

WEEK THREE

THE RIPPLE EFFECT

YOU, GRATITUDE, AND THE RIPPLE EFFECT

Have you ever noticed that it is hard to be grateful and selfish at the same time? One of the many powerful things about gratitude is its ability to take us outside of ourselves.

So far in this program, we've focused on slowing down to notice the things that improve our quality of life and pausing to appreciate them inwardly. We've been learning how to deliberately focus our attention in ways that train us to see the good around us.

Now it is time to take a deep dive into *expressing* gratitude and setting ripples of positivity into motion. One of the easiest ways to do that, of course, is by acknowledging the people in our lives and going the extra mile to offer a meaningful, heart-felt 'Thank you.'

This is a powerful step in creating connection with others which, in turn, increases our sense of well-being.

We've all had the experience of being influenced by someone else's positive or negative mood, right? What would happen if we made a habit of choosing to influence our world by sending ripples of gratitude outward through the people with whom we interact every day? By doing so, we improve our immediate social environment and drastically increasing the chances of that positivity coming back to us.

The ripple effect is real!

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Surely you see where this is going. **This week's journey is all about explicitly sharing gratitude with the people around you.** The chances are very good that you'll experience wonderful, authentic feedback in return as a natural byproduct of your actions.

Before taking the Week Three plunge, however, there's just one more thing to go over. Last week, you noticed that some of the exercises you had done in the past became part of your regular week activities as Habit Builders. **That trend definitely continues this week!**

I also recognize that the work load may be starting to get a little heavy, especially if you are trying to do every single example of every single exercise. Luckily, you don't have to do that. **I have a strategy for choosing fewer exercises, but choosing your exercises wisely!**

If you have noticed that one particular Habit Builder exercise is harder than others, take that as a sign that you need to do it! Probably not what you wanted to hear, but it's true. **The things that come easily don't need as much practice, so spend more of your effort on the things that need strengthening.** Then, later, for a feel good pick-me-up, you can breeze through as many of the easier exercises as you like!

From this week forward, it is up to you to choose how many and what kind of Habit Builder exercises you are going to do each week. Whatever you choose, though, know that **you will experience the most growth if you challenge yourself beyond your immediate comfort zone, and commit to consistency.**

