



Thrive with the
“4-G's of Feeling Good”
Goin' - *move your body*
Greens - *eat more veggies*
Givin' - *to yourself & others*
Gratitude - *be thankful always*

What are the 4-G's of Feelin' Good?

They are 4 things I strive to do every day to keep myself healthy – body, mind and soul.

I came up with them when I KNEW I wanted to be a truly active participant in my mental, physical and spiritual health – but I didn't know where to start.

I wanted something simple. Something that I could even manage to do when coming out of a depression when everything seemed to be dull, muted and I couldn't remember just *what* I enjoyed doing in the first place. Read more about [my challenge with depression here](#).

Goin' – I noticed how my body felt good after moving. I eventually discovered that I LOVE Yoga.

Greens – I noticed that my body responds well to eating more veggies – my mind feels clear, I sleep better and I crave less junk.

Givin' – Most importantly I learned to give to MYSELF. To be kind to myself. To start to believe that I am just as worthwhile as anyone else. Read a bit about this in my post about [Scratchy Napkins here](#).

Gratitude – Being thankful. Each day I write down 3 things I am grateful for. I see this as a way of focusing on things that I would like MORE of – or focusing on feelings I would like to have more often.

Through doing the 4-G's AND writing them down, I slowly began to **re-ignite that spark** in myself. I began finding things I truly enjoyed doing.

I have built up a list of things that I KNOW help me to feel good. Now, when I am starting to feel down I have a **list of feel good things I can reach for**. Things like:

- A walk in nature.
- Sitting outside in the sunlight.
- Talking with a friend (sometimes).
- Watching funny videos on YouTube. My favorites are any funny/cute animal videos. More recently I watched Weird Al's video for "Tacky" a spoof on "Happy".
- Watching a funny movie or TV show. Faves of mine include What About Bob?, The Three Amigos, RV (Robin Williams), National Lampoon Vacations, and I Love Lucy re-runs.
- Yoga, photography, creating digital art.

Take THRIVING Action...

What are some things that are simple for you to do that help you feel good?

Write 'em down so you have your own 'feel good' list.

Make a "Feelin' Good" Journal.

Use the sheet on the next page or your own notebook and write down your 4-G's every day.

You can even write down how each 'G' makes you feel. For me, writing down my 4-G's can bring up some great feelings and ah-ha moments.

Let me know how the 4-G's are working for you...

Post in the **FREE 'Thriving Action Tribe'** Facebook Group

<https://www.facebook.com/groups/thrivingactiontribe/>

Shoot me an e-mail: beth @ bethsawickie.com

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I AM THRIVING WITH THE 4-G'S OF FEELING GOOD!

Date: _____

Goin': _____

Greens: _____

Give: _____

Gratitude: _____
