

Gratitude Journal



Summit 2020 Speakers and Writers



Hearts overflowing with Gratitude

A combined journal of the Gratitude Summit
2020 speakers



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Diana Olynick

"Gratitude is the energy of freedom that we get when we enjoy the miracle of being a witness in the now".



Anna Liebel

"If we don't appreciate and feel grateful for what we have, we will never be satisfied with what we get". Mia Törnblom, Swedish self-leadership coach.

Isha Vyas

"Life is nothing but a series of experiences. An experience is an interaction between you & the world. Of the two elements, you only have control over one, yourself. So the quality of your life depends on the quality of your experiences and the quality of your experiences depends on you. Move through life with an attitude of optimism and gratitude and see how you can transform the quality of your life!"



Julia Langley

"Gratitude is the humbling recognition that you are blessed, not by your own hand, but by the hands of others and the divine"

"Surviving any challenge or adversity is a struggle and moving beyond that to thriving and freedom requires resilience, grit, a growth mind-set, and forgiveness.."

Lois Wagner



Lynda Lippin

"Helping and being in service is the most important work anyone can do! I'm grateful to be the help."

Mags Thomson

"Storytelling is how we relate to ourselves and create connection, understanding, and change in our lives and our world. This is how we expose ourselves to the experiences and truths of other people. This is how we learn about different colours, flavours, and melodies of life."



Shenel Rimando

"If you ever feel like giving up, just remember there's a little girl watching you who wants to be just like you...don't disappoint her."

Magriet Potgieter

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for ..."

Zig Ziglar



Maya Lugya

"Gratitude is a powerful stimulus for happiness."



Madalena Costa

"I believe that 'Sharing is Caring'
and I live by it every day."



Atishca Makan

"Once I was as you are. You shall
be as I am." by my father, Pritham
(Roy) Sonna

Journal notes from Speakers

Dear Reader,

This is a beautiful combination of the incredible speakers at the summit, who shared their experiences, thoughts and lessons based on their Grateful Hearts, to share with you.

May this inspire you and remind you of all you are grateful for in your own life.

Also that Gratitude is not an emotion, but a way of living.

Much Gratitude for you,

Madalena xxx



Introduction

What we write may not seem to make sense, but it reveals something about its author. At the time when we were creating the path, our subconscious was working to bring a little bit of us to the leaf, which makes it very interesting to imagine the path that we will take throughout this year. When we saw the path that each one took that day, we were able to understand a little about each person, for example, ease in giving directions or not.

We are all in the same summit however, we all created lines, different drawings. I think it would be an interesting exercise to do, to see if our lines end up crossing more. There are undoubtedly more similar speeches than others, which makes me think: will they do better? Did joining 'forces' create something you've always wanted, but never thought of? Or would it be more interesting for people who designed differently to create something new and original?

We fly but we never fly away from us/ from one another.



Gratitude for Grief

Atishca Makan

Everything collided and I wanted to just lay in bed, not wake up, not brush my teeth, not shower...not breathe.

It was the darkest place I'd ever been. I was so angry all the time. As I was winding up my dad's estate, I became angrier. It felt like I was erasing him, and I didn't want to forget him.

I was born in 1984 in the subtropical lands of Durban, South Africa
For most of my life, my dad, an ex Navy Officer, battled chronic pain, struggling to do even menial work. When I was 12, he was officially diagnosed with rheumatoid arthritis. He had a severe case that attacked not only his immune system, but also his tissues, joints, and eventually internal organs.

In his lifetime, my dad has multiple surgeries.

After his death, everything collided.

It was the darkest place I'd ever been. I was numb on medication and felt like I was burning in my own skin. I don't know when the shift happened, but I woke up one day and decided to keep finding a way through my grief, no matter how hard it got. I also realized that I had focused so much of my life worrying about others, I never stopped to think about what I wanted. So, I decided to give my life a new purpose. I became a bereavement guide and Emotional Freedom Techniques practitioner, helping others with their grief.

I've learnt that you must face your grief and all its sides, and you can't let it control your life. Dad's death forced me to take off the rose-colored glasses I had about my life and see that I was not living it to the fullest. Some days you'll wake up feeling great, other days awful, but that's okay. It's all part of the process, and you don't have to feel guilty for being happy after a loss. Grief taught me gratitude for the simple things. A lesson I am truly grateful for.



Gratitude for Miracles

Diana Olynick

The world outside sometimes feels busy, noisy, overwhelming. There is always a safe place, though: your own self. This is the place where all gratitude and simplicity starts. I always wondered how a married woman with kids and with a business could fulfill all those roles at the highest level without burnout. It turned out to be a journey of trial and error but of reward to know that I'm not alone and that we can all help each other and support each other to find our best balance.

