

SHY THOUGHTS TO SAVAGE CONTENT



GLAD TECHNIQUE

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*“Nothing was
ever real until
it came to be.”*

-Cia Edwards

HEY THERE BOSS LADY!

THE GLAD TECHNIQUES HELPS YOU TO RETARGET YOUR FOCUS ON THE POSITIVE THINGS INSTEAD OF THE NEGATIVE OCCURRENCES THAT MAY BE HAPPENING WITHIN YOUR LIFE. AT THIS STAGE YOU MAY BE EXPERIENCING OVERWHELM OR A TAD BIT OF FEAR AS YOU DEVELOP YOUR BLOGGING BUSINESS. BUT AS I STATED IN THE BEGINNING OF THE COURSE WE ATTRACT WHAT WE PUT FORTH. SO LET'S PRACTICE HOLDING ON TO OUR POSITIVITY AS WE REMAIN CREATIVE IN THIS JOURNEY.

THIS TECHNIQUE CAN AND PROBABLY SHOULD BE DONE DAILY. WE OUR REMINDING OURSELVES OF ALL THE GOOD THINGS THAT MAY HAVE OCCURRED FOR US TODAY NO MATTER THE SIZE OF THE ACCOMPLISHMENT.

DOING THIS COMMUNICATES TO THE UNIVERSE YOUR GENUINE GRATITUDE

REVIEW THE ACRONYM AND BECOME FAMILIAR WITH THE MEANING BEFORE YOU COMPLETE THE EXERCISE.

XOXO,

A handwritten signature in black ink that reads "Cia". The letter "i" has a small heart shape above it.



WHAT TO EXPECT:

Re-visiting Gratitude

G.L.A.D.

G — One gratitude that you are thankful for today

That gratitude you express can be the simplest thing but must be relevant to your day. This could include being able to drink water, or having an actual bed to get out of.

You can also appreciate meaningful relationships or stabilizers, like have a solid business or job, an awesome friendship or relationship. You can be grateful for whatever keeps you grounded and excited about life.

Ex: I am thankful for my best friend as she makes me laugh

G.L.A.D.

L — One new thing you learned today.

This can be absolutely anything that has been new for you. It can be learning something about yourself, your environment, or even a friend. If you truly analyze your day you'll notice that there are several new things within that day. Allow yourself to be intuitive but curious. There are new things to be discovered each day,

Ex: When I walked to the bathroom this morning I learned that there is a scratch on the door

G.L.A.D.

A — One small Accomplishment.

Accomplishments in its essence just means completion. We complete things on a daily basis and we often mistaken accomplishments for things that are grandiose. This can be an act of self-care or altruism.

For example: You woke up in time to make
breakfast

-->You got to work on time

-->You helped a friend paint a garage

-->Paying a bill on time

-->Going to be on time

-->Calling a friend you've been putting off
(this happens often)

G.L.A.D.

D — One thing of delight that
touched you today

What was something that brightened your day? Reflect on the things that made you smile, laugh or even increased your joy. Don't skip acknowledgment of these acts.

