

EPISODE 007

Want To Feel Happier? Be Grateful For The Good Things In Life!

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DIANA HIMES: Welcome, welcome, welcome to today's episode of the **Tough Love for Sensitive Souls** podcast! I'm your host, Diana Himes. I've got another exciting topic planned for us today, so grab a beverage, your notebook, and get comfy!

Hey there Sensitive Soul, I'm so glad you're here! In today's episode we'll dig deeper into how being grateful for the good things in your life makes you feel happier.

I can honestly tell you that gratitude for what you have has the power to make you feel joy every day! Without gratitude, you'll find yourself lacking excitement or energy to get through the day. I love this quote by Eckhart Tolle..."Acknowledging the good that you already have in your life is the foundation for all abundance."

And I'm here to tell you just how true that statement is! Before I learned how being grateful for things in my life could make me feel happier, all I did was complain about what I didn't have. The more I complained, the more frustrated I got! And all that did was make me feel useless, unappreciated, misunderstood, and unhappy with everything.

Because I kept putting out negative energy, I attracted that type of energy in my life. I let fear of just about everything hold me back from the happiness I desperately wanted. Until I decided to do things differently by keeping track of everything I'm grateful for each day. And it's made such a positive impact on how I navigate the ups and downs of being a highly sensitive person.

When you think about it, there's so much to be grateful for EVEN when it seems like nothing is going right in your life. Each time you open your eyes is another chance for you to be thankful. The roof over your head, the food you eat, and the bed you sleep in are just a few examples of the blessings you already have.

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Hot water in the shower, a good cup of coffee, and the car you drive are also examples of things you can express gratitude for. While it's easy to have an attitude of gratitude for the good things, what about the more difficult things life can throw your way?

When you choose to see challenges as opportunities to grow, you'll begin to see them as blessings in disguise. There's never a better opportunity to learn something new than when a challenge comes your way. And when you look at them from this perspective, you'll appreciate them for what they are...life lessons!

For every challenge that comes your way, make the choice to respond, rather than react, to the situation. When you respond to a challenge, you're taking the opportunity to learn from it so you can calmly and peacefully identify a creative solution. Reacting is typically more emotional coming from a place of stress and anxiety that has you grasping at straws for a solution.

Most of my life I reacted to the challenges that happened in my life. When I think back on those times, I can clearly see my emotions in each situation. Not only was I stressed and anxious, I also judged and blamed everyone (especially myself) each time I couldn't fix it. I put so much pressure on myself to be perfect until I couldn't bear the weight of it all anymore.

When you're facing an unwelcomed challenge in your life, it can be hard in the moment to make the right decision. So it's important to take a few minutes to get curious about what's happening and why. This gives you time to respond from a place of peace so you can confidently move forward. Tackle your challenges head on with these steps...

1. Deep breathe your way to peace. Inhale through your nose so your belly expands like a balloon and exhale out your mouth so your belly constricts. Keep breathing deeply until you're relaxed and able to think clearly.
2. Ask yourself questions like "what is this challenge trying to teach me". This gives you more clarity about the situation and different perspectives about how to move forward. Every challenge is an opportunity to grow and learn so be grateful for it. And then get curious.
3. Don't let what others say or do influence you. Some people in our lives have a way of making us question ourselves and the decisions we make. You're the only person who lives your life so it's up to you how you respond to challenges. Solicited or unsolicited advice only helps if you want to use it AND it feels right to you.
4. Take action and be willing to get out of your comfort zone. You've got everything you need to handle every challenge that comes your way. Have faith in yourself that you can do what needs to be done even if that requires you to get out of your comfort zone.



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You can overcome any challenge with a desire to do things differently and a commitment to respond, instead of react, to whatever comes your way!

When you establish a daily practice of being grateful for what you have, you'll feel better (physically and mentally), build meaningful relationships, and bring more happiness to your life! You'll also smile more, hold your head higher, feel more confident, and have an overall sense of peace.

Besides making you happier, expressing gratitude enhances empathy and reduces feelings of anger. You'll also probably sleep better, feel less depressed, and appreciate your life. When you practice gratitude on a regular basis, you start to change how you think and feel too!

Keep in mind that when you're grateful for all you have, you'll inspire others to be grateful for what they have too. It's a domino effect where gratitude for the good things replaces resentment and anger for the not so good things.

Remember Sensitive Soul that gratitude for what you have has the power to make you feel happier every day! When you're grateful for what you have, you'll get more of what you want!

So, here's your opportunity to identify what you're grateful for by answering these journal prompts:

1. What 3 things are you grateful for today and why?
2. Who's the one person that your grateful to have in your life and why?
3. What things about yourself are you grateful for the most and why?
4. What mistake or challenge are you grateful for and what did you learn from it?

And because I love expressing gratitude for the great things in my life, let me tell you that I'm grateful for you! You're taking time out of your busy schedule to listen to this episode of Tough Love for Sensitive Souls and that means you're doing something just for you! That also means you're willing to do things differently so you can feel happier navigating the ups and downs of everyday life.

FAQ of the Week

Now that brings us to the FAQ of the week...I'm struggling with so many things right now, how do I feel grateful when nothing's going right?

I definitely know how you feel! I also know it's not easy finding light at the end of the tunnel you feel like you're in. What I can tell you is to focus on digging your way out by deciding to find at least one thing you're grateful for. If you can't think of anything, use one of these...



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- I'm grateful for the food I've got to eat.
- I'm grateful for a good night's sleep.
- I'm grateful for a hot shower.
- I'm grateful for the place I call home.
- I'm grateful for every breath I take.

And I'm grateful the opportunities to learn new things.

I promise that as you start expressing gratitude for the good things in your life, it'll get easier to do. Here's some ideas for how to get started:

1. Make a commitment to yourself to express gratitude every day. It doesn't take long to do but it can make a HUGE difference in how you get through life's ups and downs.
2. Keep a gratitude journal. Find a few minutes every evening to identify the good things that happened during the day. Ask yourself..."what were the highlights of my day?" and then start writing. Don't stop or edit until you've listed everything.
3. Find stillness and meditate on what you're grateful for. When you quiet your mind and body, you're better able to recognize what's good in your life. So take a few deeps in through your nose and out through your mouth then say to yourself "I'm grateful for..." and start listing everything that comes to your mind.
4. Let someone else know how much you appreciate them. One of the best ways to feel grateful is by telling your favorite person what you appreciate about them. Chances are that once you tell them, they'll share what they appreciate about you too.

And that brings us to the end of this week's show! Now it's time for you to decide what you're going to do differently this week. Take 10 minutes right now and get started answering the journal prompts.

Thank you so much for spending this time with me. I hope you got a few new ideas for doing things differently. Remember, you're the only one in charge of your life regardless of what anyone else says or does.

Join me next week for another episode of Tough Love for Sensitive Souls. Until then, don't forget that you've got everything you need to get anything you want!



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