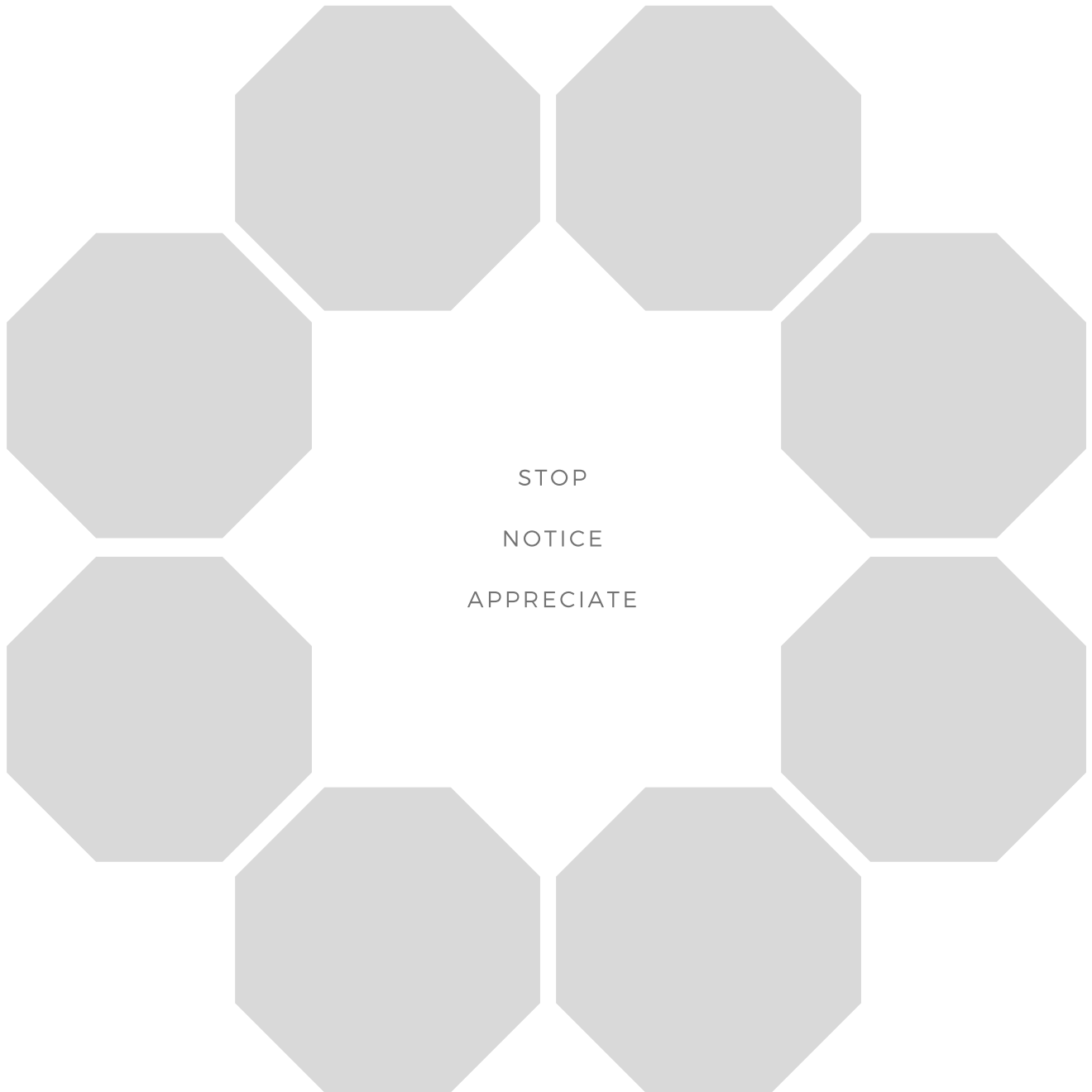
You are doing an amazing job so far, so keep it up! **Trust the process, take care of yourself along the way, and expect beautiful things!**

Next Steps: If you haven't already, listen to this week's Food For Thought mini podcast episode and then turn to the next page to kick off your Week Three activities!



WORKSHEET 14

HABIT BUILDER: PRACTICING GRATITUDE IN THE MOMENT



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WORKSHEET 15

HABIT BUILDER: REFRAMING FROM NEGATIVE TO POSITIVE

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:



WORKSHEET 16

HABIT BUILDER: SPREADING THE [POSITIVE] WORD

CONVERSATION #1 DATE:

WHO I TALKED WITH

WHAT WE TALKED ABOUT

MY THOUGHTS, FEELINGS, OBSERVATIONS, REALIZATIONS...

CONVERSATION #2 DATE:

WHO I TALKED WITH

WHAT WE TALKED ABOUT

MY THOUGHTS, FEELINGS, OBSERVATIONS, REALIZATIONS...

CONVERSATION #3 DATE:

WHO I TALKED WITH

WHAT WE TALKED ABOUT

MY THOUGHTS, FEELINGS, OBSERVATIONS, REALIZATIONS...



WORKSHEET 17

GUIDED MEDITATION: SENDING GRATITUDE OUTWARD

INSTRUCTIONS: To complete this exercise, you will need about 20 minutes of quiet, uninterrupted time for yourself. When you are ready, begin by noting your mental and emotional state before listening to the guided meditation in the space provided below. Then, listen to the **'Sending Gratitude Outward' Meditation** found through the link in your **Week Three Email**.

Afterward, without rushing, give yourself a few minutes to check in with your body and then continue with your reflections.

GUIDED MEDITATION: TURNING GRATITUDE OUTWARD

BEFORE I FELT...

AFTER I FELT...



TIME OF DAY

REFLECTIONS AND INSIGHTS

Next Steps: There's no rush to move on! Enjoy any relaxation or peace you might have found through this meditation. When you do eventually feel ready to move on, turn to the next exercise, 'Gratitude Constellation.'

GRATITUDE CONSTELLATION

HOW TO

This next exercise is designed to focus your attention on the people in your life from all different contexts and levels of interaction.

