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So before we get into today's sustainable habit builder, I just wanted to remind you what this exercise is all about. So each module has a sustainable habit builder and it's just an opportunity for us to start developing a particular practice, a particular habit, or a skill in order to make you a more effective entrepreneur to start putting on that CEO hat so that you can become resilient. So today's sustainable habit builder is helping you to cultivate a more grateful heart. Gratitude is something that I think that everyone needs to be cultivating and no matter whether you have a business or not, but entrepreneurs especially need to be doing this because grateful hearts create more abundance. And so what does it look like in our practice? How do you do this beyond just listing the three things that you're grateful for each day. This is how I like to do it and it's the way that I like to dump everything out and it's more than just the top three things.

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It's really like a mindset dump of everything that's happening in my brain. So every morning I wake up and I do a grateful heart exercise. I take a half sheet of paper, um, and then I fold it in half again. So on the lefthand side, you just dump out all of your worries. I like to set a timer for about like two minutes for this. I'm literally writing out the things that I need to do, things that I'm worried about, conversations that I'm scared of having, just general senses of anxiety that I might be feeling. I'm a pretty anxious person generally. So getting this all out on paper is very, very helpful. Um, I typically like to do this in the morning, but I had been known to do this at night just because sometimes if I don't do it, there's things floating around in my brain that I cannot seem to get rid of.

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And then I split that piece of paper and then on the other side I dreamt dump out all the things that I'm grateful for. I talk about the things that have gone well in the past couple days or just feelings that I'm having or people that I'm grateful for. The experiences that I've had, um, maybe bits of conversation sometimes and just really cool things come out in this side and so you'll learn your tendencies, but my gratitude size is usually much bigger than my worries. So while I split it in half, there's so much more text on the gratitude side though, so there's no real rule about this, but I just want you to practice it and see if it feels good and then even to take it a step further. Sometimes writing some of those more repetitive things like, oh, I'm grateful for my husband. I'm grateful for my kid.

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I'm grateful for my health. Thinking about why you're grateful for those things. The ones that become a little bit redundant and dig a little bit deeper and say why you're grateful for that. I think it helps to dig in a little bit deeper to get a little bit more perspective and like specific things that you're grateful for in those relationships or in the things that you're saying. So social check. Just pop into the facebook community and tell us what you're grateful for or what you've learned from doing the grateful heart activity and see if you can build a habit off of this. Are you going to be putting this in your daily calendar or maybe you'll try it once a week. Whatever you're thinking about with this particular a grateful heart exercise and this social, uh, this sustainable habit builder, I would love to hear it.

