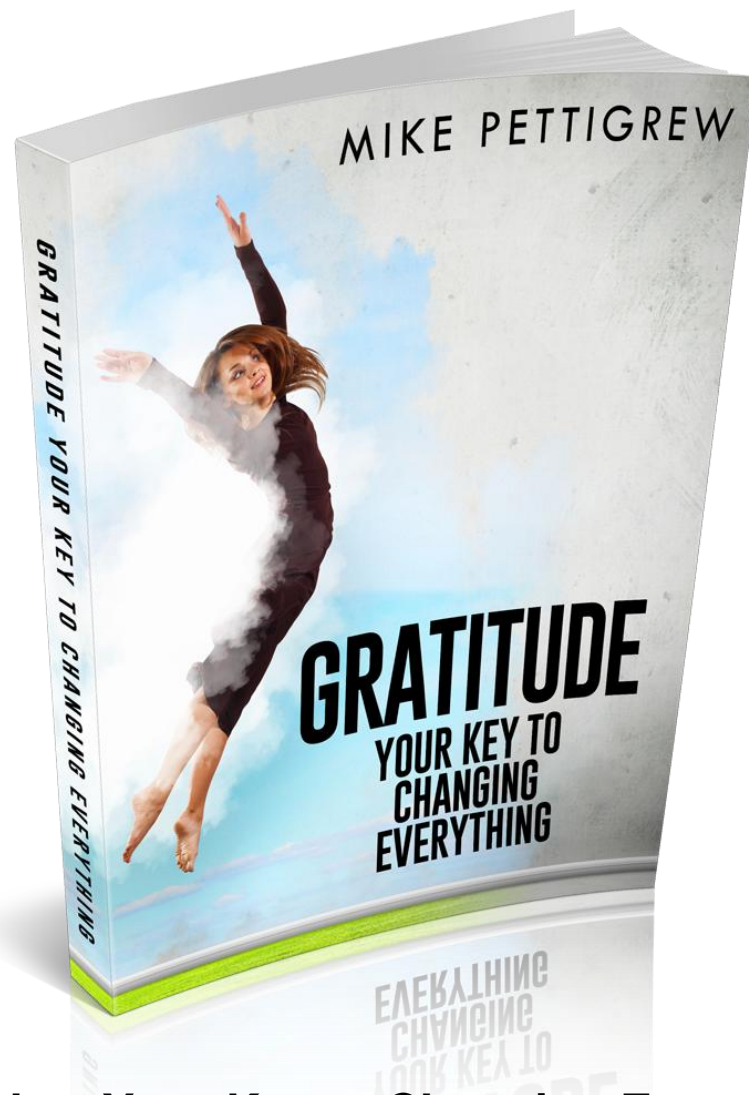




MIKE PETTIGREW

GRATITUDE

YOUR KEY TO
CHANGING
EVERYTHING



Gratitude – Your Key to Changing Everything

Change Your Thoughts and Emotions – Transform Your Life

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Transformation and Empowerment: www.mikepettigrew.com

Survival

Some years ago I went through a very painful experience where I lost everything. Prior to this I had been very successful in business and I had built a very small business over a period of years into a sizable business which I eventually sold to a multi-national.

It is amazing what life has in store for us. Things that we could not possibly imagine and within a short period of time my wife and I lost everything.

It got to the stage where my son was born and I did not have enough money to feed my wife or our new born baby.

When it comes down to basic survival and you cannot look after or feed your loved ones, it is incredibly frightening.

Paralysed by Fear

Each morning I woke up and I wanted to vomit with the fear. I had to do something to change the circumstances for our family, because not being able to feed your wife and child is incredibly frightening.

It was urgent that I find a way through this terrible situation.

Amazing at the worst point I came across a book that absolutely helped me transform the situation and quite quickly although the full set of circumstances took a long time to completely change.

There was a point where I discovered something truly incredible and this was about the incredible power of gratitude.

My Crazy Gratitude Experiment

I actually decided to do what today I call my crazy gratitude experiment. Basically what I did was every 30 minutes of the day I

would check with myself to see what was my dominant thought and emotion during the previous 30 minutes.

Every time I would replace those thought and emotions with gratitude. At this point I had absolutely nothing to lose, so it was vital that I tried something new.

So every 30 minutes of the day, checking what is my most dominant thought in the previous 30 minutes and replacing it with gratitude.

Normally we think of gratitude as something we experience when something wonderful happens to us, but the amazing thing is gratitude is actually a cause. Gratitude is a cause that can bring incredible effects into our lives.

Transform Any Situation

Gratitude is a thing that can change any problem no matter what we are experiencing, once we learn to use the power of gratitude effectively. We can achieve anything through gratitude and it can transform any situation.

For me what I noticed very quickly, in a matter of three or four days; was that by bringing up gratitude and remembering a situation in the past where I felt sincere gratitude and feeling that in my solar plexus area every 30 minutes - within a few days synchronicities started happening again.

These were really important coincidences that enabled me to change the entire situation, coincidences that affect me and our family to this very day.

Over a period of many, many years through business I had transformed my life from being someone who had very little self-esteem, someone who felt they could not do anything.

Mind and Emotions Create

Gradually through my years of business I built a lot of self-esteem and became a very positive thinker. When you are truly positive, it is amazing how your positivity can draw into your environment all sorts of amazing experiences.

However, when you lose everything it is hard to remain positive and over time my positivity became eroded and for a period of time I learned the power of negative thinking.

