



**Women's
Wellbeing
Summit**

DR AICHA SONNI

**THE POWER OF CHOOSING
GRATITUDE**

The Power of Choosing Gratitude

Dr. Aicha Sonni



The spectrum of Lack and Abundance mindsets

Tara Swart, The Source



Lack mindset

Focuses on what's missing or not enough
Driven by fear, competition, and comparison

There are two road,
Nothing in between

**CHOOSING
GRATITUDE**
Shifts focus
from lack
to abundance



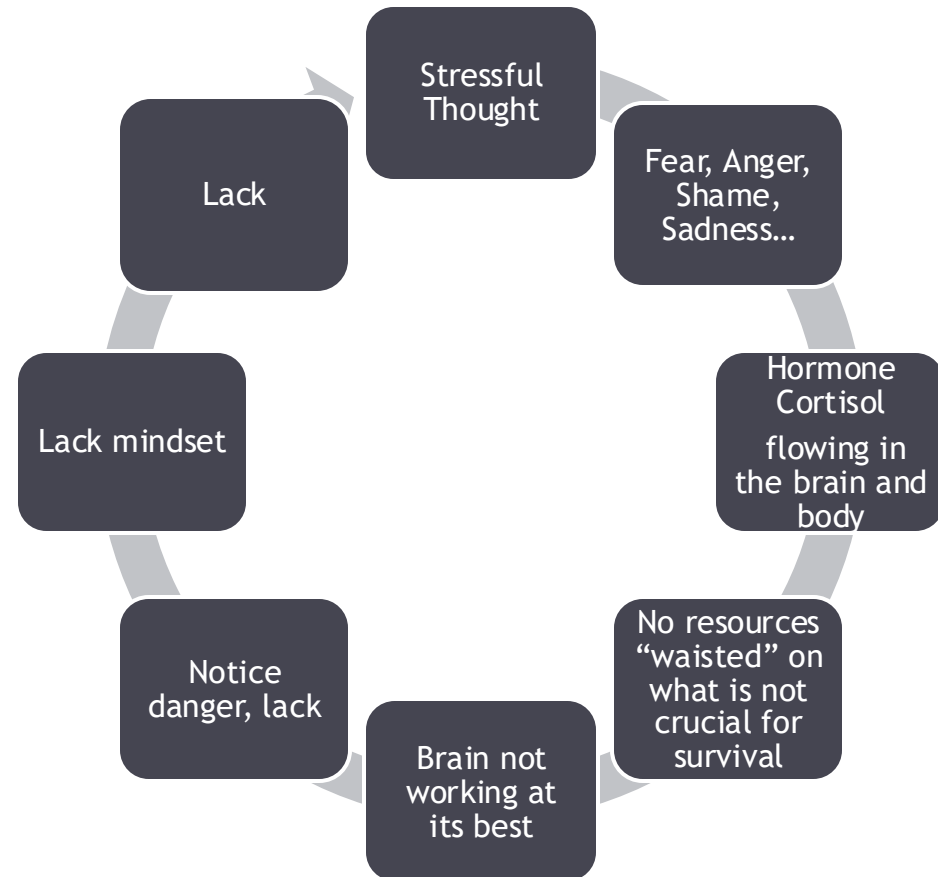
Abundance mindset

Focuses on what's possible and available
Rooted in trust, growth, and collaboration



Vicious Circle of Stressful Thoughts

Tara Swart



Virtuous Circle of Gratitude

Tara Swart



How to Deal with Recurring Stressful Thoughts?

Byron Katie, Loving What Is (The Work)

- ▶ 4 questions
 1. Is it true?
 2. Can you absolutely know that it's true?
 3. How do you react when you believe that thought?
 4. Who would you be without the thought?
- ▶ The turnaround
 - ▶ Find Opposites
 - ▶ Turnaround to My Thinking

How do You Cultivate Daily Gratitude?

- ▶ **BEFORE** leaving bed: 10 genuine reasons to be grateful
- ▶ “Good things are always happening to me” in a phone or notebook
- ▶ And of course, Gratitude Journaling😊