For example: Hearing a really funny joke

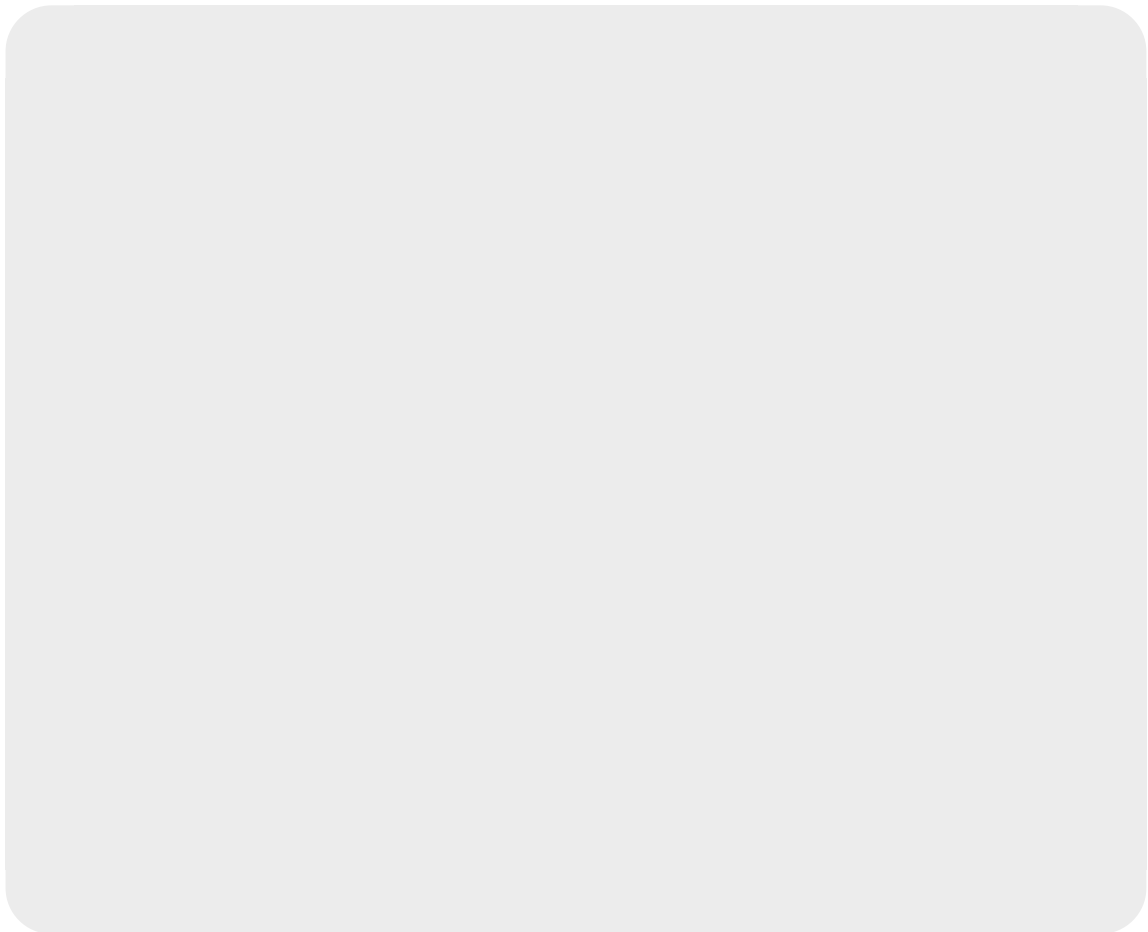
Engaging in conversation with a long lost
friend

Getting your car fixed finally

Eating a delicious meal you've been
anticipating

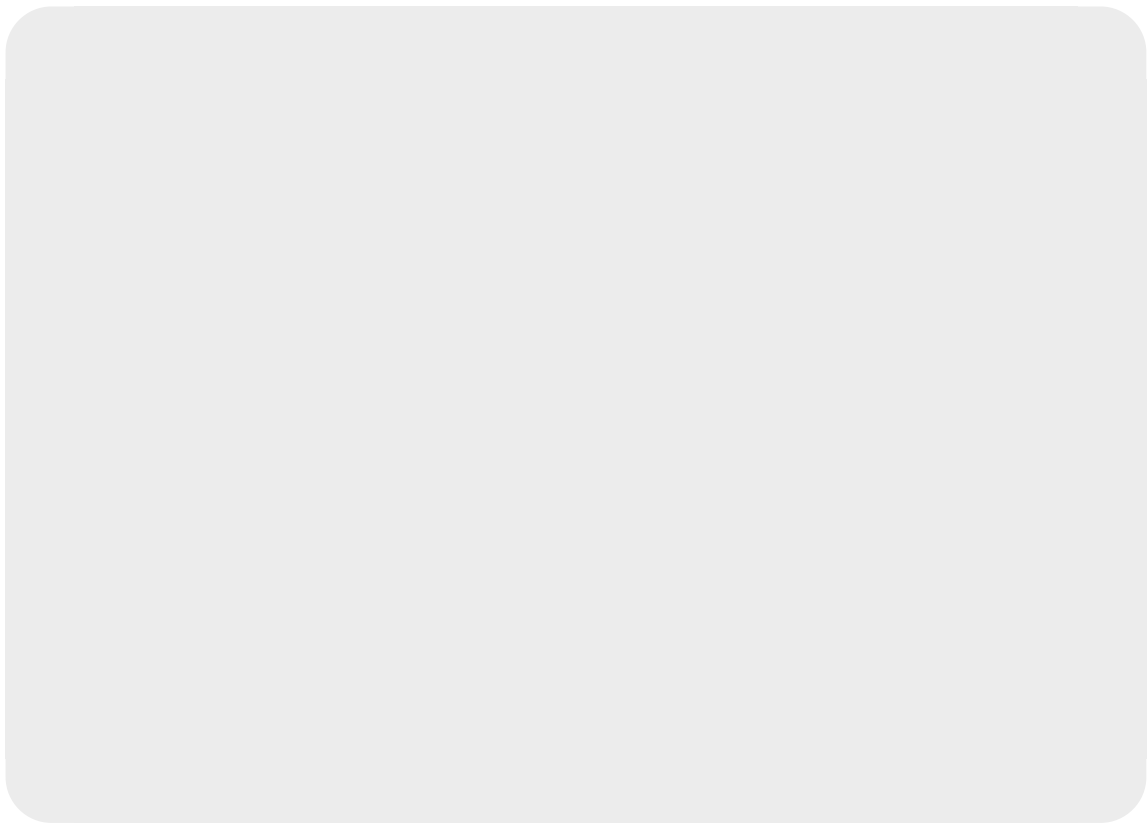
G.L.A.D.

