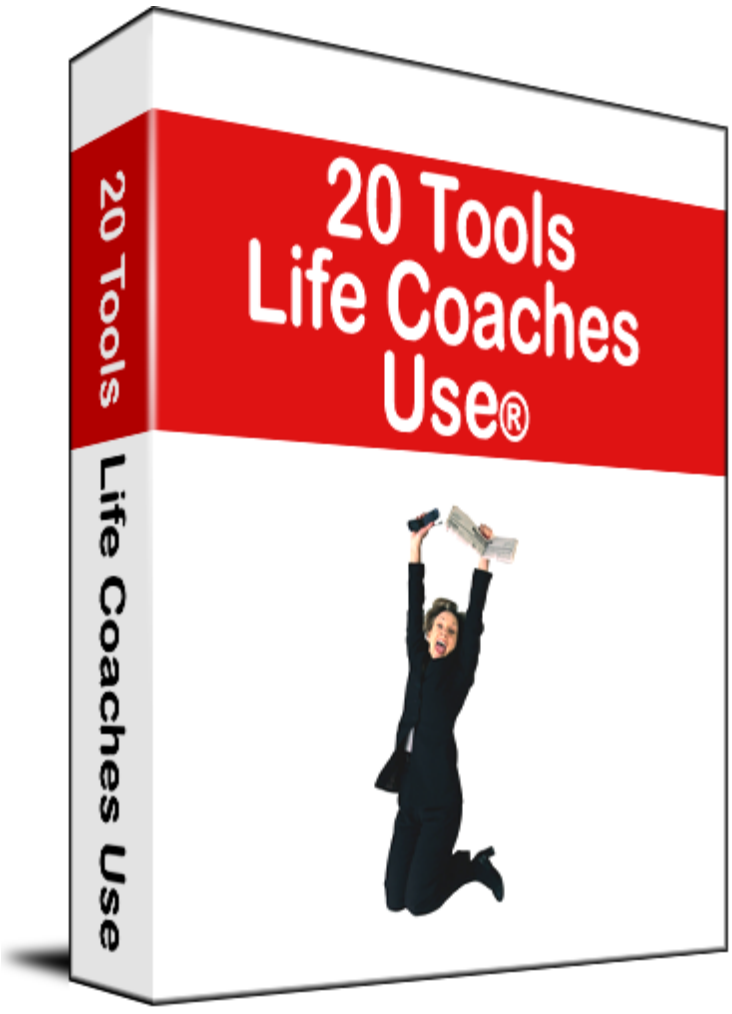
Paradigms Ltd
"new life perspectives"



Harley M Storey
The Life Coach Toolman

Dear Subscriber

Here is your **Life is Garbage & Life is Great Tool®** from **101 Tools Life Coaches Use.®**

It's such an important tool to help get us into the "attitude of gratitude" and realize how great things are right *now*.

After you've taken a look, I'd love to hear your feedback, comments or suggestions.

Enjoy!

Kind regards

Harley M Storey
The Life Coach Toolman
A.C.E (NZSC), M.I.C.F
Paradigms Life Coaching Ltd

P.S. You can get a free copy of 20 Tools Life Coaches Use® by clicking here.

© All International Rights Reserved.

Paradigms Ltd

Life is Garbage & Life is Great!

"The hardest arithmetic to master is that which enables us to count our blessings."
Eric Hoffer

*What's "**Wrong**?"*

It is often very easy to answer the question "what's wrong" in our life.

*But what's "**Not Wrong**?"*

*However, it is a wonderful thing to have a non-headache or a non-toothache, but so often we do not think of the joy of **not** having these problems **until** we experience them and then wish them away.*

*What's "**Right**?"*

Similarly, it is wonderful to be able to take a breath when we want to, to drink a glass of water, to eat whenever we like, or have the blessing of good eyesight.

If we were without these things we would be thinking about acquiring them, but when we have them, it is so easy to take our blessings for granted.

*This exercise can help us redress the balance of what's **really** right and wrong in our life.*

Tool:

- Get two blank sheets of **paper**.
- On one piece of paper, list all of the things that are "**wrong**" in your life – don't be afraid to be **negative** – get it all out!
- On the other, write a list of all the **positive** things in your life right now, including everything that's "**not wrong**."
- When you have finished, place the two pieces of paper **side by side** and ask yourself …
    - *"What is of the **greatest use to me** and what serves me most?*
        - *Focusing on what's '**Wrong**' or what '**Not Wrong**'?"*

- When you have **decided** which list is best for you to dwell on, discard the list you do not wish to focus on - throw it away, maybe even bury or burn it, if you wish to make this a memorable event.
- **Try** reading the remaining list every morning for a week and see what happens!

© All International Rights Reserved.