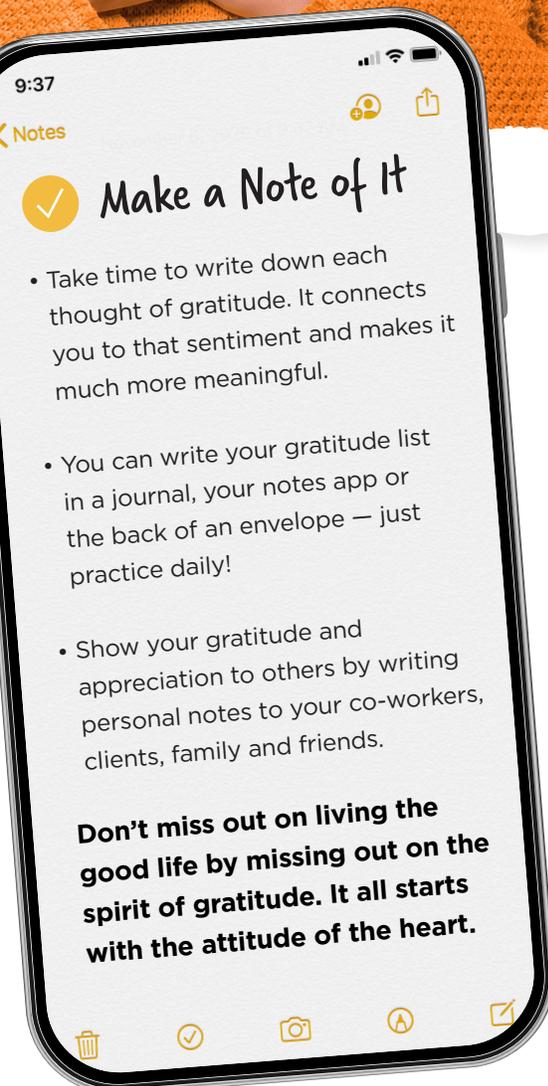


Transform Your Attitude by **MAKING TIME** for *Gratitude*

“When you choose to lead with gratitude, you’ll begin to see a change in the people around you, in your own attitude and your own heart — It will absolutely transform you!”

- **BRIAN BUFFINI**
Founder and Chairman
of Buffini & Company

It’s no mystery that practicing gratitude can turn what you have into more than enough, chaos into joy and uncertainty into clarity. This simple act helps people feel more positive, improve their health, handle adversity and build stronger relationships.¹ The hard part is turning this practice into a daily habit. It’s easy to get caught up in our busy lives and forget about what we’re thankful for. Here are a few tips to help you slow down and unlock the secret to happiness.



✓ Make It Simple!

- Your gratitude list doesn't have to be long — it just has to be yours.
- Your list can include anything no matter how big or how small. If you're grateful for it, take note!
- Having trouble getting started? Start with what's currently around you, and be as specific as possible to give you the opportunity to be grateful for a wide variety of things.

✓ Make It a Routine

- Set yourself up for success by implementing a morning or night routine that includes practicing gratitude.
- Set an alarm each day to remind you to write down what you're thankful for.
- There will be days when you don't feel like writing down what you're grateful for, and that's ok! Remember that you're making the time to be grateful — you're trying, and that's what matters most.

Looking to improve your work/life balance?

Schedule a free business consultation at buffiniandcompany.com/bc to explore how **One2OneCoaching** can take your time management skills to the next level.