

# Playing FULL OUT

THE PODCAST COMPANION GUIDE

## The Essential Gratitude Game Plan In A Pandemic

by *Rita* HYLAND



# *Why This Is Important*

This year has dismantled a lot of our old ways of being and doing things. Like a grain of sand irritates an oyster so it can transform into a pearl, this year has provided the irritant necessary to accelerate individual and collective change.

This activity will highlight what has **GRATEFULLY** been disrupted that you may have never seen without this year's circumstances and acknowledge what is now in place to support you in experiencing your 'next level' in every category of your life. The goal of this exercise is to identify the opportunity before you, put into motion the new ideas and innovations that result, and rest in a state of gratitude that all is well — even when things are messy. The good news is these questions will help you do just that.

## **PANDEMIC PRESENT 1**

### **Perspective**

How has your experience of this year which may not on face value have presented itself as you wanted, **ACTUALLY** worked for you?

---

If this year hadn't happened as it did, what would you **STILL** be doing that didn't serve you?

---

What do you now know about yourself that you didn't know then?

---



## PANDEMIC PRESENT 2

### Permission

Life is **CHOICE** but sometimes we forget that we're allowed to choose until another person or situation gives us permission. This year has granted that permission. Perhaps it's permission to slow down, use your voice, drop the compulsion to live up to others' expectations, no longer over-give, or say "no" to what you don't want.

What permission has been given to add or drop something that you didn't give yourself previously?

---

## PANDEMIC PRESENT 3

### Pattern-Interrupt

We live our life on autopilot until something interrupts it and makes us question our decisions or behaviors.

What pattern of decision making or behavior has been interrupted that you are grateful for?

---

## PANDEMIC PRESENT 4

### Practice

The pandemic has brought with it both the space and opportunity to practice what we know but sometimes forget or don't apply. You can start with training your brain. You can train your brain to do anything.

What new habit or change in behavior have you started that is working for you?

---

# Putting It All Together

Now that you see the gifts presented for your evolverment and fulfillment, you can put them to use by answering the following questions.

What part of your life is better than it was before?

---

What do you want to continue experiencing and never give up?

---

What is the greatest gift you received as a result of this year?

---

Now that I know this I feel...

---





And because of that I can...

---

And because of that I will...

---

## Let's Connect!

-  Rita Hyland Coaching
-  @rita\_hyland\_coaching
-  Rita Hyland Coaching
-  @ritahyland

*Thank you for tuning into Episode #44:  
Receiving 4 Transformative Gifts Of The  
Pandemic! If you loved what you heard today,  
and found value from this worksheet, please feel  
free to share it and subscribe to  
Playing Full Out™ on iTunes.*