G — One gratitude that you are thankful for today



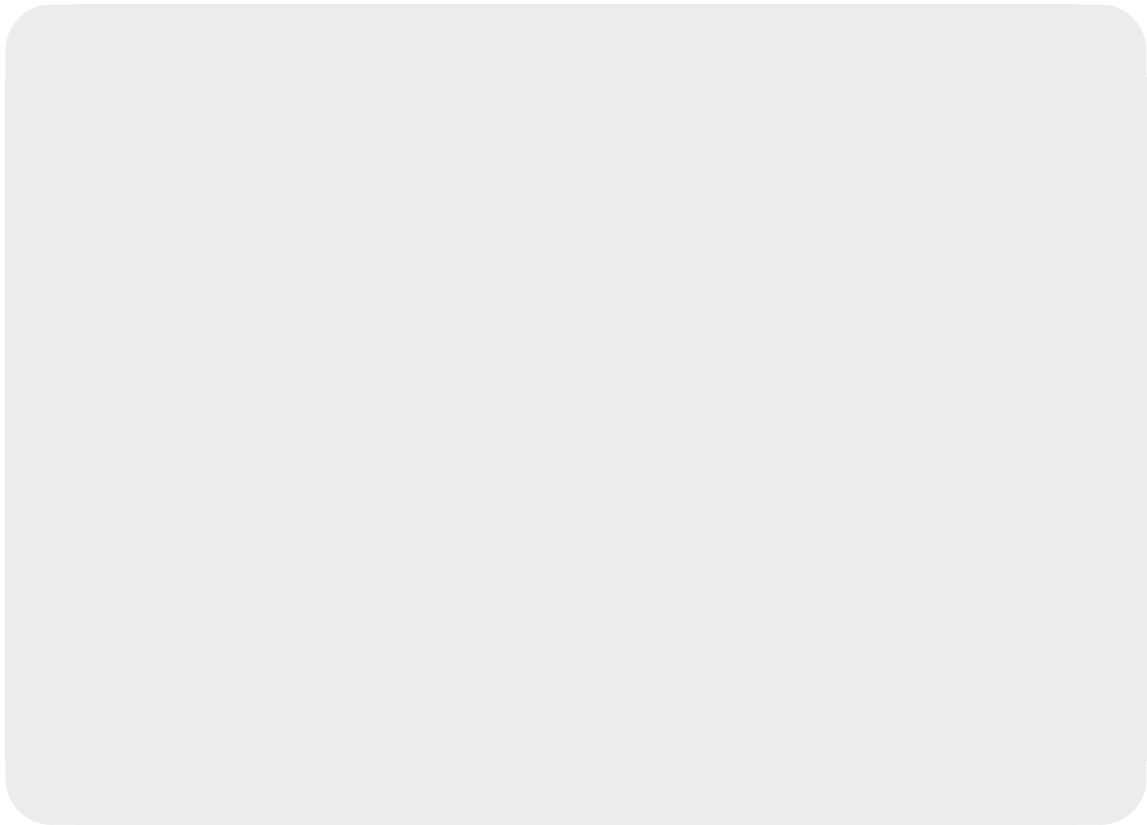
G.L.A.D.

