



5 TOOLS TO BECOME 31% MORE PRODUCTIVE

1

Thank Everything

Literally thank everything that deserves even just a tiny bit of gratitude. Silently thanking the air, the sidewalk, your car, your spouse, your sandwich, the red light, the difficult coworker, etc. will help you build a grateful mindset.

2

Gratitude Journal

Keep a journal where you write down three things that you are grateful for every single day. If this gets tiring then ask yourself, What are the ways in which I'm boosted along, AKA the invisible things that make my life easier?

3

Micro-theme Your Tough Situations

Choose themes that help you focus on the potential positive aspect of an upcoming event. By looking for the positives in each situation, you'll create a positive domino effect that will ripple through the rest of your day.

4

Give Genuine Compliments

Show people how much you appreciate them by thanking them for their hard work. An example always helps. You'll lift their mood as well as your own. Remember if people are happier around you then you'll be happier.

5

Ask Yourself 2 Questions at the End of Each Day

At the end of each day ask yourself...1. What went well? 2. What can be improved? The idea is not to just be grateful, but to keep growing every single day.