



Coaches Corner

Living the Attitude of Gratitude:

"Gratitude is not only the greatest of virtues, but the parent of all the others." Cicero

What is your relationship with gratitude? Do you have a positive impression of what it means to give gratitude? Or do you have a memory of someone telling you "you should be grateful." No matter what your perspective is of gratitude, I hope that this newsletter opens your heart to the possibilities and magic gratitude can have in your life and in the lives of those you love.

Gratitude is a positive emotion, which involves a feeling of emotional indebtedness towards another person; often accompanied by a desire to thank them. In a spiritual context, gratitude can also refer to a feeling of indebtedness towards a deity.

To live the attitude of gratitude, I encourage you to see every life event as an opportunity to be in the state of grateful. I recently was reminded by a dear friend that there are two ways to look at experiences. It was either done to you or it was done for you. I ask you, which feels better?

Last year I purchased a Mini Cooper; I named her Joy. Within the first 3 months of owning Joy, I was rear ended. I could have been upset that my back end needed to be replaced. I could have yelled at the guy who hit me. I could have asked, "why?" Instead, I choose to see the experience through the eyes of gratitude. I was grateful Joy wasn't totaled, grateful that I wasn't hurt, that the man who hit me wasn't hurt and that I had the opportunity to meet several kindhearted individuals. Joy is still with me and she is a gem. I am grateful I have a car that reminds me of the joy I am and the joy I give to others.

Now, not all of you need a car to remind you, but I do encourage you to find a practice of living the attitude of gratitude. If you can spend a few minutes in gratitude a day, your life will change. You'll change because gratitude encourages the feelings of grace, love,

connectedness, being special, and deserving. Who wouldn't want more of that??

Here are a few practices that I either do or have done; I joyfully share them with you!

- ◆ Write 5 things you are grateful for each day
- ◆ Fall asleep remembering what you are appreciative and grateful for night
- ◆ Create a vision board of all that you are thankful about
- ◆ Pick a situation you are still harboring negative feelings about and then choose to see it differently. What are you grateful for?

Take action! Live your life with passion, with joy, and with deep gratitude. You are alive! You are meant to know and live in grace, love, and joy.

From my heart to yours, **thank you!** I am grateful for the opportunity to share with you, to know you, and to offer assistance to you so you live your greatest joys.

Joyful Inspiration

Please visit these websites. They have offered me opportunities to connect with the state of grateful. Go Gratitude: www.gogratitude.com
Daily Om: www.dailyom.com
The Secret: www.theseecret.tv

Specials

Chantilly Chocolate Cake
All Natural Sugar, Diabetic Safe,
Super Moist Chocolate Cake with Cream Cheese Frosting.
8" Round - Double Layer
Only \$25 (reg \$35)
Offer good from 10/1 - 10/15

About Dani Palacio

Dani lives in Portland, Oregon where she enjoys the blessings of a life filled with joy. She is surrounded by her family, friends, and community as she develops her practice of coaching and Reiki. She offers her gifts to groups, associations, and individuals.

Joy in the Journey

Discover, Claim, Live the Joy in *YOUR* Journey

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