

There's a whole world out there of people that need you to serve them. You are now investing your time and your energy and you are stepping up to be that person and that woman who makes investments like this who takes her business seriously, who's willing to go on, who is driven, who is ambitious, who is going to make shit happen no matter what. This is focused, fierce and financially free. Here's your host Jenn Scalia. Welcome to focus beers and financially free. This is your quick byte podcast for online entrepreneurs who want to create wealth and freedom in their business so you are in the right place if you're looking for the mindset and strategy to get seen, known and paid online. I'm your host Jen Scalia, success and wealth strategist and I want to thank you for joining me today and every Tuesday where we have a quick, short, 15 minutes, 20 minute audio training on how to build wealth from the inside out.

You'll get a little bit of strategy, a little bit of mindset, and a healthy dose of tough love with 100% authentic, raw and real advice on how to navigate this crazy world of entrepreneurship. So today you're in for a treat. Today I am spilling the beans on one of my gratitude and journaling secrets. I don't talk about this very often. I definitely don't talk about this publicly, but what am I about to share with you in today's episode is magical. It's really going to [inaudible] shift and create just next level vibes when it comes to your journaling. So if you are someone who's like, Oh my God, I've tried journaling, it doesn't work. Gratitude doesn't work, whatever. This will change your perspective and really going to dive in and give you the strategies and the tips and the methods that I use to make journaling and gratitude and all of these mindset practices that everyone preaches really, really impactful, really, really connected, and really just coming from a place that feels so amazing that it can't not work. So let's dive into today's episode.

So one of the easiest ways to ease into mindset work and really getting consistent with them really doing this day to day because let's face it, it's got to be daily. It's got to be consistent. Even if it's only five minutes a day. You have got to put yourself in a state where you are up leveling yourself, you're growing, you're expanding, and also you are just getting in the mind frame, getting in the energy of feeling good. Mindset work does that and I'm going to be showing you tons of different ways to do that, right? But today specifically I'm going to focus on gratitude because gratitude is one of those things that is very easy for people to do. It's a very easy way to dive into. There's just so much to be grateful for. Like let's be honest, if you're not living in a third world country, if you're not fighting every day to have a roof over your head and have food on the table, you are doing better than a huge percentage of the people in the world.

So there's so much, so much to be grateful for. So I'm going to be talking about gratitude on steroids today and kind of debunking some of the things that you may know about gratitude or that you may be doing if you are actually doing a gratitude practice. So first things first, like let's start with what you should be doing or what you have probably been taught or you probably know about gratitude. So essentially this is kind of looking at what's already happening in your life, looking at the things that you have and being grateful for those things, right? I am so happy and grateful that I have a roof over my head. I am so happy and grateful that I have a loving, healthy family. I am so happy and grateful that I have clients that pay me on time. I am so happy and grateful that there's money in the bank.

I am so happy and grateful that I happen to amazing relationship with my husband, right? So these are all things that we can do. And you notice also how I was saying, I'm so happy and grateful, right? So I don't want you to just kind of create a list that's like, I'm grateful for my house. I'm grateful for my car, I'm grateful for my family, I'm grateful for my pets. That's not enough because gratitude really expands when you feel into it and when you really know and feel in every cell of your body that you are grateful for this thing. So the second part of it is actually giving a reason why you are grateful for whatever it is

you're right before. So I am so happy and grateful for my vehicle because it gets me around and it never causes me issues. I am so happy and grateful that I have a great relationship with my husband because it allows me to feel really good on a daily basis and know that I have a support system in place.

I am so happy and grateful that my family is healthy and my children are smart because it just brings me so much joy on a daily basis. So whatever it is that you're saying you're grateful for, also say why, right? Because then you're really understanding why I'm actually grateful for these things. Rather than just writing a list, write a list and not feeling any emotion about whatever it is that you are grateful for. So that is step one. Step one is doing gratitude in the present for what you currently have or you are currently experiencing. So most people already do this, so I want you to do that on a daily basis. I want you to do that just for five minutes a day does not have to be long five minutes day. I mean, if you have a ton of things to be grateful for, then sure you can do more than five minutes.

You can do 10 1520 whatever you want to do, but minimum five minutes a day. Another way to ask this, like if you get stuck or if you're not sure or if you feel like you're being repetitive is what's amazing right now. I love this question because it kind of makes you explore it a little bit more, right? Because if we're thinking about what we're grateful for, we start usually with material possessions, right? Like, what's kind of going on? What can I see? What am I looking around and experiencing and seeing? So when you do what is amazing right now, you can kind of explore different parts of your life, different parts of your business is different parts of your relationships. That is just another way of doing the gratitude or asking yourself in case you're getting stuck or whatever while you're doing gratitude. So what's amazing right now?

