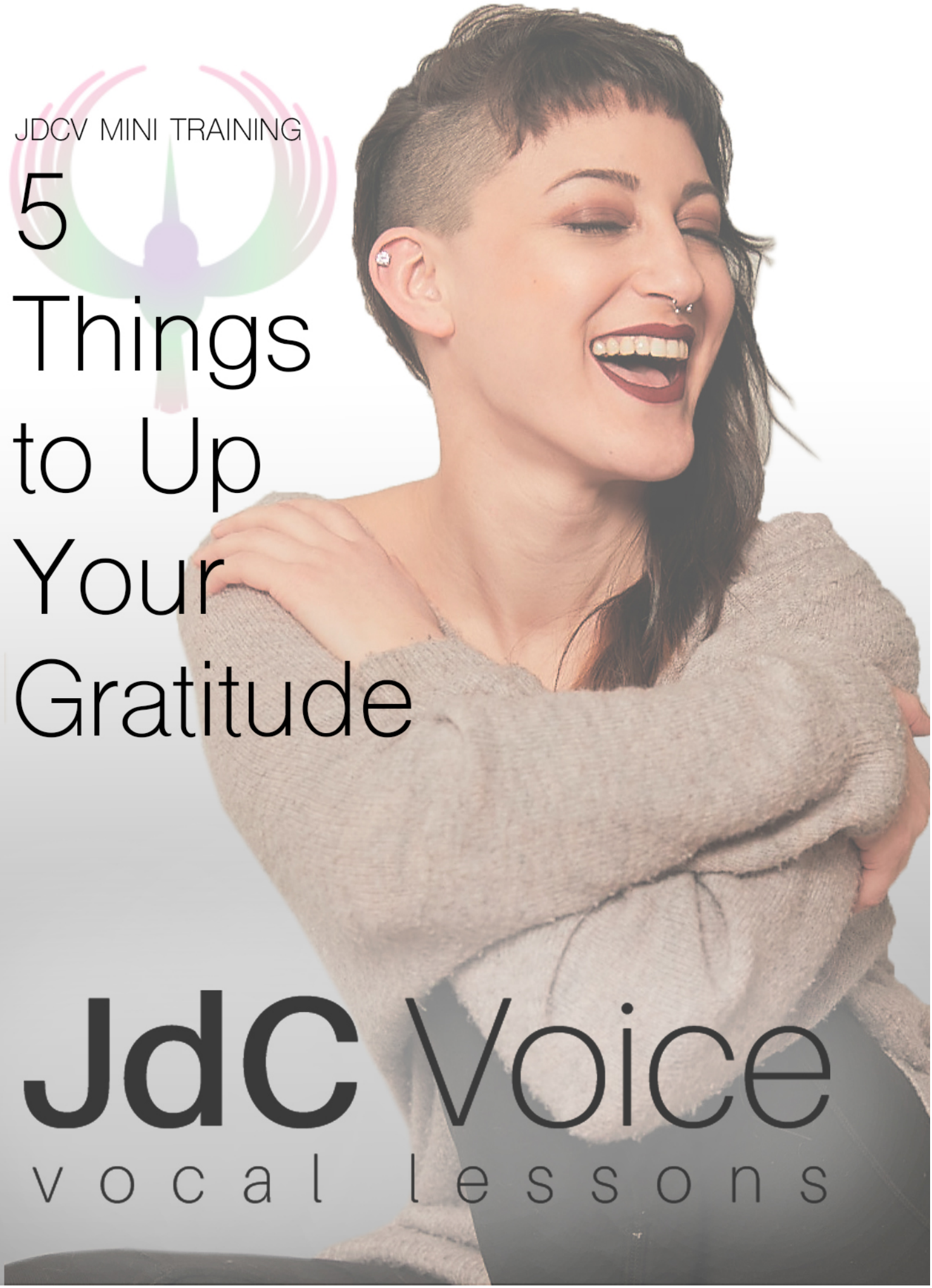
JDCV MINI TRAINING

5 Things to Up Your Gratitude



JdC Voice

vocal lessons

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INTRODUCTION

Welcome!

Hi everyone! This is Jenisa de Castro, founder of *JdC Voice*. I am so excited that you are taking the time for yourself to work on your own gratitude, and to continue to learn more about yourself and your system.

For those of you who don't know, *JdC Voice* is a vocal and wellness studio providing vocal technique in combination with mental health exercises and energy work.

The JdC Voice singing and wellness methodology gives you the tools to recognize panic before it takes over, restore the flow of energy in your body, and to find coordination, confidence, grounding, and presence with your voice.

This gratitude training is an extension of this methodology, and allows us to find overall wellness to help us succeed in ANYTHING we put our minds to.

I can't wait for you all to experience it in the same ways that I do, so without further ado... I present "5 Things to Up Your Gratitude!"

Can't wait to hear what you think!

begin with love. sing from truth. always discover, never fear.

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5 Things to Up Your Gratitude

Tip #1: The Human Brain Does What You Tell It

Ever heard of the placebo effect? ***It's real!*** So many experiments and studies in neuroscience have shown that what your brain believes to be true will ***manifest itself in real life.***

Which means that ***when you believe you can do something, you can do it!*** And when you truly believe that you can't, you won't have as much success. HOWEVER, if we repeatedly practice creating new beliefs, ***we can succeed in anything we do!***

The only thing is that those changes don't happen overnight. Here's why:

1. Your Brain Does *Whatever* You Tell It

- The ***words you use*** to speak to your brain ***matter.*** Whatever you tell your brain will translate to your body and, ultimately, will ***determine the success of your actions***
- For example, if you consistently tell yourself, "I can't sing," then, after a while, your brain will begin to *automatically* send those signals to your body. Low and behold, your body will say, "Nope! I'm not gonna sing 'cause my brain says I can't!"). The result is, sadly, poor singing technique. But you can reverse this!

