

Finished the gratitude challenge | Started focusing on positive things only | Riddhi Deorah

1 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=B2DQqF130DY](https://www.youtube.com/watch?v=B2DQqF130DY)

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SUMMARY

The speaker reflects on their transformative experience after completing a gratitude journal, noting a significant shift from focusing on negative thoughts to embracing positivity. This change has not only altered their mindset but also improved their behavior and overall satisfaction with life.

- *Shifted focus from negative to positive thoughts.*
- *Recognizes the abundance of positive aspects in life.*
- *Increased care and maintenance of personal belongings due to gratitude.*
- *Improved communication and expression of gratitude.*
- *Developed a stronger commitment to tasks, inspired by others in the gratitude community.*
- *Feels a sense of satisfaction and contentment with current life circumstances.*
- *Expresses deep gratitude towards the person who facilitated their participation in the gratitude challenge.*

uh after after finishing this gratitude Journal my thoughts and behaviors uh have changed first before that I am focused many things on negatives I give importance to negative thoughts fast but after uh finishing the Gratitude challenge I focus on the positives of life more there are many infinite things in positive infinite things and positive positive things here but we are focusing

on one or two negative things actually more so my thoughts also changed my behavior has also changed I am caring now everything's future which I am grateful for that's great like um whenever I touch the things I remember I am grateful for this so I should take care of this properly so I take care of this maintain the things very well uh and my allowed words that's also improved um I'm feeling so good enough I am

satisfied uh with what I have actually yes I I feel I I also have the problem of uh committing to doing things actually but after uh hearing the inner circle called the after hearing the words of uh gratitude winners in the Inner Circle call they have told uh that we have committed even uh in the midnights also we do gratitude Journal I also do the same I I feel like I was off doing commit or

doing things very committedly ma'am lastly I am also grateful for you uh who make me uh to join in this gratitude challenge you give me this opportunity thank you thank you thank you so much and I'm super grateful for you to put it for putting your trust in me and being a part of this right thank you so much