

# HEART: THE 5 KEY DRIVERS OF GRATITUDE



RENÉE GIARRUSSO

## H

### HARNESS

Firstly, you need to harness the power of gratitude – you choose to be grateful, someone who sees the positive and negative in their life as gifts and takes the time to be aware of them. Focus on what you are grateful for, what you do have.

## E

### EXPRESS

When we express gratitude, we are releasing our thoughts and feelings. Express gratitude in your own way and sit with it. Firstly, you need to be specific and articulate what exactly you are grateful for.

## A

### ANCHOR

Once you have expressed gratitude, anchor it as a habit and a practice. An anchor is a trigger or stimulus that retrieves a desired emotional state. The more we tap into this state, the stronger the anchor becomes.

## R

### REASSESS

Take the time to reflect and reassess what is working in your practice of gratitude – what fuels you and makes you feel grateful. This focuses us on considering different factors and seeing things in a new light.

## T

### THANKFUL

Be thankful for what you have done and how it has made you and others feel. Both being grateful and thankful are triggered by a situation, event, or person, and both are linked. Gratitude is usually directed outwardly, while thankfulness is generated within us.



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