



Attitude of Gratitude

Elevate Your Perspective: Exercise

Life Planning Exercise 20 – Becoming An Inverse Paranoid

Many things happen on any given day that could be perceived as bad or negative. Most people take them as that and move on, while some blame bad luck or unfortunate circumstances. Perhaps the most difficult part of living the *Attitude of Gratitude* Mindset is becoming an “inverse paranoid,” or believing the world is conspiring to do you good. Happy and successful people seek to get something positive from all moments, both positive and negative. For a new angle on gratitude, even when something is so bad you can’t possibly think there is any way to find the good in it, try saying to yourself, “I can’t wait to find out what good will come from this!”

In this exercise, identify three experiences you’ve had which you perceived as negative, and then ask yourself, “What good can I take from this?” Then list some of the positives that can or did come from the perceived negative experience.

Example

<i>Perceived Negative Experience</i>	<i>What Good Can Come From It</i>
<i>Example: It was really hard going through my breakup.</i>	<i>The great times I had with my ex have given me a much clearer picture of what I want in a relationship, and I'll use that to find the right companion.</i>