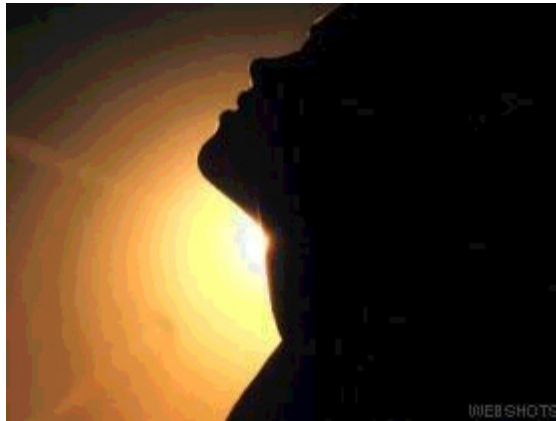


Gratitude Journal & Reflections
By Terri Giosia

A cornucopia of thoughts to ponder, coaching "moments" and exercises that will enlighten, inspire and motivate you towards your wellbeing and the ability to live your authentic self!



Remembering the Path

Remember why you started on the path that you have chosen for yourself. Even if you are not quite to the point you want to be, enjoy your daily progress. Honour and even celebrate where you are right now. If you do not have fun with the steps you take forward, what is the point of continuing? Nan Einarson

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Welcome to your journey within....being grateful, shifting your perception and being able to allow yourself to be happy. Yes, allowing yourself...as only you have the power to allow what you desire into your life.

This is the beginning, I invite you all to go out in the next day or so, and get a "journal", and that will become your "gratitude journal". I am but the vehicle that will allow you to ponder the many things that will bring upon reflections and changes into your life. Are you ready?

One of the first questions I ask every coaching client is "Are you living for an audience?" at first this seems quite simplistic, and I tell everyone to really think about it, from the way you dress, speak, where you live, work, your thoughts, beliefs, morals, values, etc...are all a product of what we've been told over the years (most of it from our very early years) and as time goes by, we get so used to "living" this way, never stopping to think "is this really who I am, and is this how I think or is it because I was taught this way?"

Coaching Moment: An example of that (a previous client) was raised in a conservative household, and now at 32 she was wondering why she wasn't feeling "alive", not enjoying her present job or relationships. She was reserved, very shy and limited in her ability to show affection. In looking at the "do you live for an audience?" she was told at a young age, that showing affection too freely gives the wrong impression.....just by having that thought placed in her head at an early age set her along a path of not being able to show or feel affection, smiling and hugging was very difficult for her.

A simple sentence manifested into years of living a lonely existence, she came across very snobby and aloof, her colleagues thought her cold and unfeeling, yet within she felt passion and unknown emotions but didn't know how to release it.

This realization was tremendous for her. Her 1st assignment was to smile more often, as this is the "magic" that makes you more approachable. Sounds easy, yet it's not as simple as all that, as when you're told something at a young age, such as "don't smile" that is ingrained in your mind...feeling as if you don't have "permission" to do something, it stays with you and as an adult, we have to give ourselves permission to live and do what we desire and what we believe.

She began slowly, smiling at those waiting in line, on the bus, and at work, she soon realized that people actually smiled back! Connecting, being human, it's a natural thing to do, yet for many they have to re-learn it as adults.

Years ago, the book that made a huge impact in my life was "You can Heal your Life" by Louise Hay, and when I read this one line, it changed me forever! "You have to put your mind on a mental diet". I have used a million times since! Basically it means, we have to remove the behaviours; thoughts etc....that were placed there and replace them with new thoughts and behaviours.

Thought to Ponder: Never regret not doing something or a missed opportunity..... it's not something to regret, but to realize that we didn't see it, or know it....and it wasn't the right time.

Creative Visualization

How to make a visualisation board:

1. Cut out pictures of the things you really want in life
2. Pin them up on a board, or glue them on to a big piece of card board.
3. Put it up on a wall where you can see it every day.
4. Start visualising your ideal life!

Settle yourself in a quiet place and write a list of absolutely everything you want to create in your ideal life. Think about your health your wealth your relationships ...Be specific! What do you REALLY want? In order to really allow things to manifest in your life, you have to believe you deserve it, and the pictures alone will not be enough. Remember the "mental diet?"

