



GRATITUDE CHALLENGE

LIVE A HAPPY AND EFFECTIVE LIFE BY
UNDERSTANDING THE VALUE OF
GRATITUDE.



GRATITUDE CHALLENGE

THE GRATITUDE CHALLENGE IS AN AMAZING OPPORTUNITY TO BRING PEACE AND HAPPINESS INTO THE CENTRE OF YOUR LIFE.

GRATITUDE IS THE ATTITUDE OF FEELING GRATEFUL. AN ATTITUDE IS A HABIT OF THINKING OR A TRAINED LINE OF THOUGHT.

SO, THE GOOD NEWS IS THAT IF WE ARE ON PURPOSE WITH WHAT WE NOTICE AND THINK ABOUT FOR A PERIOD OF TIME THERE IS A REAL OPPORTUNITY TO INFLUENCE OUR GOVERNING ATTITUDE.

THIS CHALLENGE IS DESIGNED FOR OUR STUDENTS TO NOTICE WHAT THEY HAVE, REFLECT ON WHAT THAT MEANS AND TO EXERCISE THE ATTITUDE OF GRATITUDE.

AT THE HIGHEST LEVELS WE WANT THEM TO EXPRESS THAT GRATITUDE AND USE AFFIRMATIONS TO SEND THE MESSAGE DEEP INTO THEIR EMOTIONS SO THEY CAN INFLUENCE WHO THEY ARE AT THEIR CORE.

ONE THING I KNOW FOR SURE AND THAT IS IF YOU ARE UNHAPPY YOU ARE DEFFINITELY NOT IN THE ATTITUDE OF GRATITUDE. UNHAPPINESS IS BORN OUT OF NOTICING WHAT YOU DON'T HAVE OVER WHAT YOU DO HAVE, THAT'S NOT TO SAY THAT THE SITUATION YOU FIND YOURSELF IN IS YOUR FAULT OR NOT REAL. WE ARE NOT TALKING ABOUT CIRCUMSTANCES BUT ATTITUDES. ATTITUDES ARE HABITS OF THOUGHT SO WE ARE SAYING IF LIFE HAS LESS HAPPINESS THEN YOU WOULD LIKE THEN THERE IS A REAL WAY TO SHIFT THAT FEELING.

THE EXERCISES IN THIS CHALLENGE ARE IN 4 LEVELS TO REFLECT THE AGES ATTEMPTING IT.

4 TO 7 LEVEL 1,

7 TO 9 LEVEL 2,

10 TO 13 LEVEL 3 AND

14 AND ABOVE FOR LEVEL 4.

OF COURSE, A STUDENT CAN ATTEMPT ANY LEVEL, JUST REMEMBER IF YOU ARE DOING LEVEL 4 THEN YOU DO ALL 4 LEVELS, LEVEL 3 ALL 3 LEVELS AND SO ON.

I WOULD ENCOURGE AS MANY MEMBERS OF A FAMILY AS IS PRACTICAL TO TRY THIS AT THE SAME TIME THUS GIVING A MASSIVE BENEFIT OF HAPPINESS TO THE FAMILY.

GOODLUCK

SENSEI



54939437

LEVEL 1

MY GRATITUDE LIST

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

REMEMBER THE MORE THINGS YOU ARE GREATFUL FOR THE HAPPIER YOU WILL BE. WRITE YOUR LIST AND BRING IN YOUR COMPASSION ITEM. ONCE YOU HAVE COMPLETED YOUR LIST TURN IT IN AT THE END OF THE MONTH TO EARN YOUR BADGE.

©copyright south east self defence



GRATITUDE CHALLENGE

LEVEL 2

EXPRESS YOUR GRATITUDE.

IMAGINE IF OUT OF THE BLUE, SOMEONE
RANG YOU UP AND SAID..

