



## **Pura Vida Health & Wellness Centers Worldwide**

Dr. Ava Perez - *Foodologist* – NP, MD, Ph.D  
Ensenada | Baja California | Mexico | Costa Rica

### **ADOPTING AN ATTITUDE OF GRATITUDE**

Depressed? Anxious? Insomnia? Pessimistic? Negative Thoughts? Stuck in the Past? Stuck in a Rut? Suicidal Thoughts? Persistent Sadness? Persistent “Empty” Feeling? Hopelessness? Loss of Feelings of Guilt? Worthlessness? Helplessness? Overwhelmed? Stuck on the Hamster Wheel? Restless? Decreased Interest in Pleasure, Hobbies and Sex? Decreased Energy, Fatigue, Feeling “Slowed Down?” Ready to throw in the towel? Just need something to give?

In this day and age most of us are mentally and emotionally conditioned to prioritize negative memories and experiences in our memory storage and reconstruction capabilities. This is a harmful practice most of us learned at a young age. There's the good news that you can actually rewire your brain to prioritize storing and reconstructing memories and experiences that release dopamine, anandamide and other feel-good neurochemicals and hormones and finally reclaim your intellectual sovereignty and sanity in these insane times. You can do this in less than 5 minutes a day for the cost of a notebook and a blue or red ink ballpoint pen. Before adding another pHARMaceutical to your routine or reaching for a coping aide like alcohol, drugs or harmful food, dare to take the 30-Day Challenge and adopt “An Attitude of Gratitude”. In just 30-Days you *too* can rewire your entire brain with this simple practice.

Imagine waking up everyday energized, ready to jump out of bed and start co-creating in god's paradise. Imagine feeling pure love, peace and total acceptance from deep inside your soul emanating out of you like a bright light expanding exponentially throughout infinity. Imagine feeling blessed everyday with so many *gratitudes* it actually feels impossible to pick just three or four you are most *grateful* for. Imagine feeling a strong sense of calm deep within the core of your being. Remember you are made perfect from the light of god. Give yourself permission to manifest paradise for all of creation.

Let's get started! Adopt an Attitude of *Gratitude* today and rewire your brain! You'll Adopt an Attitude of *Gratitude* in one easy daily practice that takes less than 5 minutes a day! After gathering your two initial \*supplies you only have two easy, scientifically proven steps to repeat every night before bed to rewire your brain into a happier, more positive, optimistic you. Just give yourself 30 days to change your life for the better. What are you waiting for?

#### **\*SUPPLIES:**

1. Dedicated Notebook: This means a Notebook which is only used to write your daily gratitudes in. The style, layout, size and design are your choice. *Yes, it is that simple.*
2. Blue or Red ballpoint or gel-ink Pen (a Pen is permanent and shows your commitment to your higher self).



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### WHEN:

Every night before bed take just 5 minutes to reflect on your day's many blessings and choose *no less than 3* and *no more than 4* experiences you are most *grateful* for that day.

### WHAT TO WRITE:

1. Name your Gratitude Journal “ (your name) 's Gratitude Journal” on the cover and inside cover of your Gratitude Journal.
2. Each night at the top of each page write out the day of the week followed by the month, day of the week and year.
3. Write out your numbered *Gratitudes*. No less than 3 and no more than 4 things/experiences you are most *grateful* for that day.

And yes, the color of the ink of the pen you use, how many *gratitudes* you write out, how you head your page with the day and the date and the physical act of writing by hand are important and based in decades of scientific research and study. Whether your notebook is artisanal paper you made yourself and stitched together with upcycled thread or a spiral notebook you picked up for eighty-seven cents at Walmart is your choice. Just pick a notebook or journal that has nothing else in or on it and dedicate it to rewiring your brain by Adopting an Attitude of *Gratitude*.

### SAMPLE:

Tuesday, May 7th, 2019

- 1) my dog
- 2) cheese
- 3) not dead yet
- 4) ...

### OR:

Friday, August 9th, 2019

- 1) My partner is so loving and supportive, had my back and really stood up for me which makes me so valued.
- 2) At lunch our server remembered us and the order we've made the last two times we've been in. He called it "our usual" then brought us a drink while we waited and it felt special to feel remembered plus our order is kind of complicated so definite kudos to our server of remembering all of it.
- 3) We picked our first crop of tomatoes and they are so perfect just juicy and flavorful. I can't wait to go play in the kitchen making bruschetta, salsa, marinera and tomato bisque...
- 4) I'm so grateful that cop I didn't see did not pull me over when I accidentally ran that stop sign earlier and I am even more grateful I didn't unintentionally hurt someone else, myself and/or my vehicle.



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That's it. *Yes, it is that simple.*

How much or how little you write is a personal choice. Most people who adopt this simple daily practice have been suffering from depression for years and are exhausted with all the medications, meditations, affirmations, biurnal beats, self-help guru's and New Age blah blah promoting the invalidating mantra of “just get over it.” These are clearly the moronic musings of someone who's never spent more than a week in bed with unwashed hair in the same pair of dirty sweatpants.

If you are writing each *gratitude* as one word, one page or both, you are doing it RIGHT! As long as you continue writing 3 to 4 experiences you are MOST *grateful* for that day you are doing it RIGHT! By just the act of doing it, you are doing it RIGHT!

At first you may tell yourself “it can't be this easy” because you've literally tried everything. Here's the deal, do this for 30 days as you've already tried everything else and this doesn't cost anything but a minor effort on your part. What do you have to loose? Are you ready to be a co-creator in your own life?

Grab a notebook and a blue or red pen! Your 30-Day Challenge begins tonight!

*May your life be full of great joy with the health and abundance to enjoy it.*

*Dr. Ava Perez*