

## GRACE TRAIL: 5 STEPS TOWARD JOY, HOPE AND RESILIENCY

### WEEK ONE: EMBODYING GRATITUDE

What if I told you that you could begin each day or any moment with an appreciative stance? By that, I mean to claim and frame the moment you are in with a sense of gratitude and curiosity.



Metaphorically, picture yourself finding your footing on a foundation of strength and truth; you feel a shift and adjust your body language. Your voice gets stronger, you may stand a little straighter, your head raises a bit, and, if you are lucky, the corners of your mouth may turn upward—a nice unintended consequence and gift.

How would that change your day or the outcome of each situation for you? What would happen if you show up with clients, working from this perspective and stance?



The world looks and feels better when we can locate what is going right, feel gratitude for that and engage life from there. So many other positive emotions can be accessed from that point, all of which serve as stepping stones toward hope.

I believe all coaches, no matter their niche, are actually agents of hope.

As coaches, it is important to recognize that gratitude and hope are two aspects of positivity that can be accessed even when we are not feeling especially safe or secure. I see this over and over in my work but none as dramatic as when I work with cancer survivors and thrivers in support groups. This is a group that feels justifiably threatened, and then together we take our first steps on the Grace Trail with gratitude and curiosity as we ask:

“Even though things are tough right now, what is going right? What are you grateful for?”

The energy of the group immediately begins to shift as they each find their own way toward hope and possibility.

Many of our clients come to us because they too may not feel especially safe or secure. By welcoming them from that appreciative stance, you tap into the belief that they have enough and are enough to figure things out and find their way.

I know it's a complicated world and you are a sophisticated audience who has done a lot of self-work over the years, but sometimes it is a challenge to remember to, and remember how to, get to simple.

So, I would like to ask you now: "What are you grateful for?"

As you claim that space and frame this moment with curiosity and gratitude, I want to welcome you onto Grace Trail—a trail that leads back to the best of you.

The Grace Trail is a simple five-step resiliency model—Gratitude, Release, Acceptance, Challenge and Embrace—that I created when my son was in Afghanistan. It begins with gratitude and ends with hope. The Grace Trail concept is spreading worldwide, and I thank you for joining me on this journey as we briefly walk through the five simple steps of the Grace Trail in this blog over the next several months. The intention is to help you and your clients access joy, hope and ultimately more resiliency.



From my heart to yours, this trail is for you.