“HEY (YOUR NAME – THEIR NAME), I WAS
JUST THINKING OF YOU AND I WANTED YOU
TO KNOW HOW IMPORTANT YOU ARE TO ME.
THE OTHER DAY WHEN YOU (HELPED ME –
WHAT EVER THAT WAS), I REALLY
APPRECIATED THAT. IT MADE ME FEEL LIKE
(SOMEONE CARED – WHAT YOU FELT) AND
THAT JUST (LIFTED MY DAY- WHAT DID IT DO
FOR YOU). YOU TRULY ARE A BLESSING TO US
ALL. THANK YOU.

IF THIS HAPPENED TO YOU, I AM SURE THAT IT WOULD COMPLETELY
CHANGE YOUR DAY. **IT MAY EVEN CHANGE YOUR LIFE.** USE THE TEMPLATE
ABOVE TO REACH OUT TO SOMEONE THROUGH WHATEVER MEANS AND
ROCK THEIR WORLD. IF YOU THINK IT, THEN DO IT – RIGHT NOW OR AS
CLOSE AS POSSIBLE. YOU NEVER KNOW WHAT THE TIMING MIGHT MEAN.
LIKE ALL ACTS OF PRAISE, THEY MUST BE REAL AND PERSONAL TO BE TRULY
APPRECIATED AT A DEEP LEVEL.

U R OK



GRATITUDE CHALLENGE

LEVEL 3

30 DAY GRATITUDE JOURNAL.

JOURNALING IS A DISCIPLINE AS IS MAKING CHANGES TO OUR ATTITUDES AND HABITS.

COPY THIS SHEET OR USE ANOTHER SHEET BUT FOR 30 DAYS COMMIT TO WRITING THE FOLLOWING STATEMENT. BE CREATIVE AND DON'T LIMIT YOUR GRATITUDE TO THINGS THAT EXIST HERE AND NOW BUT HAVE AN EXPECTATION FOR THE FUTURE AS WELL. BE GRATEFUL FOR THOSE THAT ARE YET TO COME THAT WILL GUIDE YOU AND HELP YOU ON YOUR JOURNEY.

TODAY I AM SO HAPPY AND GRATEFUL FOR:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



GRATITUDE CHALLENGE

LEVEL 4

SEND OUT WHAT YOU WANT BACK

TAKE TIME EACH DAY TO SIT QUIETLY AND ASK FOR GUIDANCE FOR THE DAY

TAKE A FEW MINUTES EACH DAY TO SIT QUIETLY, BREATHE DEEPLY AND IN A RELAXED STATE SIMPLY ASK THE QUESTION, "PLEASE GIVE ME GUIDANCE FOR TODAY". NOTICE WHAT COMES TO YOU. THIS CAN BE A VERY POWERFUL EXERCISE ESPECIALLY AFTER DOING THE PREVIOUS EXERCISES.

SEND FORGIVENESS AND PROSPERITY TO A DIFFICULT PERSON

This is not easy but take time to visualise this difficult person whom-ever they may be, having a great day. Imagine everything going right for them. Imagine them prospering. In-fact imagine for them a day that you would dream of for yourself.

My experience with forgiveness is that it operates at a very deep level in a person's mind. There is a real difference between saying you're sorry and having someone forgive you.

The act of forgiveness unbinds the wounded from the attacker and allows you to chart a new course without the mental anchor. It would be unwise to underestimate the power of forgiveness.

WRITE THIS AFFIRMATION WITH YOUR NON- DOMINANT HAND FOR 30 DAYS

I AM SO HAPPY AND GRATEFUL NOW THAT I REALISE MY **SPIRITUAL DNA** IS PERFECT AND THAT PERFECTION IS WITHIN ME. I LOOK EVERYDAY FOR WAYS TO EXPRESS THIS GOODNESS IN ALL AREAS OF MY LIFE. I EMBRACE LIFE AND FEEL CAPABLE OF MEETING LIFE AND ITS CHALLENGES WITH EASE AND GRACE. I KNOW THAT EVERYTHING I NEED WILL APPEAR AT THE RIGHT TIME AND I ATTRACT TO MYSELF AND THOSE THAT I CARE ABOUT HEALTH, WEALTH AND HAPPINESS IN EVER INCREASING AMOUNTS.