



Shift Now:

Get out of pissiness and into 'thank you'

Ahhh, welcome!

Take a deep breath and get all nice and comfy wherever you are.

I'm psyched that you've chosen to hop on this wagon with me and take a ride around your inner wilderness. No need to do anything special, gather any kind of special supplies (except perhaps a fabulous writing utensil, and some kind of timer), or go anywhere special. (Weeeelllllll actually, scratch that last bit because I firmly believe that your insides are pretty damn special).

Ok... are you wondering "what's it all about"? Yeah? Cool, 'cause I'd love to tell ya 'bout it.

Shift Now: Get out of pissiness and into 'thank you' is all about giving you a real taste of what gratitude can actually do for you.

Right here.

Right now.

It's a fairly quick (you can expect to spend anywhere between 15-30 minutes on this, depending on how quickly you get through each piece) and incredibly revealing set of exercises designed to walk you through the experience of seeing yourself from the end of your life... backwards. From this unique perspective, you'll allow yourself to get a clear and high-level view of the specific ways that gratitude can seriously shift things. I'm talking magic-making shifting. Still with me?

Excellent!

Let's begin then, shall we?

But before we jump right into the exercises, a quick bit of background on me and some commentary on our 'normal' behaviors... (You're almost there, promise!)



So here we are. All of us here together on this big, beautiful, blue Earth.

We very often get so caught up in our own day-to-day drama (crap), that we just flat-out forget to stop. To take a look around ourselves. To **truly** see and recognize what's all around us. *There is so much of 'the wonderful' all around us, all the time.* And sadly, far too often, we just don't even see it. Those glazed-over eyes, focusing on getting through the next damn thing...? Yeah, they don't see much aside from the blur of people/experiences/events directly ahead.

(And then we wonder why life feels so dry and stale... Why we're so easily angered and frustrated... Really?)

But listen, I get it... Really, I do.

Sometimes, you just want to be pissy. Something has put you into a mood and dammit, that's just the way it is. You, consciously or unconsciously, decide that you're just going to sit with the pissiness and let it be where you are right now. Ok, fine.

There comes a time, though, when you get over yourself.

Yeah. Maybe you look around outside of yourself and recognize now (in a way that you hadn't before) that there is real and true suffering in this world. Suffering that goes far beyond what you've known in your own life. (This is not to downplay everything you've gone through yourself. Not even in the slightest. We each, eventually, have our own levels and types of suffering.) Maybe now you realize, though, that wallowing in your own 'schtuff' isn't actually *getting you anywhere*. (Duh.) It's not doing a damn thing for you except, perhaps, making you more bummed out and more disinterested in doing something about it.

Does any of this sound, even vaguely, familiar?

This has been me for much of my life. I have almost always, as my default, seen the gray in the clouds rather than the silver lining (which *really* is always there, if you want to put the effort into finding it. No whining allowed here. Just do it.). And I could sit here and tell you about how I went through some stuff growing up, and how I became rather cynical and distrustful by nature because of it. I'm pretty sure that you could tell me some stories of your own, right?

But, man, that cynical and pissy crap? It gets SO OLD.

Rather than going **there** for, oh I dunno... the umpteenth time, whaddya say we look at shifting things around a bit now?

In order to begin that shift, though, we need to look just a teensy bit more closely into the nature of life itself, and our general reaction to it.

Most of us do not want to look at the nature of life too closely (*meaning: that it ends*) because it's scary stuff, and c'mon... it's easier to just turn a blind eye and act as though we're going to live on into eternity.

However.

We all know that's bullshit. (Did I hear an 'amen?')

The *one sure thing* about life, is that it's going to end. For each and every one of us, no exceptions. (Yes. That means you too.)

Now, when you really consider that fact, and re-frame your perceptions around it... things start to shift in your life a bit. So, that's where we're going to start. (That fabulous writing utensil will come in handy very shortly.)

*Were you able to easily fill all the lines that were available, or did you run out of ideas before you ran out of space?

*How do you feel now?

*In what ways do you *feel and/or think* your daily life would shift if you did the last exercise at least once each day (for THREE minutes!)?

*Are you willing to give yourself that gift and commit to three minutes each day to allow yourself to shift into that delicious feeling of gratitude? If so, how are you going to give yourself the best chance to make it happen? (What time of day will you do this, where will you do it, how will you do it, etc...)

I really hope that you've taken the time to do these exercises and sit with them for a bit. Gratitude, as frou-frou as it may seem (to some) at first glance, can be incredibly powerful. It can truly shift your life, and the lives of those around you (#not kidding. You do the gratitude writing consistently for a bit, and watch how the people around you and the circumstances of your life just 'magically' start to shift).

If you're interested in going further down the rabbit hole, please feel free to check out my website (<http://AnExperimentInGratitude.com>). You'll find that there are more options coming soon to help you further your practice (and see even more shifts! Sweeet.)

Here's to a life of real magic.

Angel Sullivan

An Experiment In Gratitude

<http://AnExperimentInGratitude.com>

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