



PURPOSEFUL TRUST™ & GIFTS MASTERY PROGRAM

TRUST WORK #2 – PLANTING SEEDS OF GRATITUDE

GRATITUDE REFLECTION

For this month's Trust Work assignment, we are asking that each of you do a gratitude exercise four times in the next 30 days. Spend 15 minutes each week reflecting and/or journaling about gratitude. In our next call we will invite you to report back to us on your experiences.

Below is an exercise that you can use with your clients:

GRATITUDE REFLECTION

- Think of one of the nicest thing that anyone has ever done for you or one of the nicest gifts that you have ever received.
- What do you know about the “why” behind this gift or good deed? What motivated the person who did this wonderful thing for you or made this significant gift to you?
- What can we do to help clients plant seeds of gratitude in their Purposeful Trust™ so that their beneficiaries will feel the love, generosity and generativity behind their gift?
- Do you see how all three active ingredients for gratitude can come together in a Purposeful Gift or Purposeful Trust™?

Keep track of the progress you make and record the details of these experiences so we can discuss them in our next call and learn from your practice.