So hopefully there is a lot of things that are amazing right now, but here's the deal. Tend to overlook those things. We tend to take a lot of things for granted. So think about what's amazing for you right now. That's just another way to kind of get you in the flow of doing your gratitude daily. Now the next part is gratitude in the future. So having gratitude and being grateful for things that you may not have yet. I definitely stress the yet because if you can show gratitude for the things that you don't have just yet, you know that are coming for you, that is really planting that seed of expectation that this thing is going to come to you. Right? So gratitude in the future. So essentially let's say you want a 10 K month, you are looking for your soulmate, you want to sell your house at top dollar.

Those things maybe haven't happened yet, but there are things that you really want. Instead of saying, I want those things or I'm going to have those things, I want you to write it as if you already have it and that you are grateful for it. I'm so happy and grateful that I had a 10 K month in September. I am so happy and grateful that all my clients pay me in full and on time. I am so happy and grateful that I finally found the perfect partner for me. I am so happy and grateful that I was able to sell my house for top dollar with a quick closing. So whatever it is that you want, have that power or have that conviction, have those feelings about being grateful for it now before it even happens for you. That's what I call the gratitude on separates.

Well actually it's the next part, but this is different, right? Because most people are only having gratitude for the things that they have now and not for the things that they don't have yet. So part one, do your gratitude for what you have now. What's amazing right now part to do your gratitude in the future. So what are the things you want, but say it in a way that is you showing gratitude and appreciation for the thing before you even have it. Now here is the kicker. Here is what makes the gratitude on steroids. And this is something that I kind of accidentally stumbled upon and honestly, like I don't know anybody else that's doing this, teaching this. I have not learned this from anybody. It just kind of happened. So I was

doing this regularly. I was doing the gratitude and the present and the gratitude and future totally separately.

So I would do my first list, I would do my second list and that would be it. But then, you know, as I started journaling more and as I started really getting into my mindset work, most of my writing, and once I get into my mindset work and into my journaling, it really becomes subconscious. Like it's just kind of happening. It's flowing, the pen is just going, I'm not really thinking about it. Things are just coming out of my mind. And so what I noticed that I started doing was I started mixing them. I started putting them together, you know? So I would say like, I'm so happy and grateful for my amazing family. I'm so happy and grateful for my beautiful home that I just purchased. I'm so happy and grateful that I've had a hundred K month. I'm so happy and grateful that I have 10 new clients.

I'm so happy and grateful that you know, me and my husband have a great relationship. I was mixing the now with the future. What that does is really powerful. You're in that state of feeling good. You're in that state of high vibe. You're in that state of gratitude and appreciation, and your mind does not know the difference. Your mind doesn't know that XYZ hasn't happened yet. Your mind doesn't know that whatever you're about and feeling about has it transpired. All it knows is that you are feeling good about that thing. And so it will bring you that thing faster than you can imagine because you are already training your brain to believe that you have it already. I hope that this makes sense. If it doesn't, I just want you to do the practice and then it will start to make sense. So what I'd like you to do is every day this week for a minimum of five minutes a day, and I wouldn't even think that this would take more than 10 minutes, but between five and 10 minutes a day, do your gratitude in the present.

Then do your gratitude in the future. And then finally I feel, you know, by the end of the week, if you're really consistent with this, which I want you to be consistent with everything by the end of the week, I want you to start mixing them, right? So whether it's consciously or subconsciously, I want you, instead of writing two lists, I just want you to wait one big list. I want you to feel really, really good about this. I want you to have your energy and your vibe totally high. I want you to feel amazing when you're writing this stuff out and I want you to mix the feelings of having the gratitude and appreciation for what you have now and essentially transfer that energy and that feeling the same exact feeling for what you have now. I want you to feel that for what you have in the future. So that is it. That is my lesson on gratitude on steroids. I'm telling you guys, this stuff works. This feels really, really good and this is an easy way to ease in to the mindset practices being consistent because who doesn't have something to be grateful for? That is my friends. Let me know how you guys make out with this. I'm excited for you to do this. Again, something easy, something simple, please, please, please commit to doing this on a daily basis. All we need is a minimum of five minutes of your time,

so that wraps it up for today's show. I really hope that you take the little tips and strategies that I shared with you today and start to implement that into your mindset practice, integrate that into your journaling and I promise you you're going to see massive shifts and changes in your manifesting, in what you're able to call into your life very, very quickly with these methods. I want to thank you again for tuning in. I would love to hear what you think about today's episode and the podcast in general. Join us over at ambitious babes online entrepreneurs making bank. You can find that@jennscalvia.com forward slash tribe and you can check out the show notes for today's episode at [inaudible] dot com forward slash E 30 that is a letter E and the number's three zero I also have just a quick downloadable PDF that you can print out, keep with you, and it just kind of talks about the tips that I had today just to remind you so that you can use this and implement it the next time that you are journaling, which hopefully is

everyday. Now you can remember how powerful gratitude can be. So I will see you guys on the next episode.

Let's keep this conversation going to join us in the private discussion group, the ambitious Bay, but we're ambitious, driven online entrepreneurs. Go to get the mindset and strategy to grow and scale their online empires. Join the ambitious babe at [Jenn scalia.com/tribe](https://jennscalia.com/tribe).