**TBP 236 Grace of Gratitude Edited\_Transcription**

[Daniel Hill] (0:05 - 11:25)

Welcome to the Blueprint Podcast. In these episodes, I'm going to share with you my life's work boiled down into simple blueprints that I used to build a 10 million pound portfolio and retire with financial independence at the age of 35. You can listen to these podcasts in any order, and I guarantee you that when you execute them in practice, you will see that success and failure are both very predictable.

Let's get into the next blueprint. The last five minutes of the day are the most important of the day because they will define what happens for the next eight hours whilst you're asleep. Psychology proves that what you think about in your conscious and subconscious mind before you go to sleep will actually define the way you process it, and perhaps even what you dream whilst you're asleep.

If you want your subconscious to be processing positive thoughts and driving you forward rather than terrorising your mind and holding you back, this blueprint will give you the five minute blueprint you could do before you go to bed every night. It will add value to you, your partner, your family, your children, and this is how it works. This is the grace of gratitude that I use every night before I go to bed, and it's one that you can share with you and your family to get maximum value, gratitude, and appreciation for everything you are, everything you do, and get a best night's sleep of positive vibes and affirmation.

This is the grace of gratitude. So I'm going to take you through this, which is a personal one. So I came up with this about five or six years ago and shared it with the board members, and lots of them still do it.

I shared it openly when I was writing karma credits and shared with people how I do this and how it works, and I'm now sharing it with you. I think you will get a lot of value from it. If you have a partner or you have children, I think they will get a lot of value from it.

And as I alluded at the beginning, if you want to have eight hours of either good sleep or positive dreams, this could be the missing part because what you think about before you go to sleep for those last five minutes will consciously and subconsciously process whilst you're sleeping through the night. And we want to change that psychology so that it's positively influenced, it's positive vibes, it's feel-good factors, it works for you rather than against you. And this is what I'm going to share with you in this short blueprint.

The next thing is most people talk about the importance of gratitude and being grateful and appreciative. And we all move a million miles an hour in our businesses and our lives. And what we need to do here is try and acknowledge a way, acknowledge the reality that being grateful isn't easy, but provide a really easy way so you can do it, you can practice it, you can actually be grateful and feed it down to your partner and your team and your friends and your kids because it's really important stuff.

So this is what I do. It's really simple. Only take me a couple of minutes to explain.

It's called the grace of gratitude. So if you think about... So what you want to do is you want to have a set time to do this.

And if you think about grace, as in if you were to say grace before dinner, like a short prayer, you'd say every day before meal or every night before dinner, you'd say a quick few words of grace, say what you want to say, amen, and then you eat your dinner. It becomes quite ceremonial. You just do it by default.

And it's just a really nice little practice. Well, this is called the grace of gratitude. It's grace, but it's specifically to do with gratitude.

You want to do it daily. And what I'd recommend is setting a time to do it. So if you have dinner with the kids every night after school, after university or whatever, you know, the kids are home, your partner's home, you sit down for dinner.

Before you sit down for dinner or before you start eating, just go around the table and do a grace of gratitude. And what it is, is asking everybody, what am I grateful for today? And you just take a minute to think about it and say, right, before we have dinner, we're just going to do a quick grace of gratitude.

What am I grateful for today? And everyone just takes a little think and then you get around the table. Oh, today I'm really grateful for my friend Kelly, who really helped me out at school and reassured me and cheered me up when I was upset.

Oh, amazing. That's great. Ladies and gentlemen, it is flash sale week and consistent with every year to date.

We have sold out in record time. We have only seven places left for the grand finale event and we're going to release them this Friday at midday. If you've not already secured your place to the last event of the year, this is your last opportunity.

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Don't be the one to miss the boat. The doors close for another 12 months this Friday at midday, 5th to the 7th of August, the grand finale, the biggest event of the year. Now let's get back to the podcast.

Next one. I'm really grateful that we live in the UK because yes, my friend or today I had, I broke a finger at work and had to go to emergency services. And within two hours, I was out of the hospital.

Well looked after. It was free of charge. It was readily available.

Oh, nice. Okay, excellent. I'm grateful for having a family.

I'm really grateful that we can all sit here and that we have these dinners together every night. You know, your kids are growing up. Everyone's busy.

I'm really grateful that we still have the opportunity to sit down and have these dinners and we're all fit. We're all healthy. We're all in a good space.

Then go to the next one. And you go through and just say the things you're grateful. I'm grateful for my health.

I'm grateful for the fact that I wasn't ill today. I'm grateful for the opportunity that so-and-so has offered me. I'm grateful X, Y, Z.

So you just say what you're grateful for. And then you say, amen. So I do this with my partner before we go to bed every night.

And we're laying in bed. And at the minute, we're reading a book together. So we read that.

And then we'll sit down and say, right, what are you grateful for today? And then Sav will say, today, I'm grateful for being in love. I'm grateful for being healthy.

I'm grateful for having the freedom to work from home. I'm grateful for the things we enjoy in our life. And I'm grateful that I'm only going to be pregnant for another six weeks.

And then she'll say, amen. And I'll say, amen. So basically, amen means may it be, or let it be, or so it be.

It basically says, amen. Or I can't think of exactly what amen means. But you know what I mean.

So she says, amen. I say, amen. And then I do mine.

I say, I'm grateful for my freedom. I'm grateful for living in a beautiful house. I'm grateful that we had that conversation this morning.

And it was a really, really good conversation. I'm grateful for X, Y, Z. And I'm grateful for being in love.

Amen. And then she'll say, amen. And then pretty much, we just go to sleep.

And we do it every night in bed. I do it in bed because it's with my partner. You might do it around the dinner table with your family.

If you journal in the morning, you might do it in the morning on your own and just write it down every day. It's just a little practice and grace of gratitude to consciously do it. And like I said at the beginning, if you do it before you go to sleep, that magical five minutes that it will take you to do it, or even two minutes, will impact what you think about when you go to bed and sleep for eight hours and potentially dream about it, if not dream about it, consciously or subconsciously actually process it.

If you're into this stuff, it's a bit more woo-woo. It's not for everybody. But I like it.

I've actually written a book called Karma Credits. If you go to Amazon and get Karma Credits by Daniel Hill, leave me a review on Amazon, let me know what you think. It's a quick book.

I would recommend buy it for your kids, buy it for your partner, buy it for your friends, buy it for your team. And it's basically when everybody asked me to write a book, I think they wanted me to write one on wealth or money or business, whereas actually I wrote it on the secrets of success, which for me was Karma Credits. And it's about being a good person, understanding how karma works, putting positive vibes into the world.

It's a very simple book. It won't take you long to read it, but it will change your life. If you read it and put it into place, it will change your life as in it will change the way you live your life and the way you do the things you do.

But also then I believe it will change your life in a positive way because karma comes back around and it'll actually add a lot of value to your life. So check it out on Amazon, Karma Credits. And I hope you enjoy it.

Leave me an Amazon review. If you're into this sort of stuff and you're interested in more than just making money, wealth, health, life by design, spirituality, make sure you go to www.donttalktotenants.co.uk. We're running our annual events. It's the only ones that we do each year for the open market.

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And I wish you all the best for the three-day Blueprint event for those of you that secure your place. Success and failure are both very predictable. I'll see you on the next podcast.

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