



**Ready to become Free and Clear?**  
Get Unstuck and Live the Life You Want



## Gratitude Rocket Fuel Exercise

Begin your morning with this tool to frame the day ahead, or do it before bedtime to reflect on what you've accomplished. Best of all, you can see results from investing as little as ten to fifteen minutes of time. Here are the six steps to take:

### 1. Create.

Open a new Word document on your laptop, the notes screen on your phone, or go old school and take out a blank piece of paper and pen. Take in a deep breath and then exhale. Stop paying attention to whatever else is around you, and focus intently on the page in front of you. Back away from your technology. Ignore the beeps and buzzes that notify you about likes and connection requests. Make sure your devices are on airplane mode, or even better, nowhere near you.

### 2. Consider.

Answer a few questions to get a good understanding about your current circumstances, starting with: "How do I feel today, and why?" Keep the answer simple: "I feel rested and happy from getting enough sleep, ready to tackle the day," or "I'm frustrated because I overate from stress and didn't take good care of myself." Expand on that line of thought a bit by focusing on the why behind it. Then ask: "What else am I thinking about?" Include any other "aha" moments or clarifying thoughts that pop into your mind.

### 3. Acknowledge.

Think about what you did for yourself during the previous day, or in the case of a nighttime practice, the day you just completed. This step is about expressing gratitude to yourself. It acts as proof of the depth of your commitment. List whatever comes to your mind, making sure you note at least one item. This could be that you got enough sleep, walked your dog, exercised, didn't break out the potato chips when work got stressful, found twenty minutes to enjoy an inspiring podcast, and so on. It doesn't have to be particularly ambitious. When I first started this exercise, "taking a minute to think about my life" made the list before evolving into a full daily practice.



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### 4. List.

Make a list of everything you're grateful for at that moment, and the longer the better. Ever since I started doing this exercise, my daily list has skyrocketed from four or five items to well over twenty. It doesn't matter if some items are slightly repetitious. For example, my list from a few months ago included: good health, walked with a friend, the blue dress in my closet that became tight fits better now, finished writing an article, my loving husband, had a good call with my mom, and more. I usually start by listing things related directly to me (good health, ability to exercise, making progress on my book), and then move on to the people and relationships I'm grateful for before adding other things. And you don't necessarily have to be meaningful and profound. I bought a car a few years back that I really like. I named her Simone during the test drive because in my mind she has the dramatic personality of a French soap-opera actress. So Simone made my daily gratitude list for a while, too.

### 5. Leverage

Review your gratitude list, savoring what you're grateful for and acknowledging your role in creating these circumstances or receiving positive developments. Then leverage that sense of positive well-being to ask for more. Note up to three to five new items that you want to claim, based on the belief that it is possible. You could list "Drink ten glasses of water a day," or "Save money to buy a road bike"—the point is that the gratitude you've been feeling is now harnessed as rocket fuel to create more goodness.

### 6. Reinforce

This exercise is living proof of your ability to maintain your trajectory. It shows how you've gotten unstuck in the past, how you can now ask for more, and is a great reinforcement of your capacity to easily bounce back from any backslides or derailments that may lie ahead. I can't stress enough that acknowledging your victories is key. Those small wins will help strengthen your resolve, correct your course as needed, and lead to successful long-term maintenance of your desire state.