

Spread Thanks!

DAILY PRACTICE



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3 SIMPLE STEPS: HOW TO SPREAD THANKS DAILY

- 1. Be present:** During the day, pay attention to those around you, and to each event as you are experiencing it (at work, while shopping, out with friends, or whatever). Seek out the person you will send thanks to. Make a note of their name and address to remind you. When you are mindful and expect the best, you will find a person to thank each and every day.
- 2. Write one thank you note each day:** When you write your daily thank you note, put pen to paper and think about the gratitude you have for the person who helped you. When you recall their kindness and feel the gratitude again, it will help you add emotion to your written message. Write a short note from your heart onto the note card. Address it and mail it.
- 3. Record your Daily Miracle:** As you go about your day, keep an eye out for your daily miracle. This can be something big or small, a nice surprise, some pleasant thing that happened to you. At the end of the day, describe that miracle, serendipity, or coincidence (whatever you'd like call it) by writing about it in your notebook.

Different Kinds of People You Can Thank

- Friends, housemates, neighbors, or parents, anyone who helped you out.
- Co-workers, teachers, mentors, vendors, clients.
- Anyone you have worked with, who taught you important skills or guided you.
- People who assisted you with anything (your restaurant server, hairstylist, car mechanic, your IT guru person, basically any service of any kind).

3 WAYS TO KEEP MOTIVATED

- 1. Make time and make it easy:** Try to write your daily thank you note at the same time each day and have the cards, pen and stamps handy. Same with your Daily Miracle journal or notebook, keep it near your bed or desk.
- 2. Overcome any blocks by just taking action:** Even if you are tired or stressed, remember that it only takes a few minutes to write a note and you will feel better afterward. Pick up your pen and do it; when you take action, you get it done!
- 3. If you miss a day, get back on track ASAP:** Just like exercise or eating better, it takes time to develop a habit. So even if you forget or miss a day in writing your note, don't worry! Just get back to it the next day and feel the good feelings flow again!

Access **FREE Online Resources** at www.spreadthanks.com

How to Write a Thank You Note

Sample Thank You Notes

Sample Daily Miracle Journal Note

Blog Posts to Give You Lots of Ideas