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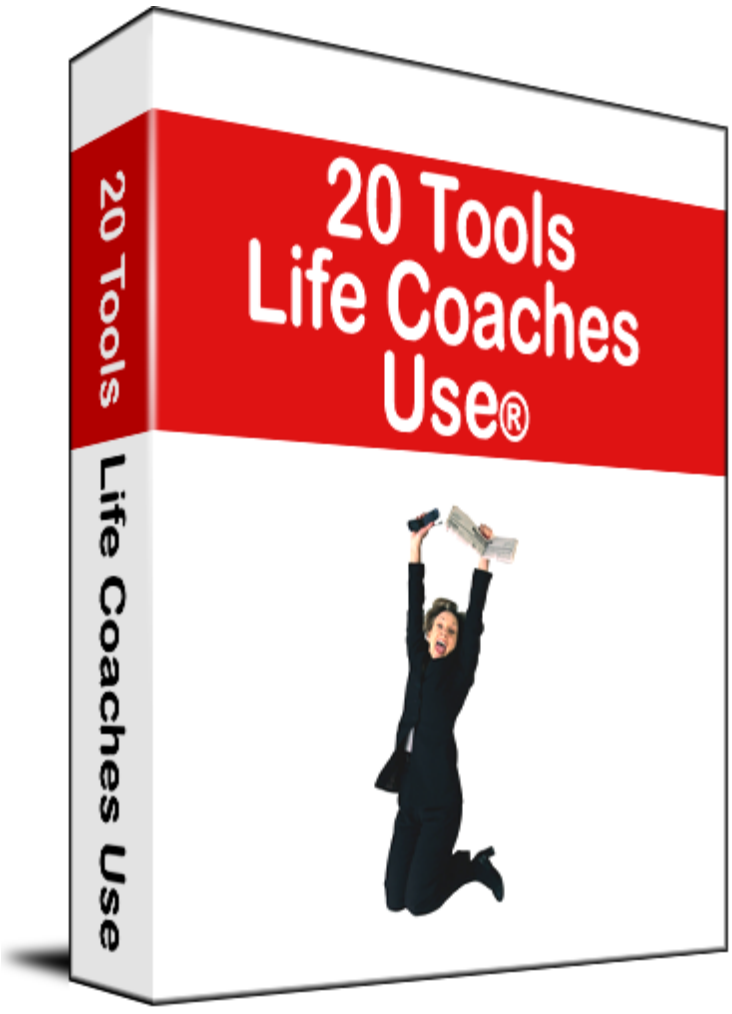
"new life perspectives"



Harley M Storey
The Life Coach Toolman

Dear Subscriber

Here is your **Life Is Garbage, Life Is Great, Gratitude Is Groovy 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
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P.S. You can get a free copy of 20 Tools Life Coaches Use® by clicking here.

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Life Is Garbage, Life Is Great, Gratitude Is Groovy® Tool!

The problem isn't that we are not blessed.
the problem is that we are not aware of our blessings,
and if we are not aware of our blessings, are we actually blessed?
Harley M Storey

*This tool is a cool twist on keeping a **Gratitude Journal** or a tool which helps you focus on the positive like our "**Life Is Garbage & Life Is Great®** tool."*

*It has **two** amazing effects - **one** which we tell you about at the end, and the **other** you will experience yourself **after** you've done the tool for 7 days!*

Day 1

- One day (morning or evening is good) on a piece of paper or on your phone …

Garbage!

- record **three** life situations that you feel are garbage, if you can't think of three write at least one.
- These are things you're not happy about and problems you wish you didn't have.

Then …

Gratitude!

- record **three** life situations that you feel grateful for, if you can't think of three write at least one.
- These are things you're happy about, "blessings" and great people / "stuff" you have.

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Days 2-7

Garbage!

- write another three **different** life situations that you feel are garbage, if you can't think of three write at least one.

Gratitude!

- write another three **different** life situations that you feel grateful for, if you can't think of three write at least one.

Repeat for 7 days.

An Amazing Effect!

After just **one** week, you will notice a **remarkable**, **amazing** and **astonishing** change!*

* One day when you look back on what you've written down as “garbage,” you may come to see your garbage as your blessings?

For example, the painful break up of a relationship that with hindsight you can see was unhealthy, stifling your growth and holding you back.

But that's *not* the amazing effect!

You need to do the tool for 7 days to discover what *that* is!

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