



## Episode 59 : **Choosing Gratitude**

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**Meet phenomenal host, Fiona Cutts, and join her on the magical journey and hear how she changed from being paralysed by shyness to shining with exuberance as an international facilitator, empowering others to create a greater life than they ever thought possible.**

In this episode, Fiona talks about how she became aware of spaces where she wasn't choosing gratitude, instead choosing to go towards the problem rather than going towards what was actually good with what is going on around her. She shares with us how we, too, can choose gratitude rather than going down the rabbit hole of complaint and problem and conclusion and yuck and see how gratitude can really change everything!

### **Key messages:**

- Our minds are designed to find the stuff that isn't working, the stuff that's bad, the stuff that's difficult, so we have to actively choose towards gratitude
- The extent that we are not enjoying ourselves is our choice

- Rather than gravitate to the negative, we can actively choose gratitude by making the demand of ourselves to be present, moment by moment, with what is going on
- Making the demand of ourselves to do something different is really a kindness to ourselves and can create something amazing

## **Tools and Questions**

*To make the choice to change from being stuck in complaining, say: everything that leads me to go to the complaining and even enjoy the complaining, I destroy and uncreate it.*

Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.

*If I wasn't choosing to complain now, what else would be possible? What could I be grateful for if I weren't complaining?*

*If I make myself choose something different than going down the rabbit hole of complaining, what amazing thing will it create?*

## **Resources:**

- > Download your free resource - [5 Steps to Overcoming Shyness Wherever You Are](#)
- > [Find me](#)
- > [Access Consciousness®](#)
- > [Access Consciousness Clearing Statement®](#)

Do get in touch with Fiona if you have any questions or would like to suggest a topic for a future Podcast.