

GRATITUDE

A Path to Healing

How to bring gratitude into your daily life to shift your path

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Gratitude – My Path to Healing

Gratitude has power well beyond just thanking and acknowledging others.

It has the power to transform and heal your life.

Some things about me to help set the stage:

- ▶ I have lived experience with depression, anxiety attacks and suicide ideation
- ▶ I love stories
- ▶ I am great at gap analysis – my inner critic/ skeptic

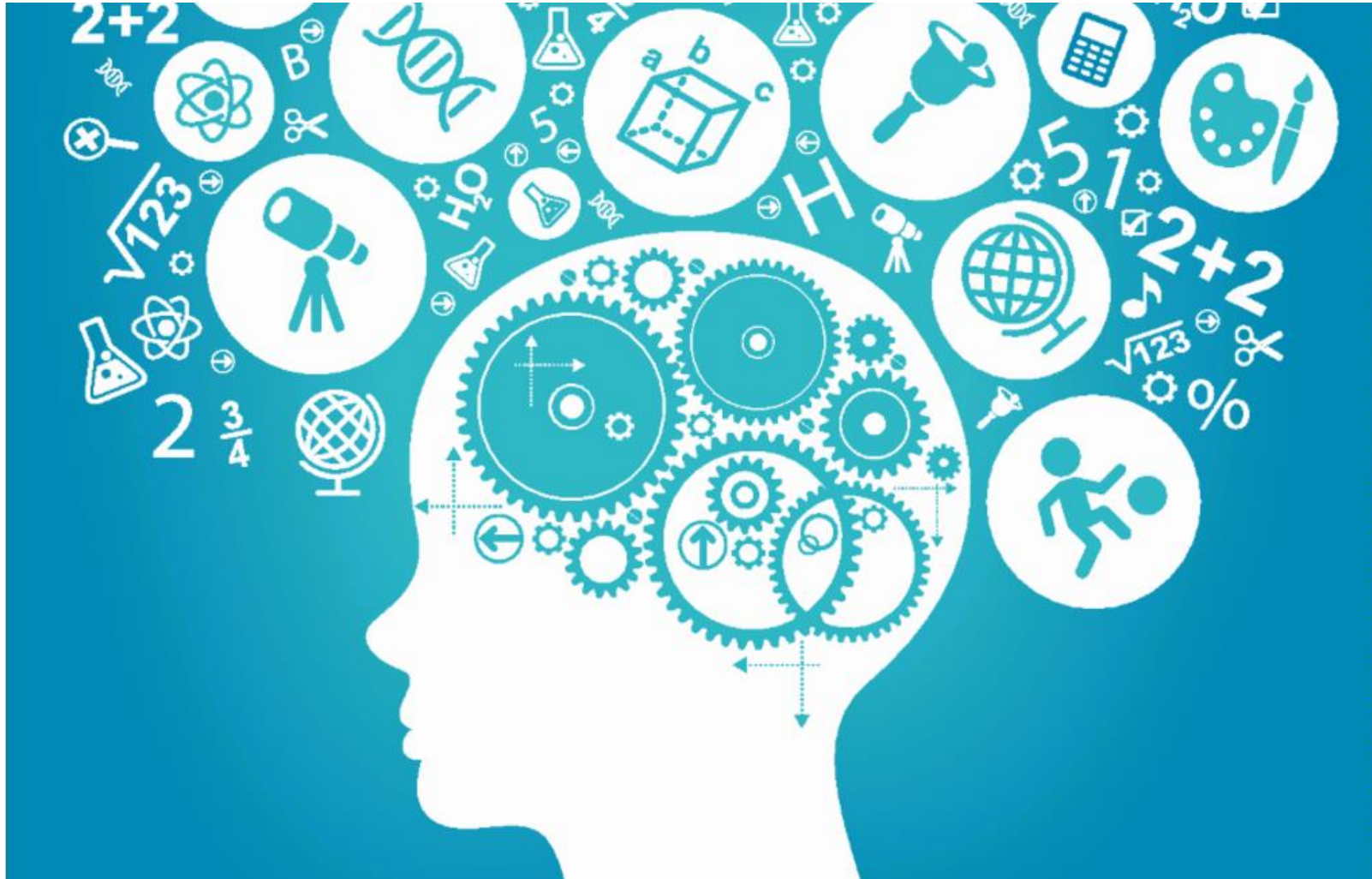


Begin at the Beginning



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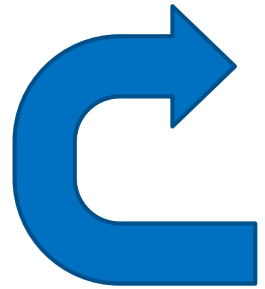
Mind is Amazing



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Body Connection

▶ Calm



▶ When I find the gratitude , I release tension.

▶ When I release tension more is possible.

▶ The more that is possible the clearer my path.



Bad Days



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Begin at the Beginning

- Start of the gratitude journal
 - I am grateful

To begin with find 1 to 3 things a day that you are grateful for

- More power in things that you have actively made happen in your day
- Find a way to remind you



How can you bring gratitude into your life?

- ▶ To begin with find 1 to 3 things a day that you are grateful for
 - More power in things that you have actively made happen in your day
 - Find a way to remind you
 - 1 week
- ▶ Shift to 5-8 things that you are grateful for in the next couple of weeks
- ▶ Move into finding and writing down 10 things you are grateful for
- ▶ Have a gratitude buddy



Gratitude – Part of My Story

It is part of my day to day life. It is part of my practice

- ▶ Journal that includes 10 things each day that I am grateful.
For
- ▶ 365 days of Gratitude on Social Media – Facebook
- ▶ Large Gratitude Jar
- ▶ Encourage my clients to find things to be grateful for in their lives





Thank You

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