



Giving Thanks

NAME:

DATE:

This worksheet is a supplement training guide to “Giving Thanks” video published on October 10, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

Happy Canadian Thanksgiving! I hope everyone are enjoying a relaxing, delicious Thanksgiving long weekend filled with friends, family, love and peace! It is also a good time to pause for a moment to consider the importance and benefits of gratitude. So today at Mindset Monday, let's take time to acknowledge what are we thankful for: <https://youtu.be/itY-cHpNpBg>

List 5 things you are thankful for:

Gratitude, from the Latin for gratia, which means grace, is strongly and consistently associated with greater happiness, as well as better physical and mental health.

Some of its benefits include:

- Physical
 - Better sleep
 - Stronger immune function
 - Improved pain tolerance
 - Lower blood pressure

- Psychological
 - More alive, alert, and active
 - Improve mood
 - Increase joy
- Social
 - More helpful
 - More outgoing
 - More compassionate

Build Your Done Good List!

Reflect back in your life and list ALL GOOD (amazing!) THINGS that you can remember. For example, winning small league championship, lose weight, graduated from college, etc.

Our Journey to Personal Greatness and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

Alvin Brown

CEO and Founder (THCPP)

Integrated Peak Performance and Greatness Coach

Author and Speaker - Journey to Personal Greatness: mind, body and soul.

www.tchpp.com and www.journeypersonalgreatness.com