

# Take a Positive Look

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One of the most powerful steps you can take towards creating the life of your dreams is to practice gratitude and positive thinking. While you may not be feeling 100% happy, adopting a positive outlook and daily gratitude practice will immediately improve your quality of life. Taking a positive look is an essential first step towards building a life of fulfillment and total joy.

## Let's take a look at how it works:

- » **Do This for EVERYTHING and ANYTHING You Feel Unhappy With:**  
Print out multiple copies of the following worksheet. Use it for specific life areas (finances, health, career, creativity, spirituality, etc), or for specific relationships, situations or events.
  
- » **Rate Your Satisfaction Level:**  
Take a moment to evaluate how you feel and rate this area or relationship on a scale of 1 - 10 based on your current satisfaction level (0 being complete dissatisfaction and 10 being totally satisfied).
  
- » **Take a Positive Look:**  
You're going to list out absolutely everything that caused you to rate your satisfaction level at the number you did and not at a lower number. By looking at all the positive aspects of your situation, you're going to immediately elevate your satisfaction level through positivity.
  
- » **Expressing Gratitude:**  
Gratitude helps turn your life into one of abundance. You've taken a look at all the positive aspects in each life area, next you're going to list out all of the things you're grateful for. If you've rated an area at a one, do your best to list at LEAST three things you're grateful for. It can be hard, but this is an essential step in creating a better life. Your answers can be simple... for example, if you've rated your relationship at a 1, you may be grateful for the fact that you're not alone. You may be grateful that your partner's hair is shiny but not too oily! Get creative and list as many things as you can! :)

I promise you that if you give this your best effort, you will experience a profound mindset shift over time. Do this whenever you're experiencing dissatisfaction with an area of your life, a relationship or an experience.