I found the experience of gratitude to be my lifesaver. It is with gratitude that my husband and I finish the day and we are always sneaking each other's gratitude statements for the day in our mutual gratitude journal. I can see new perspectives that I didn't know are born in him every single day and we have discovered how gratitude puts us right in the place where all real freedom happens: right here, in this very present moment.

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We love what we discover and acknowledge every day and how this very process changes our life day by day in a more stable and inspirational way.

We feel more motivated than ever to give rather than to get and in that our projects to volunteer and to support social causes gain strength and clarity.

I am more grateful than ever in my life for the very fact that I'm more and more grateful and I can recognize the miracles it does in my life day by day.



Gratitude for the Climb

Julia Langley

When I think of the word summit, it brings to mind images of standing atop Mount Everest viewing the world. Delicate snow falls and paints an otherworldly canvas making the most treacherous terrain in the world seem kind.

I'm standing at the top of that mountain, arms splayed wide, taking in every ounce of energy God has for me, grateful at that moment for having summoned the strength through Freedom, Fragility, Fierceness and Faith to navigate obstacles of the ascent.

Freedom - 17 years singing for Cirque du Soleil around the world has given me freedom to be creative, travel and hone my skills. I'm grateful for the experiences that gave me the knowledge and passion to help others discover and use their voice in a way that takes them to their own personal summit.

Fragility - In 2019 I was hit by a car while riding my bicycle. I learned in that one instant that life is fragile. I needed lots of help and I had to learn to ask for it. I'm grateful for that time of vulnerability and the bonds I have made with others because of it.

Fierce - I fought for so long to grow my career but I had become complacent and stuck. After my accident, I fiercely fought to simply regain my life. I'm grateful for the resilience I found, not only to manage my health issues but to see my career take off again even in a time of a global pandemic.

Faith- My life has been a series of ups and downs. Faith requires us to look for silver linings. I'm grateful for those silver linings. They make the sun shine a little brighter and the mountains become adventures instead of obstacles. Grab your climbing gear. Let's face the next mountain together



Gratitude for the Trauma

Lois Wagner

Is it possible to be grateful for something dreadful that happened to you?

My answer is yes!

I am grateful to the man who attacked me, raped me, and left me for dead.

What?#@\$ I hear you shout!

How can that be?

We all know the power of gratitude, how starting your day by writing what you are grateful for in a journal, or reflecting on those things you are thankful for at the end of the day, how these actions can lift your anxiety, reduce your stress, increase happiness, improve sleep, improve self-esteem, and encourage you to take greater care of your health leading to longevity.

After a major trauma you may lose your identity and life essence. When you first become a victim and you suffer all those negative emotions that could include anger, hate, fear, and many more terrible feelings.

Surviving any challenge or adversity is a struggle and moving beyond that to thriving and freedom requires resilience, grit, a growth mind-set, and forgiveness.

You never forget that experience and the event does not define you. Once you have moved along the healing journey and found that freedom, you will get back to a meaningful, yet different life.

In my case, working on my growth mindset, discovering the lessons learned from the rape, I developed a benefit mindset. The need to give back, to connect, to support and to help other victims move along their own journeys.

I am so grateful that the terrible incident has led me to use my years of life and business experience and my coaching, speaking, and writing skills to build my business Walking Without Skin, to publish my book, and to speak on stages around the world.

To the rapist – thank you.

Thank you for the insight. Thank you for the lessons. Thank you for leading me to my true calling.



Gratitude for Being the Help

Lynda Lippin

I am not a celebrity trainer.

I may be well known, command high fees, and train celebrities.

But I would rather be the help.

I have had several major life changes in the past few decades. We sold everything and moved to the Caribbean island of Providenciales in the Turks and Caicos in 2005, then over to the tiny, A-list resort island of Parrot Cay in 2007, and then to the big island of Manhattan in 2011.

Where were we before? On the Main Line of Philadelphia, living a life that I created, but realized that I didn't want.

I just turned 54, and am thinking back to where I thought I would be at this point in my life.

Just typing this is funny, because life turns out so differently.

Who am I?

I'm a Pilates Teacher, fitness trainer, Pilates business coach, former Philosophy professor, wife, and dog momma.

I love to stay up late and sleep late, and I am a Usui Reiki Master teacher who practices and teaches energy healing.

So who does this make me?

I actually like the phrase "service worker." I like being the help. I am lucky enough to choose to live my life and earn my living in service to others.

If you get paid to provide a service, whether it's deciding what's for dinner and cooking food for your customers, cutting and styling someone's hair, or helping someone look and feel great, you are the help. You are in service.

Helping and being in service is the most important work anyone can do!

My name is Lynda Lippin, and I am grateful to be the help.



How to train your Gratitude Muscle

Mags Thompson

In this world we are forever pushed towards a mindset of wanting. Wanting more, wanting better, wanting easier. Focusing on our wants inevitably focuses our mind on what we feel is lacking in our lives.

