

Grati-Tools



TEINAMARRIE'S TREASURES



Welcome to Grati-Tools

Every toolbox needs the appropriate tools to effectively perform the task at hand. Your life can change for the better when you have the right tools and know how to properly apply those tools. There are many that you can easily use every day and they do not have to be a huge production or time consuming. This ebook is an introductory glimpse into our more detailed and expansive book “Grati-Tools” which provides several efficient tools to help you recognize the things/people/events you are grateful for and to help you to continue to build on that gratitude. This ebook contains three excellent “Grati-Tools” to assist you in shifting your vibration to growing your positive Gratitude Attitude.

What is a Gratitude Attitude? Simply put, it is a state of being where your Attitude is one of Gratitude. It is a positively focused state of mind and energetic vibration that brings positive changes into being.



Gratitude Shift

Gratitude Shifts are used to help you shift your focus and energy. These can help you raise vibration. For example when you are irritated by the noisy barking dog or noisy neighbors instead of focusing on being irritated you can say “I am grateful for my hearing.”

Benefits:

This exercise promotes a particular sense of conscious living as you shift from a space of anger, frustration, anxiety and feeling overwhelmed (lower vibration) to a more positive and constructive space (higher vibration). Life is all about perspective and any time we can move or shift our limited perspective to one of limitless perspective we raise our vibration to a heightened state of positivity.

Gratitude Buddy

A Gratitude Buddy is someone, a family member, a friend, colleague, mentor or coach that you share accountability with on a daily or weekly basis. You can check in with each other via text, email or phone call and discuss the things you are grateful for. You may discuss what “Grati-Tools” you have utilized throughout the day/week and you can bolster each other on this journey toward a gratitude attitude.

Benefits:

The accountability factor with this exercise can help keep both of you on track and continuing to move forward. With a family member, friend or colleague as your gratitude buddy you are able to help each other, share ideas and benefit from a strengthened bond. If your gratitude buddy is a coach or mentor they can help guide you and perhaps provide constructive thoughts on your progress and achievements.



Grati-Draw



They say “pictures are worth a thousand words” and they may be right. This is a game where you draw something you are grateful for in your life. Just like “Pictionary” people will guess what you are drawing. And just like “Pictionary” all the same rules apply: no words, letters, or numbers, 60 second time limit, once a word is guessed play moves to the other team or to the person who guessed your gratitude). Some people will use the board game that comes in a standard “Pictionary” set, or you may simply just enjoy drawing and guessing.



Conclusion

The previous three “Grati-Tools” can be highly effective in elevating your Gratitude Attitude. Through this introduction to “Grati-Tools” you have experienced only a very small portion of the information and insight available to you. Are you interested in learning more? Do you desire to heighten your Gratitude Attitude even further? Then our complete book “Grati-Tools” is absolutely for you! It provides even more options of useful techniques and several fun games to expand your awareness of the things you are grateful for and raise the positive vibration of your Gratitude Attitude.

The full version of “Grati-Tools” will soon be available on Kindle. Watch your emails for details of its release.

As always, wishing you much joy, laughter and love in your life!