



THE POWER OF GRATITUDE: TRANSFORMING YOUR FITNESS JOURNEY

By Lisa Dupree, Lifestyle Coach

Gratitude is a powerful positive emotion that can transform our lives and help us achieve our goals. When we practice gratitude, we focus on the positive aspects of our lives, and we become more aware of the blessings that surround us. Cultivating gratefulness can have a beneficial impact on our health and fitness goals, particularly when it comes to exercise.

If you're struggling to maintain a consistent exercise routine, here's a few ways that practicing gratitude can help you stay motivated and focused on your goals.

Grateful people experience fewer aches and pains and report feeling healthier than other people, according to a study published in 2013 in *Personality and Individual Differences*. Not surprisingly, grateful people are more likely to take care of their health. They exercise more often and are more likely to attend regular check-ups, which is likely to contribute to further longevity.

Gratitude helps you appreciate your body. When you feel grateful for your body, you are more likely to take care of it. Instead of focusing on what you don't like about your body, choose to focus on what you do like and be thankful for the amazing things your body can do. Appreciating the strength, endurance, or flexibility that your body possesses and using this appreciation can motivate you to keep focusing on your fitness.

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Gratitude keeps you in a positive mindset. When you practice gratitude, you pay more attention to the positive aspects of your life, and this positive mindset can spill over into other areas, including exercise. Instead of focusing on the negative aspects of exercise, like how hard it is, how inconvenient it is, or how uncomfortable it feels, actively look for the positive aspects. Some positives include how good it feels to move your body or how accomplished you feel after a workout.

Gratitude helps you find joy in the process. Staying consistent with an exercise routine can be challenging, and it's easy to get caught up in the idea that it's only to achieve a certain goal, like losing weight or building muscle. However, practicing gratitude can help you find joy in the process itself. We can appreciate the feeling of our muscles working, the rush of endorphins we get after a workout, and the sense of achievement we feel when we complete a challenging workout.

So, how can you start practicing gratitude to support your exercise goals?

One simple technique scientifically proven to boost happiness and a positive mindset is the gratitude journal. Every day for two weeks, and then once a week thereafter, write down three good things that you are grateful for that have occurred recently. Make sure to include things related to your exercise routine. This can help you focus on the positive aspects of your exercise routine and keep you motivated to continue. For example, you might be grateful for a strong and healthy body, a supportive workout buddy, or the opportunity to exercise outdoors in nature.

The father of positive psychology, Martin Seligman, noted in his book Flourish that doing this exercise for two weeks has shown to have a positive effect on happiness for up to 6 months. It helps rewire the brain to scan for the positives and helps you better notice and pay attention to the things that bring you joy.

Another thing to try is to be more proactive in expressing gratitude to others. Thank the people in your life who support you and encourage you to exercise. Let them know how much their support means to you.

You can also incorporate gratitude into your exercise routine. Before you start your workout, take a moment to thank your body for its strength and resilience. During your workout, focus on the positive aspects, like the feeling of your muscles working or the rhythm of your breathing. Focus on the present moment and notice any positive sensations that come with physical activity, such as increased heart rate, sweat, and the feeling of your muscles working. This can help you stay present and focused on the benefits of exercise.



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S M T W T F S DATE _____

I AM GRATEFUL FOR TODAY	MY TODAY'S PLAN
<ul style="list-style-type: none">■ _____■ _____■ _____■ _____■ _____■ _____	
I LIKE ABOUT MYSELF	
<ul style="list-style-type: none">■ _____■ _____■ _____■ _____■ _____	
5 THINGS THAT WENT WELL	WHAT I AM LEARNING
<ul style="list-style-type: none">■ _____■ _____■ _____■ _____■ _____	

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Gratitude is a mindset, and it takes practice to cultivate. With time and consistency, you can develop a habit of gratitude that supports your exercise goals and helps you achieve the healthy, fit, and vibrant life you deserve.

If you are interested in fitness, mindset and goal achievement, visit lisadupreecoaching.com, connect with me directly on Instagram @lisadupreecoaching or tune into the Midlife Mojo podcast on Apple Podcast, Spotify or Google Podcast.

SOURCES MENTIONED IN THIS ARTICLE:

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2. Seligman, M.E. (2012). *Flourish: A visionary new understanding of happiness and well-being*. Simon and Schuster.