



The Powerful Technique Guaranteed
To Make You Happier
Part 2

When you start practising gratitude, you'll start to notice the positive changes you're making, the effort you're investing, and the progress that you're seeing as a result. Over time, you'll find you are more compassionate with yourself, less judgmental of the mistakes you make, more patient, and easier-going with your efforts.

How can you practice self-gratitude?

Step 1: Create a statement that acknowledges what you do and why you do it. For example, your statement can be something along the lines of "I'm grateful I can help others by _____." Or "I'm grateful for how I am changing _____ world for the better by _____."

Step 2: Set a time for daily gratitude. You really only need a few minutes each day to practice gratitude. Set aside 2-5 minutes in the morning, and the same amount of time in the evening. Spend most of the time counting your blessings for all the good things you have in life, but give yourself at least 60 seconds to practice self-gratitude during that time.

Step 3: Repeat. Do it daily.

That's it! It's not some complex, complicated practice that requires intense focus or large quantities of time invested. It's simple, easy, and something you can do with just a few minutes each day.

The more you get in the habit of practicing this self-gratitude, the easier it will become to notice the good things about yourself, your behavior, actions, and even your thought patterns. It will change you to become a more positive person overall—not just about your circumstances and the world around you, but about YOU, too.

Over time, you'll change your thought, speech, and behavioral patterns to be more positive. This change will bring about so much happiness in your life because you are actively looking for the good to highlight. Small daily acts of gratitude and self-gratitude are guaranteed to make you happier!

Soil Lovers say: Being Grateful Is A Very Powerful Player In Your Life

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