As a survivor of abuse, I didn't always feel I had so much to be grateful. It was difficult to move my focus from all the dark stuff that happened to the brightness and potential of that the future.

Here are some of the simple things I did to train my gratitude muscle.

#1.—Say 'Thank You' More

Consider for yourself how often you say thanks. Did your barista get a thank you? How about your partner when they cooked dinner? Or your kids when they did what they were asked? I don't mean grunts, I mean proper thank you's with intonation, articulation, eye contact and preferably a smile. It is a Thank You with presence of mind.

#2.—Keep a Gratitude Journal

Every day, take some time to consider what you are grateful for. A smile, something new you learned, a kind word, a friend's generosity or a beautiful sunset you enjoyed. It does not have to be long, or even explained. Write down some keywords, it is all about making the list. Nothing fancy.

#3.—Find Things to Be Grateful For

It is a really simple little trick actually. When you hear a negative thought, try and replace it with a positive one. When you walk into your favourite coffee bar, and you think: Oh no, there are like 10 mothers with noisy toddlers in here today. Make the effort to replace that negative thought with: Nice one, my favourite table is available.

#4.—Share Your Appreciation

When you notice that you appreciate something or someone, share that sentiment. Say: Oh, look at the way the sunlight hits the wall. Isn't that beautiful? Or when your waiter shows exceptional service, tell them: you really made our night with your lovely service, thanks.



Finding Gratitude

Shenel Rimando

Gratitude is a word that is often forgotten. In a world where we are busy focusing on achieving the next best thing to keep up with others, it can be difficult to fully grasp the concept of gratitude unless one takes the time to embrace it. Despite all of the challenges that 2020 has brought us, this year was the mirror I needed to see everything I have to be grateful for.

I am grateful to live in a time where I have technology that allows me to connect with family, friends, and strangers all over the world. Social media helped me amplify my platform so much so that I was able to help people all over the world find ways to save or make money during this pandemic. I am grateful and humbled that people trusted me with their vulnerable situations and I was able to share my skills to help some of my audience not only survive during quarantine but thrive.

Some went from being laid off to starting successful businesses and others were able to find their passions on a budget. I am truly grateful for all of the growth I have been able to witness from my Save Sell Shenel audience.

This relates to the theme I covered during the Gratitude Summit entitled “You Can Be More.” I believe that it is important to find budget-friendly ways to learn more about yourself. You are more than your professional title, what your family thinks your life should be, and what your life currently is. I believe that we should actively seek new ways to reach our full potential so that we have more things to be grateful for throughout our lives.



Gratitude for new Skills

Violette Du Geneville

Branding Roadie Solutions LLC is a US Pacific west coast based branding and public relations agency who provides branding, marketing and public relations services along with product launches and activations and educational courses for businesses, brands and entrepreneurs. We have also expanded to England during the pandemic.

What we are most grateful for is the ability to have the ability to work remotely having clients across the world .At the same time, we have the independence to have our own work schedule and be our own boss and get to spend time together .

What I'm grateful for is that how despite the pandemic, my partner and I were able to find new way of thinking and create a new lifestyle of happiness and prosperity seeing opportunities in the circumstances. We were able to work remotely and had more time to spend with each other and prioritize what we really want. We learnt new skills.



Gratitude as a Way of Living

Madalena Costa

That breeze that passes between the brown hair, close to the ear, on a winter day is like that first kiss. It is known with whom it was, but not how it was. Can the feeling be classified? For the person? By the situation? I think like everything in life, it depends.

Great words come to life by the ones who can lie. Lying makes them nervous. Nervous makes them say the words they didn't say... Changing the ways of being, being the words that describe you, describe the words of you. Personalize the course of the wave, the wave of life. I think it's better for your sake that you follow me. I will be your guide. I will take you to an eternal place where you will see condemned screaming, in vain, for a second chance. Then you will see others who are happy in the fire, as they hope that they will continue to meet those blessed people one day.

The universe is giant, full of light, dark, sparkles, mysterious, full of new adventures ... planets are houses for other beings ... we all deserve a home, and the moon brings light to a dark night.

Demonstrates with the body and not only with the text or even with the silence, there has to be a context, a filling. Why was I silent? The silence must be justified. The text must first be understood, perceived, internalized. It is important to know what to say and why we are saying it. There has to be a justification for everything. I don't look to not see. I look to see. Pay attention. See it all! Don't look without seeing.



Gratitude for Happiness

Maya Lygya

This is why I am grateful:

1. Because of the hardships I went through, I learned how to manifest my dreams.
2. Because of the challenges I had to overcome, I can now serve others using my experience.
3. Because, my life was saved by my mother (I suppose to be an abortion), I can now take care of her till the end of her life.

Life offers us important lessons to grow, when we become grateful for it, we empower ourselves in many ways, particularly mentally and emotionally.

"Gratitude is a powerful stimulus
for happiness."



"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow." Melody Beattie