2. You Can Learn How to Do *Anything*

- Learning, basically, is providing your brain with patterns so that it begins to remember those patterns without conscious effort; meaning, that ***what we do consciously can eventually become habit***
- With any sport or activity, including singing, over time you can train your brain to learn how to do it if you ***repeatedly practice the proper exercises***

3. Your Habits and Belief Systems *Can* Change

- You can use this process of "learning," even with your mindsets and beliefs
- If you ***use the right words*** to speak to your brain and ***diligently practice*** those thoughts ***every day***, positive mindsets will ***become second nature***

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Tip #2: Train Your Brain to Practice Gratitude

Did you know... that ***expressing gratitude***, in any form, ***releases dopamine and serotonin*** in the brain?!

What are dopamine and serotonin you ask? Both of these are ***chemical substances*** that our bodies create and release to elicit ***feelings of pleasure or happiness*** (yay!).

Here's more:

1. **Dopamine:**
   - contributes to feelings of ***general satisfaction***
   - is released when we do ***pleasurable things*** like eat foods that we crave
   - boosts your ***moods***, balances ***emotional responses***, and allows you to feel ***motivated and aware***

2. **Serotonin:**
   - helps to ***regulate mood and social behavior***, including anxiety and depression
   - physically helps you to ***sleep, eat, and digest***
   - contributes to ***overall wellbeing and happiness***

When both dopamine and serotonin are released ***consistently enough***, our brains begin to ***adapt to those feelings*** and, overall, we become generally ***happier and more balanced***, which is so exciting!

Read on to get a ***daily routine*** for diligently ***practicing gratitude!***

routines become habits. habits become progress. progress becomes success.

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Tip #3: Create a Routine!

FUN FACT – when you go to sleep at night, ***your brain keeps running!*** That's right! Your ***conscious mind*** goes to sleep, however, your ***subconscious mind*** actually continues to work and process throughout the night.

And that means that only the conscious mind ***actually goes to sleep at night!*** While the subconscious mind continues to process ***what we were thinking right before we went to sleep.***

THAT'S WHY... we must add the questions below to our nightly routine ***RIGHT before going to sleep.*** Once we begin doing this every night, we release dopamine and serotonin in the brain, allowing our subconscious to ***"sleep" on those euphoric feelings***, and therefore we ***wake up happier day to day!***

How exciting! Here are my ***"5 M's" for upping your gratitude:***

1. **Mentality:**
   - What am I grateful for about my mental state today? How did I take a step forward today in terms of my mentality? How can I thank myself?
   - What can I do to make my mentality even better tomorrow? What can I pay attention to? How can I be kinder?

2. **Mindfulness:**
   - What am I grateful for about how I was mindful today? How did I take a step forward today in terms of my mindfulness? How can I thank myself?
   - What can I do to make my mindfulness even better tomorrow? How can I pay closer attention moment to moment? How can I be more mindful of my breath, physical, and mental state?

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Tip #3: Create a Routine! (cont.)

3. **Momentum:**
   - In what way did I build momentum in my life today? What am I grateful for about that? Did anyone help me? How did I help myself make progress today?
   - What can I do to build my momentum even more tomorrow? Can I work harder in a certain area? How can I recognize and be grateful for my hard work even more tomorrow?

4. **Material:**
   - How can I be grateful for my material objects today? Did my clothes keep me warm? Was I able to do work on my computer? Did my phone allow me to talk to a close friend today?
   - What can I do to be even more grateful for my material objects? Can I pay closer attention to the smaller things like food, my bed, my pillow?

5. **Mayhem:**
   - How can I look at the hardships in my life, and flip them into a positive? Did my sorrow allow me more time to self-reflect? Did my anger allow me to create changes in the way I normally do things? Did outside circumstances force me to take action? What am I grateful for?
   - How can I reflect on and be grateful for the challenges that come up for me tomorrow? Can I be more aware of my emotions and actions?

ONCE AGAIN – ask yourself these questions ***every night*** before you go to sleep! You will end up ***going to sleep happier***, and ***waking up happier*** as a result! And the more you practice, ***the happier you will become!!***

BUT REMEMBER – In order for this to happen, you must be ***practicing consistently and with 100% of your attention***. Always remember that we hold ***so much power***, and we can make ***ANYTHING*** happen. So put in the work! I promise it will be worth it.

you have all the power to cultivate your own positive growth.

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Conclusion

Things to Keep With You:

1. The Human Brain Does What You Tell It

1. Your brain does *whatever* you tell it. Be sure to use the right words!
2. You can learn how to do anything. Your brain has plasticity.
3. Your habits and belief systems *can* change! Create routines and practice them *every day*.

2. Train Your Brain to Practice Gratitude

1. Dopamine and serotonin are released in the brain when you practice gratitude.
2. Dopamine boosts your moods, balances emotional responses, and allows you to feel motivated and aware.
3. Serotonin helps to regulate mood and social behavior, sleeping, and digestion.

3. Create a Routine!

1. When you ask yourself the questions in this workbook every night before you go to sleep, your subconscious will start latching on to feelings of gratitude, leaving you happier day to day.
2. How are you grateful for the Mentality, Mindfulness, Momentum, Material, and Mayhem in your life?
3. How can you be more grateful or make these things better tomorrow?

Thank you again for your time, and be sure to thank YOURSELF for investing in YOU. I hope that this training allows you to move forward with more insight on yourself, and on your crazy, beautiful brain!

I hope to see you in the studio soon!

always remember to...

begin with love. sing from truth. always discover, never fear.