Let's face it. **Most of us find that gratitude comes easily for our close friends and family members (assuming we have a good relationship with our family).** But what about the relationships in our work environment, or the friends a little more removed from us? How often do we take a moment to appreciate the ways in which these people also bring something meaningful to our lives?

Taking it even a step further, what about the people we interact with in passing, like the cashier at our local grocery store, or the barista who always takes extra care of us at the coffee shop? We may not even know their names, but they bring something unique and valuable into our day to day life. It might be on a smaller scale than we are used to acknowledging, **but there is often a purity or generosity to their actions that is absolutely worthy of gratitude.**

The following assignment is pretty simple. On the next page, you will see a constellation of different sized circles waiting to be filled in. **The largest circle at the center represents you.** The next biggest circles are for the people in your inner most circle of trust. The next size down is for colleagues, or the people in somewhat more removed social circles. The smallest sized circles are for the people more on the periphery of your daily interactions.

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Fill in your constellation by writing the names of people for whom you feel gratitude in the circles. Add as many circles to your constellation as you need to have it accurately represent these people in your life.

Along with each person's name, write at least one specific and meaningful thing for which you are grateful about this person.

When you have completed the constellation, turn to the following page and take some time to write down your reflections.

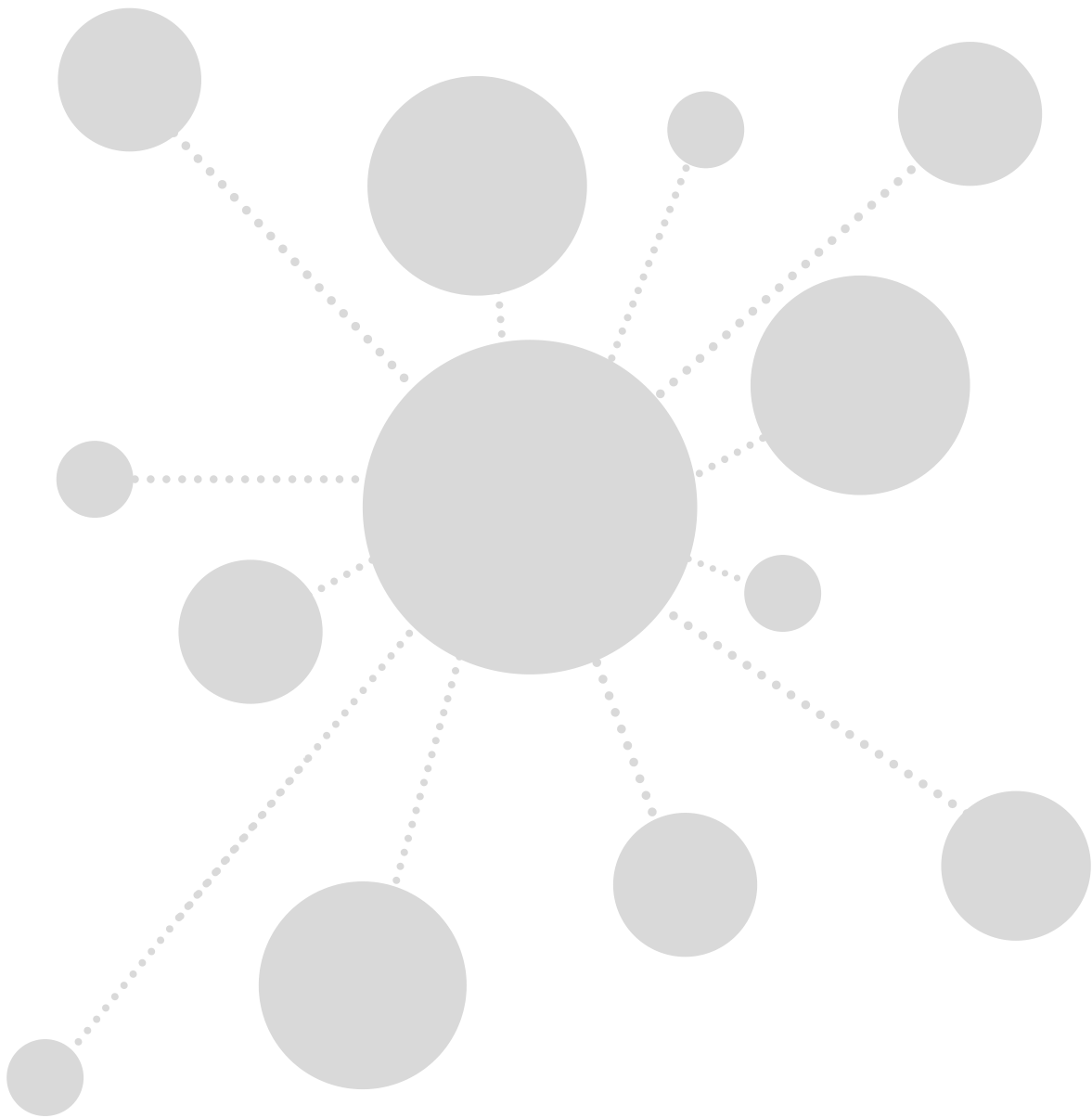
Next Steps: Complete Worksheet 18 in your own time and when you're ready, watch the video in this week's 'Going Deeper.' If you need a little inspiration in the meantime, check out some uplifting thoughts and perspectives on gratitude in the Mid-Week Pick-Me-Up section on the webpage.