Well, you have to remove negative thoughts such as:

- You're not good enough
- You're terrible at sports
- You're not as attractive as your cousin Joanne
- Too fat, too skinny, etc....

.....and the myriad of other thoughts that run through you mind, that have made your self esteem and confidence perhaps not what it should be.

Replace those thoughts with:

- I'm love playing sports
- I am good enough and deserve the very best
- I am attractive and surround myself with positive energies

So now, in your journal write down 15 negatives, and replace them with positive affirmations, always in the present.

Writing in your journal daily, they'll be absorbed into your subconscious, you have to believe you are those wonderful and positive things. As a corporate trainer many years ago, I would tell my agents to "fake it till you make it"

By doing these daily.....something will begin to shift, and you'll be gaining a new perspective, and this will slowly lead you to feeling better, looking better and drawing into your life positive energies and opportunities.

Perception and how we see things is key to a happier and healthier life. Perception is being able to shift your thoughts in order to see things in another light. An example of that, is to be more forgiving of those that have hurt or disappointed you, in reality it's a reflection of perhaps having placed too high an expectation in someone else, hence the disappointment is really your own doing... (You've shifted your perception)

In order to truly live in the "now" its crucial to be able to shift your perception, from what happens to you, to what someone says, as you have no control over that....the only control you have is how you react to it. You have the power to make it affect you, or not. This indeed takes practise, and you have to be aware of it every day. Being able to "shift" your thoughts in order to have well being and wellness in your life is so vital to your well being....and don't you deserve it?

I believe the magic in being able to shift perception, is to begin by counting your blessings, to be grateful every day, for the big things and the little things. From that great cup of coffee, to noticing the first buds of the trees in spring time, to no traffic on the way home....it's about saying "thank you" every day you're alive!

"Once you make a decision, the Universe conspires to make it happen" Emerson

Wellness coaching tips:

- **Turn disadvantages into advantages.**
- See the beauty in people.
- Experience more **appreciation** and **love**.
- Feel more hopeful.

Begin now, to write down 3 things you are grateful for:

1. _____
2. _____
3. _____

At first you'll write things down like "my health, family, friends" and that's great...however, being thankful the little things brings even further appreciation. Taking the small things for granted we lose sight on the how important every little thing is. By doing this every day, coupled with your affirmations you will begin living in another state of mind, to appreciate all you have, never take anything as a given, and start attracting energies you never thought existed!

"Living consciously involves being genuine; it involves listening and responding to others honestly and openly; it involves being in the moment" **Sidney Poitier**

Wellness Coach: Every year, about the time of the last of the harvest, (end of October) I tend to reflect, to see what I've reaped, and what I've sown all year long. As the seasons change so do we and I've been making it a ritual ever year to really give thought to the harvests with the following questions:

- What did you learn?
- What did you do?
- How have you grown, deepened, or changed?
- What were the events or accomplishments (big or small) that occurred?
- Taking stock and cleaning out the closet (unclutter your life) from toxic people or activities.

This enables you to look back, see what you've accomplished, allows you to see what you wish to work on and how far you've come. Remember, every little thing counts, so pat yourself on the back for everything you've learned, accomplished and revel in the changes.

Choose to be happy....make being "happy" your lifestyle!

Practise Happiness by:

The words you speak
Living in the present
Being thankful
Helping and caring for others
Living with a purpose

Happiness is a lifestyle, a choice you make. When I hear others say that "so and so makes me happy" that's wonderful, yet....if that "so and so" goes away or isn't around are no longer happy? Happiness comes from within, like everything else, you and you alone have control over your happiness or lack there of.

Happiness must be practiced every day. With practice attitudes change, barriers are overcome and life is experienced with gratitude and satisfaction.

Appreciate the "now" and live in the moment!

Do you notice with the buds begin to bloom in spring time? Do you wave at the kids on the school bus when you're driving to work? If you do, GREAT! If not, why not? It's those little things that puts a smile upon your face, makes you feel good to be alive!