You see, the thoughts and the feelings that we carry with us each day and all the time; our dominant thoughts and feelings actually mold our reality.

I recognized this when things were so bad and I knew that even though that I felt awful inside, I expected more awful stuff to happen.

In fact during this experience at one point we were losing 5000 euros every single week and this alone went on for an entire year.

So every morning I used to wake up to this sickening feeling. My first thought of the day would be “Oh no, not another day”.

I couldn't shake off this feeling, even though I recognized and had previously experienced the power of positive thinking.

I had understood all about the power of the mind and how our emotions and our mind create our reality. Therefore, I knew that I had to change how I felt and what I was thinking.

And this is why I decided to do this crazy gratitude experiment where every 30 minutes I would check what had been my most dominant thought and emotion and replace it with gratitude. As I said within a matter of days the synchronicities started happening. The coincidences started happening again.

I had not seen that happen in a while and it's as though I had to learn the power of negative thinking for a while. It was quite a shock because most people think quite negatively. I think most

people's thoughts about themselves and their abilities end up holding them back dramatically from what they can achieve.

Overcoming Inner Negativity

But gratitude, I found enables us to switch off that negative internal chatter that we all carry around with us. That voice, that negative chatter that says "do not bother, you have failed before, why even try again".

Or that voice that says, "what 's the point anyway? You know you will not be able to do it." Or if you have a great dream about achieving something in life that voice that says it is going to be too difficult and there will be all sorts of obstacles.

It is amazing how that negative voice that we all have within us, holds us back from achieving incredible things in our lives. I honestly feel the only difference between people that achieve great things for society and transform the world and a person who achieves very little remarkable things during their life is down to whether or not we succeed in overcoming these negative thoughts that assail us all.

The reality is that I learnt that no matter what we do in life, no matter how much inner transformation we achieve, no matter how happy and fulfilling we become, this negative voice will always be there.

We need to make ourselves bigger than this negative voice. If we wake up in the morning and we feel 52% negative and 48% positive, all we have to do is tip the balance by 4% to have won over ourselves.

The Secret to Success

If we look at the lives of people who really have transformed society like Mahatma Gandhi - he was a very shy man and when

he graduated from university as a lawyer, his friends threw a graduation party for him but he did not turn up to his own party.

The reason was because he was so shy and he knew that if he came he would have to make a speech and he was far too shy so he did not turn up.

If this man had allowed his shyness to dominate him we would not hear of his name today.

The amazing thing is that although we carry these negative thoughts around with us; if we understand how to overcome them and particularly if we have a big vision for ourselves and society we can achieve anything.

It was his incredible vision, passion and determination that enabled Gandhi to have a huge impact on the world. But, if he had allowed his shyness to dominate him then we would not know the name Gandhi today.

Transforming Our Circumstances

We have a huge ability to transform our inner emotional state and our thoughts if we choose to do so. If we choose to do so!

I explained earlier about the technique I invented where I brought up gratitude every 30 minutes. Every 30 minutes I replaced my dominant thought and feeling of the previous 30 minutes with gratitude.

This was completely manufactured or synthetic gratitude, because I did not feel grateful for the circumstances I found myself in - so why in the world would I bother to try such an experiment?!

The reason is that I had experienced the power of positive thinking for many, many years and it really served me very well.

I knew that my thoughts and emotions had been quite negative for some time because I had been experiencing so many painful

events – one after another in rapid succession. Therefore, I urgently need to transform this.

I had nothing to lose by trying this experiment and I know it absolutely works.

No matter what circumstances you may find yourself in and no matter how frightening things may be, or how much loss you may have experienced, I know that you can transform it through the power of gratitude.

All you have to do is remember a time or an event when you felt really grateful - when something really amazing happened to you.

All you need to do is remember that experience, dwell on it for a few minutes, and really feel it and allow the power of gratitude to build.

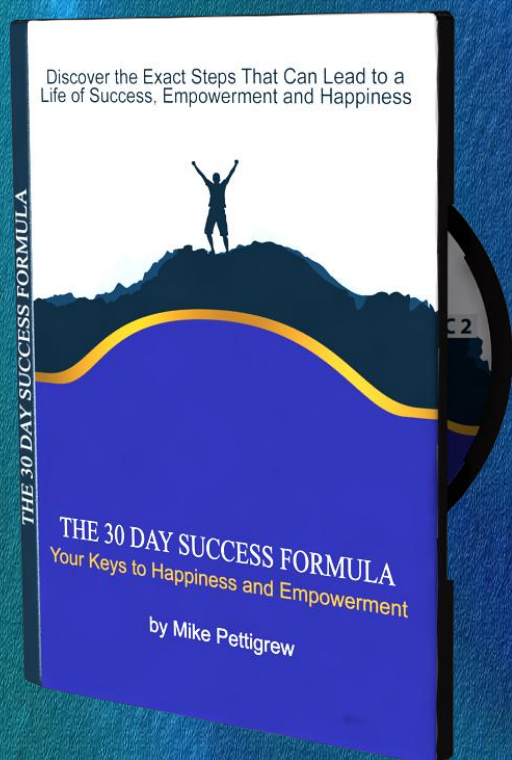
The amazing thing is - it is like the training wheels on a bicycle, after you become proficient at this, it is no longer necessary to remember an event in the past.

You will be able to spontaneously bring up the power of gratitude - and when you get to this stage life can become incredible for you, because you will become empowered!

Mike Pettigrew

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