WORKSHEET 18

REFLECTION: RELATIONSHIPS THAT MATTER

MY GRATITUDE CONSTELLATION



(Continued on the next page)

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WKSHT 18, *CONT.*

Consider all the people you've included in your constellation. How does it feel when you see their names together in one place? Are there any surprises?

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Do these people know they play a positive role in your life? If not, how could you show more appreciation to them?

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How would your life be different without these people? Start with the smallest circles, then work your way up to the biggest ones.

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Next Steps: If you haven't already, watch this week's video in the 'Going Deeper' section of Week Three.

MID-WEEK MINI CHALLENGE

HOW TO

As we move into this week's mini challenge, remember that you don't need to be doing absolutely every single exercise in order to be strengthening your gratitude habit. **Every effort you make, big or small, keeps you moving in a really beautiful direction!**

This week, you're in for a good time! **This mini challenge is designed to give you a good dose of the warm and fuzzies!**

Your task is to set gratitude ripples in motion by writing one note of gratitude to three different people – one person from each level on your Gratitude Constellation. Your letter doesn't have to be long, but you do need to be sincere, authentic, and specific about what you are expressing gratitude for.

How has this person helped you, touched you, or made your life better? What have you learned from them? Be specific, and reference actual moments if you can.

Take as much time as you need to do this challenge properly. It is a beautiful opportunity to deepen or reaffirm a precious connection with another human being. You have the potential to give them a profound gift and touch them in powerful ways.

Rise to this opportunity and watch the blessings come.

Once you have delivered your gratitude letters, take some time to respond to the reflections on the next page.

Next Steps: Come back at the end of the week and listen to your 'Release and Re-Center' meditation that goes along with Worksheet 20.