You don't have time.....well then, take the time, and slow down. When we choose to slow down and really experience the gifts in our lives, we get a whole new perspective on what living's all about. Opportunities come in many shapes and forms and it's up to each and everyone one of us to take them and turn them into moments that either manifest into great professional opportunities and in our personal lives they can become great moments to be cherished and revelled in.

Are you aware of the many "moments" that you've passed by? Start today, be aware of them, and see them for what they are. And once again, be thankful. A great song from the 70's by Trooper goes like this, "**we're here for a good time, not a long time so have a good time cause the sun don't shine every day**". Make every day filled with moments of sunshine!

A favourite quote: Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can.

Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with old nonsense.

--Ralph Waldo Emerson

Stress/Time Management

More time, less stress, a balanced life, but how? Everyone's concern is their well being, yet they are too busy to do anything about it. So the vicious circle is ongoing. Taking responsibility to make changes is up to you. If you've already started doing some writing in your journal, that's great, if not read the list below.....you may feel the need to hire a trainer, or coach, a nanny or even a part time employee...if that's what it takes, then do it!!! Aren't you worth it?

- Learn to say "no" in your personal and professional life
- Delegate when you can
- Taking time every day for yourself
- Laughter is the best medicine!
- Don't over schedule/over book your agenda
- Breath (exercise, yoga or just going for a walk)
- Becoming more optimistic
- De-clutter your world, getting rid of negativity is key!
- Get enough sleep

Make the most of yourself, for that is all there is of you. Ralph Waldo Emerson

Dear Reader, do you believe you deserve success, love, balance, peace, prosperity, if you don't you will not attract it into your life.

Look around you, the friends you've had, the situations you lived through, yes everything happens for a reason, however....as we evolve, gaining self esteem and confidence we must realize that we attract into our life what it is we give off....if you're negative you will continue to attract negativity.

Question: Do you sabotage your own well being by surrounding yourself with toxic people?

Coaching Tip: If so, then you have to take the steps to change that....getting rid of toxic people (emotional vampires) is draining on your emotional and physical well being. How do you do that? Well, it's as simple as screening calls, being too busy, and sometimes blatantly telling them that you're going through a change in your life, and need some "space" and time to un-clutter your life so you won't be available for the weekly bridge games, or drives to the mall on Saturdays.....if they don't get it, that's their problem not yours.

Learning how to say "no" ah yes....saying "no" or getting caught off guard....here's a great line, use it on your next phone call when invited or asked to do something, you say, "Jane, I'll have to get back to you" This allows you to think about if you really wish to do something or not....and don't feel badly, it's your life and your time, so it's precious and important you preserve and do what you wish to do.....

Laughter!!!

We've all heard how "laughter is the best medicine" and I've given countless seminars in the last year on "laughter, the benefits of it, how to see things with a sense of humour" and how that enables you to shift your perception and appreciate the "now".....did you forget how to laugh, or just never realized that perhaps you don't laugh as much.....

Tips for More laughter in Your Life

1. Look for humor around you--on signs, in people's behavior, on TV, in the newspaper, the things others say, the crazy things that happen to you and share them with others!
2. Laugh with other people when they laugh.
3. Seek out entertainment which makes you laugh.
4. Amuse yourself with your own sense of humor.
5. Give yourself permission to laugh at anything you need to.
6. Do at least one silly, non-conforming thing a day

(Excerpt from "the Awakening, by Sonny Carrol) " Learn to be thankful and to take comfort in many of the simple things we take for granted; things that millions of people upon the earth can only dream about; a full refrigerator, clean running water, a soft warm bed, a long hot shower. Slowly, you begin to take responsibility for yourself, by yourself and you make yourself a promise to never betray yourself and to never ever settle for less than your heart's desire. You hang a wind chime outside your window so you can listen to the wind, and you make it a point to keep smiling, to keep trusting and to stay open to every wonderful possibility"

Dear Reader,

Be true to yourself, tell those you love and care about that you do, if someone's made a difference let them know, if you're in a bad relationship ask yourself why, in a job that doesn't stir your passion think about changing jobs, want to take up snow boarding, the piano, climb a mountain....put it on your agenda and set a date to do it!

Thank you

Terri Giosia

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"Live as if you were to die tomorrow.
Learn as if you were to live forever." Ghandi