L — One new thing you learned today.



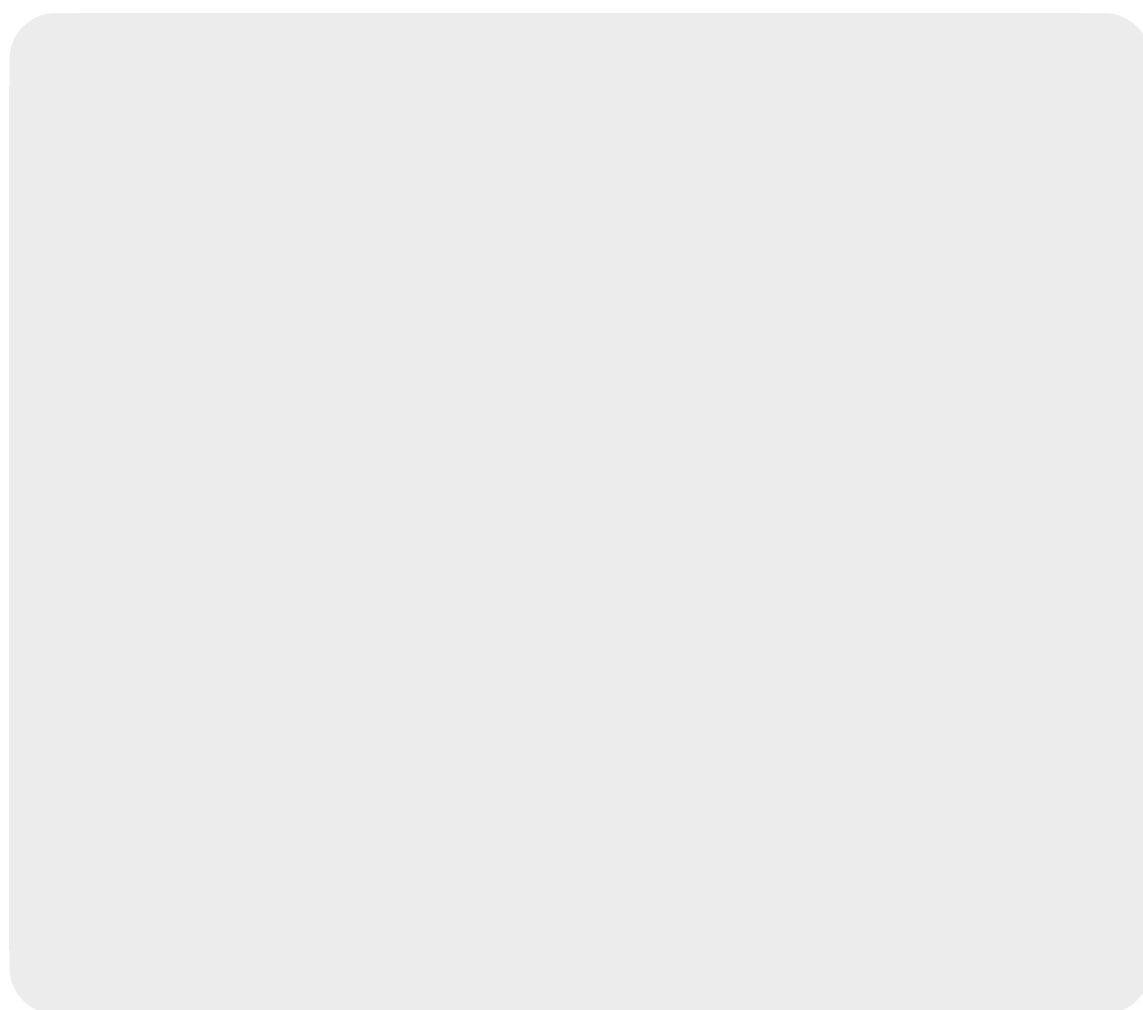
G.L.A.D.

A — One small
Accomplishment.



G.L.A.D.

D — One thing of delight that touched you today



Practice GLAD each day and watch as your world begins to fall into place. Practice this daily as every day is a new beginning for greatness and a continuation of potential.