★ WORKSHEET 19

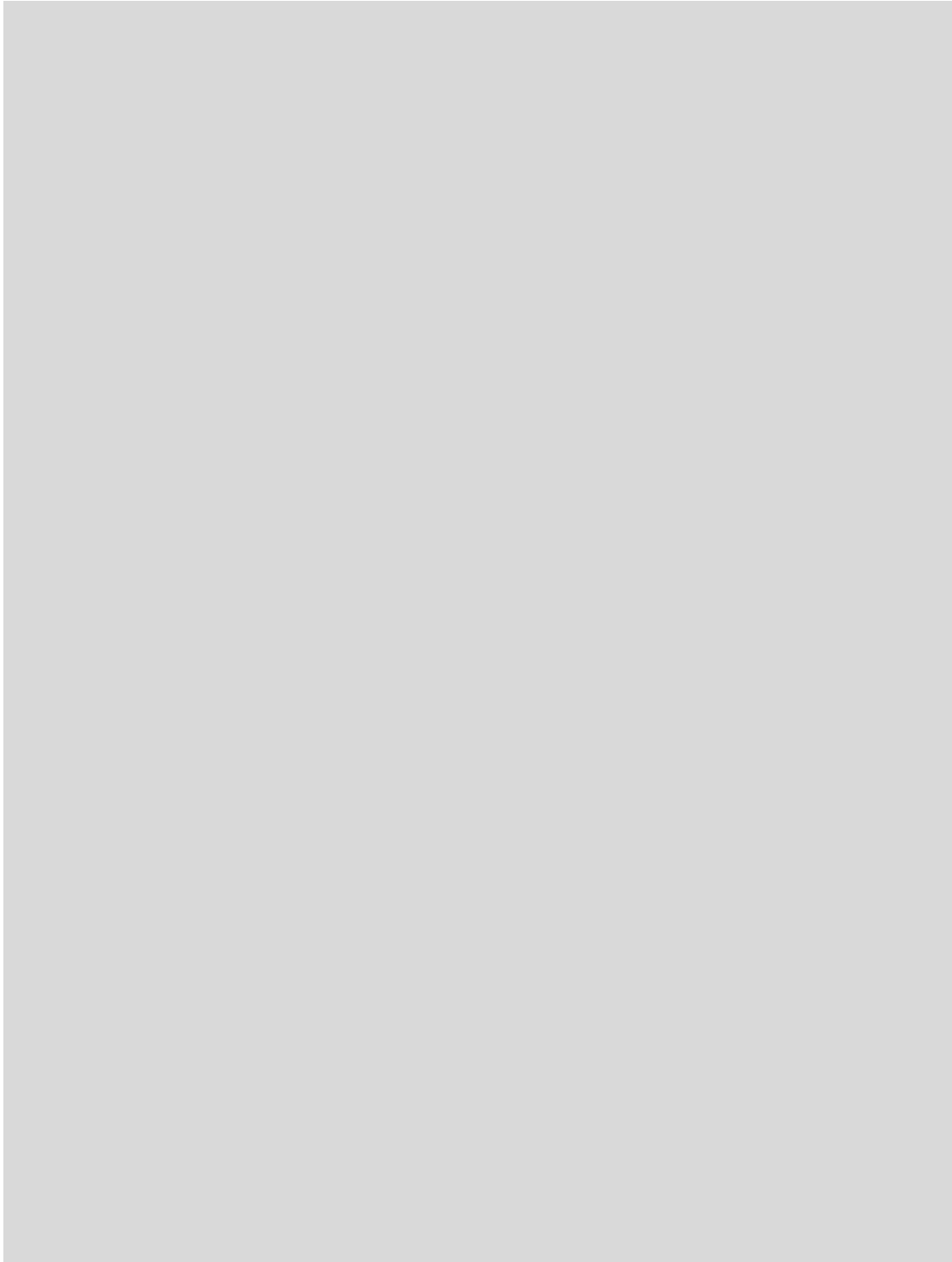
MID-WEEK MINI CHALLENGE

INSTRUCTIONS: To whom did you express authentic thanks, for what, and how did it make you feel? What was their reaction? If they didn't say much, or you didn't see their reaction, imagine and describe what they might have felt internally as a result of your expression of gratitude. How might your relationship be different now?

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WKSHT 19, *CONT.*



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WORKSHEET 20

GUIDED MEDITATION: RELEASE AND RE-CENTER

INSTRUCTIONS: To complete this exercise, you will need about 20 minutes of quiet, uninterrupted time for yourself. When you are ready, begin by noting your mental and emotional state before listening to the guided meditation in the space provided below. Then, listen to the **'Release and Re-Center' Meditation** found through the link in your **Week Three Email**.

Afterward, without rushing, give yourself a few minutes to check in with your body and then continue with your reflections.

GUIDED MEDITATION: RELEASE AND RE-CENTER

BEFORE I FELT...

AFTER I FELT...



TIME OF DAY

REFLECTIONS AND INSIGHTS

Next Steps: Before the start of the next week, take some time to complete Worksheet 21 on the next page.



WORKSHEET 21

END OF THE WEEK REFLECTIONS

INSTRUCTIONS: Allow yourself some time to reflect on your journey so far. What has stood out for you this week? What was challenging and what came easily? What would you like to experience more of? Try not to edit yourself as you write. Allow your mind and your pen to write freely.

A large, solid gray rectangular area occupies the center of the page, intended for the user to write their reflections.

