



If you're reading this, I'm guessing that learning to be peaceful and happy is important to you.

But do you sometimes feel like there's so much information out there, that it's overwhelming?

With all the books, quotes, videos and articles, it's easy to get caught up in flitting between different tips and strategies like a self-development junkie, instead of sticking to a simple practice that we know just works.

When it comes to teaching about how to be more peaceful and happy, I'm all about simplicity and practicality.

So if I could give you just ONE thing to focus on that could make the biggest difference, it would be this:

An ongoing practice of finding things to love.

If you're thinking, "But isn't that the same as gratitude. I know this already!" hold on a sec and let me explain...

You've probably already heard how awesome gratitude is. There's been a lot of research on gratitude in recent years, proving that it makes us healthier, happier and even improves relationships.

And while my suggested practice of finding things to love sounds a lot like gratitude, it puts an even more powerful spin on it. Amps it up a notch or six!

Here's how to do it:

Gaze around and find things to love and appreciate in what you see. Go into detail. Keep it going, finding as many things to love as you can...

"I love the way the light is shining on the water in my glass...I love that I hear so many birds outside all day...I love the way everything looks now the sun is shining after the rain..."

Easy!

Now, here's where it gets much more powerful. Find things to love in what you'd normally complain about or ignore. Do it anytime at all, and especially when you notice negative or complaining thoughts creeping in.

"I love that I can get up and move my body and how quickly it makes me feel better...I love that I have a washing machine to wash my clothes so easily...I love that I have such an incredible abundance of healthy food to cook and eat...I love the amazing colours of these veggies!"

This practice of deep, loving appreciation:

Helps you to shift your vibration and feel better quickly.

Trains your mind from our typical "negativity bias" towards a "positivity bias" as you find things to love about what you'd otherwise inwardly complain about!

Creates heart resonance (see if you can notice how your heart feels "activated" when you do it!)

Anchors you into the present moment.

Is empowerment and self-mastery in action.

I also find that using "I love" rather than "I'm grateful" feels much more natural. It's even more powerfully good-feeling.

I still think gratitude is awesome, but to me, this is even better!

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