keep handy – in your pocket for example. And every day, when you touch this item, think of something you are thankful for.

This "attitude of gratitude", besides keeping you focused on the positive aspects of your life, will inevitably attract more positive things into your life.

## QUOTES

"What we think about and thank about, we bring about."  
~ Dr. John Demartini

"Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful."  
~ Buddha

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity.... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow."  
~ Melodie Beattie

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