

I AM FULL OF GRATITUDE & ABUNDANCE

November 2020

1. If you truly believed the statement, *I am full of gratitude and abundance* how would your life be different? How would you choose to see the world? How differently would you show up in your life?

FLIP the Gratitude Switch Formula

F: “Find the frustration.”

When something happens that is the least bit frustrating, acknowledge it, and realize you are being given the gift of initiating the FLIP Formula.

L: “Look for what’s awesome.” Isolate that frustration in the moment and analyze it for something that can be considered awesome. Find the blessing embedded in the hardship, the joy embedded in despair, and the success embedded in the failure.

I: “Initiate gratitude.” This is the moment that the Gratitude Switch is flipped, and the moment everything changes by truly activating the power of gratitude. Face the frustration and say, “Thank you for being my teacher.”

P: “Power up with #Gratfuel.” Now that you have experienced and activated gratitude, allow the internal feeling you’re experiencing to fuel you onto the next frustration or hardship you may encounter, and then repeat the FLIP formula.

Let’s practice flipping the switch...

“Could I suggest that we see gratitude as a disposition, a way of life that stands independent of our current situation? In other words, I’m suggesting that instead of being thankful *for* things, we focus on being thankful *in* our circumstances—whatever they may be.” – Elder Dieter F. Uchtdorf



F: Find the frustration. What is your circumstance? What is the frustration you are facing? Describe it in detail and then recognize that this is an opportunity for you to practice gratitude.

L: Look for what's awesome. What is one thing that is awesome about this? How is this hard thing serving you? Are you learning something new? Is there something you see differently now?

I: Initiate Gratitude. Recognize what the awesome thing is and say to yourself, thank you *frustration* for being my teacher.

P: Power up with #Gratfuel. How do you think? How do you feel? How can you use this to propel you forward in your life?
