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MICHAEL BERNARD BECKWITH

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## Deb Wilber, MBA


Coach • Author • Speaker

Deb Wilber created Real Life Spark™ as she believes intuition sparks changes that are transformative. It was Deb's intuition that sparked her personal transformation, from executive to entrepreneur, and it can spark yours, too! Deb creates an environment where you feel safe to explore your journey, gain clarity in your purpose and move confidently towards your dreams. Deb's authentic style, a blend of executive experience, education and intuitive knowledge, support you in making small and impactful changes with confidence and grace.

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Deb Wilber, MBA

# SPRING FORWARD WITH GRATITUDE

After a long winter, are you ready for Spring?

Winter can be long, cold and lonely. Unless you are a winter sports enthusiast, we tend to stay indoors and watch movies or binge-watch our latest TV programs. Our social activity may slow down unless its electronic: email, text, social media etc. We become very isolated, snuggled up in front of the TV.

Spring brings sunshine and flowers and thankfully more social activity! Are you ready to greet Spring with a smile? If not, it's time to practice gratitude!

Gratitude is the quality of being thankful. It's the act of showing appreciation and returning kindness.

Here are a few simple ways to practice gratitude and positively shift your energy:

Daily reflection. Start or end your day with a few minutes reflecting upon all that there is to be thankful for in your life. Acknowledge the basics, a roof over your head, food on the table, clothes on your back. The more you reflect, the more you will find to be grateful for. Even in challenging times, there is always something to be grateful for.

Start a gratitude journal. Once you have a daily gratitude practice, start writing. It can be a paper journal or an electronic

journal. You can speak into your phone or tablet and record your gratitude practice daily. Make it simple yet meaningful.

Practice kindness, random and otherwise. Practice kindness towards yourself. Be gentle with yourself if you fall behind in your gratitude practice, pick yourself up and start again.

Be kind to a family member. Bring them a cup of coffee in the morning or surprise them with a simple bouquet of flowers. It really is the thought that counts.

Practice random acts of kindness. Let a frazzled shopper go ahead of you in line at the grocery store. Smile at a stranger that looks like they are having a tough day. Random acts of kindness are a two for one: with one act of kindness not only will you feel better and so does the recipient!

If you don't have a gratitude practice today, start one. Start small with thinking of one thing each day and grow from there. If you have a gratitude practice, try changing it up or adding to it. Notice how your mood shifts when you feel gratitude in your heart; when you practice kindness towards yourself and others.

Let's all spring forward with gratitude in our hearts and make our world a kinder, gentler place.

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