



# Be the BEST version of YOURSELF <sup>TM</sup>

## Program, based on the journey of Nolan Pillay – CEO and Founder

### GRATITUDE

**Congratulations on stepping up to make a difference in YOUR Life! This really is about YOU!**

Hello there, I AM Nolan Pillay and I will be your Facilitator for the Gratitude value on YOUR Journey to **Be the BEST version of YOURSELF**. I would like you to pay attention to this value as I believe this would change your life and the way you do things currently. This program is designed around YOUR personal self-development, based on 38 years of real-life experiences. The exercises are based on repetition and requires you to spend at least 30 minutes a day. Please remain committed and disciplined throughout this program to achieve maximum transformation. Trust me, Repetition will break old, bad habits and create new successful ones.

#### **Please take note of below before you start each value**

1. Find a quiet room (you would need 30-45 minutes of alone time).
2. Download and print your Value Worksheet (link below each video).
3. Watch the video daily.
4. Complete the exercises twice daily.
5. Download the audio and listen to it throughout the day (link below each video).
6. Please complete the online feedback (link below each video).

Great, let the Journey begin...

#### **What is Gratitude?**

Gratitude is simply being thankful, being ready to show appreciation for something and to return kindness. It is also an affirmation of goodness. We must also acknowledge that the sources of this goodness could also be outside of ourselves, higher powers if you have a Spiritual mindset. We will talk about Spirituality as a value later in the program. As my life went forward, I learnt the power of Gratitude through very basic daily practices and I can tell you that “it works”.

#### **We all know about Gratitude BUT do we ever practice it?**

How many of YOU practice Gratitude on YOURSELF and to others...think about it!

Gratitude is also the process where we are encouraged not only to appreciate gifts but to “pay it forward”. This is critical to our personal transformation and how we develop ourselves.



Indeed, Gratitude is the key to happiness!

How does one Cultivate an Attitude of Gratitude?

We know that it can be difficult to think of things you are grateful for when everything in your life seems to be going wrong. I have been there and felt the same BUT what I didn't realise is that there were many things that I should have been grateful for like a roof over my head, clothes, water, etc. By practicing Gratitude daily, you will transform your mind into one of Gratefulness and it will become a habit that you will love for the rest of your life. It all begins with YOUR attitude and how much YOU want to change YOUR behaviour. Countless studies have proven that for many people, finding a bit of thankfulness each day can increase happiness levels and decrease depression. For me, this has become a fact of life.

By developing an Attitude of Gratitude, we will feel more fulfilled and joyful each day. This must be a regular habit to express appreciation for all different parts of life, no matter how small.

Bear in mind, your mindset determines your reality, so rather focus on appreciation and all good things in your life and more good things will come to you automatically. What you focus on will grow. The world is a wonderful place, if we view it from a different perspective!

**Note: It is not happiness that makes us grateful but gratefulness that makes us happy!**

What do we mean about Gratefulness? We need to learn to live with gratefulness every second because every second keeps us alive. We experience so many things during a minute, an hour or even in a day. We should be grateful for the opportunity that we have life and we can still do things. Every opportunity should be used to be grateful so that this would lead to happiness.

To experience it, you must practice it. Practice with smaller groups in your community, schools, work places, anywhere possible.

**Grateful people are joyful people, more joyful people equals a joyful world.**

#### **Benefits of Gratitude in Corporate and Social life**

- Gratitude opens the door to more relationships between co-workers.
- Gratitude improves physical health meaning reduction in absenteeism.
- Gratitude improves psychological health.
- Gratitude enhances empathy and reduces aggression, especially in the work place.
- Grateful people sleep better.
- Gratitude improves self-esteem.
- Gratitude increases mental strength.



## **Week 1, Exercise 1** – Trust YOU are as excited as I AM to start OUR Journey together.

### **For the next 30 days, I would like you to do the following exercises**

1. **On Day 1**, Go to your garden and find a small rock (2cm in diameter), it does not have to be round. Wash the rock but try not to remove too much of the earthly energies it has.
  - Every morning before YOU leave YOUR bed, I would like YOU to sit down and hold this rock to YOUR heart. Close YOUR eyes and be grateful for a minimum of five (5) things that morning e.g. waking up, having blankets, having good weather, etc.
  - Every evening before YOU go to sleep, I would like YOU to sit down and hold this rock to YOUR heart. Close YOUR eyes and be grateful for a minimum of five (5) things that happened during the day e.g. met some new friends, had a productive day, had a great lunch, etc.

Start by practicing this for the next 30 days and beyond, allow the repetition to become a habit!

## **Week 2, Exercise 2**

I would like to Congratulate YOU on completing Week 1 and the Gratitude exercise. Please continue with the exercises as we head into week 2. Continue this for the next 30 days until it becomes a daily habit.

This week we will focus on a Gratitude Journal.

**It is important to keep a Gratitude Journal and review it as often as possible. Get a book to diarise daily everything you are grateful for, below is a link to download a Gratitude journal worksheet.**

Start by making a list of everything that YOU are grateful for at this present moment and visualise your day and the things you are grateful for. Always note this as if it happened already e.g. I am Thankful and Grateful that I met so many Inspirational people today or I got my dream job today. Think of what your passion is and live in that moment. The idea is to visualise this as often as possible and allow the Universe to manifest it for you.

Take 5 minutes and make a list of what you are grateful for. Start with,

**I am so grateful for...**

Use a clock or stop watch on YOUR phone to time yourself.

It doesn't matter how many things you write down but stick with it for the five minutes. You can be grateful for anything from any time in your life.



**Writing it on paper is more powerful than just thinking it or typing it on a computer. Use the template provided.**

Once the five minutes are up, read whatever you came up with out loud and after each item say **Thank You, Thank You, Thank You!** Do it with FEELING and Passion.

Practice this for the next 30 days and beyond, allow the repetition to become a habit!

I would like YOU to Pay attention to the results of Gratitude, how it makes you happier, increase your energy levels and changes your mood. Be happy and proud that by doing basic things and being grateful, you now have the power to attract massive positivity into your life.

Be Grateful for Yourself: Take the time to recognize all the unique things that make you, YOU! Think of the things you have accomplished (big or small), your talents, and people who you may have helped because you stayed true to yourself. Once you can appreciate yourself, your ability to see things more positively will grow.

When we train ourselves to look at life through the lens of gratitude rather than disappointment, we find ourselves happier and more at peace. There is so much to be grateful for if we just learn to look for it.

**We have now experienced that by expressing Gratitude, it comes back to us in some way. You have realised that the more you do this, the more you attract positivity. Repetition is key to moving forward.**

What you focus on GROWS! I Thank YOU for your time into YOUR changed mindset.

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