

THE BUILDING BLOCKS OF  
HAPPINESS  
BY ERICA TERBLANCHE



# GRATITUDE IS A HIGHWAY TO HAPPINESS

This practice will help you become more aware of your blessings than your sorrows.

Three Simple Steps 

# WHAT WE FOCUS ON IS HOW WE EXPERIENCE OUR LIFE

Before starting the three steps, focus on grounding yourself:

- Take a deep breath in for four counts, exhale for five.

And again

And again.

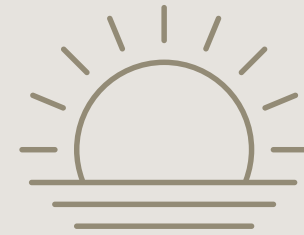


Now, we move to Step 1 

# NAME THREE THINGS YOU ARE GRATEFUL FOR IN YOUR LIFE

It could be parents/ a roof over your head/ a friend/ a loving spouse/ family/ a job/ a kidney/ your health, or even that you don't have a toothache today, or a headache - the list is long once you begin to count your blessings!

# NAME THREE THINGS THAT HAPPENED IN THE PAST 24 HOURS THAT YOU ARE GRATEFUL FOR



That you woke up this morning/ a delicious coffee/ that you went out for a run/ a cuddle with your dog/ a goodbye kiss from your child/ someone on your commute smiling at you/ a nice text message from a friend/ a beautiful sunset/ that you learned this gratitude practice and that you are doing it. There is so so much every single day that we can be grateful for and that will help us build our muscle of gratitude and happiness.

# NAME THREE THINGS ABOUT YOURSELF THAT YOU ARE GRATEFUL FOR

Anything in your personality - maybe you are kind/ diligent/ honest/ friendly/ helpful  
or anything you are grateful for in your abilities, skills, or talents.

Perhaps you are funny/ smart, or creative -

Or can see far/ hear well, or you are able to speak clearly or write well. Maybe you are  
good with your hands or have green fingers for gardening, or have a talent to sing/  
dance.

You may be a good boss or you are good at your job.

You could be grateful for anything regarding your body - maybe you have beautiful  
eyebrows/ eyes or feet - maybe you have a strong immune system or good health or  
maybe you are fast and have strength or endurance. Maybe you have two working legs  
and a healthy heart.

We are all worthy of love. Each of us has a right to happiness. So often we focus on the things we don't have or are not - rather than see the incredible great fortune of who we are and what we DO have.

It is quite simple - what we focus on is how we experience our life. So make it your job in this next week to train yourself to focus on the good - and on the blessings.

Gratitude is a strong habit for happiness.

Build your gratitude muscle.

