



RECALLERS

EVERY DAY IS GAME DAY!

BEHAVING

GRATITUDINAEOUSLY



“Gratitude is the best attitude.”

~Author Unknown



www.SusanGarrett.com



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I hope you find this eBook to be a great resource to your dog training. But I do need to remind you that this document is intended just for you.

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Here's to your future success;

Susan

Susan Garrett
Say Yes Dog Training Inc.





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Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity.... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.”

- Melodie Beattie

If you have been following my blogs from the beginning you will know that my original blog did come with a warning that my grammar and English may not be perfect. Let me add to that that I may, from time to time, make up my own words. I do and I just did. I was teetering between gratefulness and gratitude but decided on the former (or is that one the later, I am always getting that former and latter thing mixed up) for the way it rolled off my tongue.

Today I thought it would be a good idea for everyone that has been stressing about their own stressing or their dog's stressing, to behave gratefully, that is, with massive amounts of gratitude. As a matter of fact, I think it would be a great idea for everyone to do it... just for no reason at all.



Recallers Dogs and their Extraordinary People

I hope you enjoy this e-book!

This column contains the slides from one of my popular **videos**, and the main body text is a re-print of a popular **blog**.

- Susan

As a dog trainer who lives in the "public eye," I am very open about the choices I make for my dogs and my students. I believe this openness contributes to the closeness of our "Do-Land" community.



Through my books, DVDs, workshops, newsletters, and on-line classes; my training choices are clear for all to see. My dog training is in complete alignment with my core values for life... that is to look for all that is good; while looking beyond that which is not.



My mindset is one of abundance not scarcity. Failure is embraced as a stepping stone to get to a better place. Every endeavor in life is a success because, even if I fall short of my goals, I know that the seeds of tomorrow's success are always found within the lessons of my struggles.





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Here is how you do it. Pick a dog, if you are struggling in your training with one particular dog right now pick THAT dog. Or, if you have a dog you have neglected a bit lately, pick that one. If you can't decide which of your dog's to pick, do it alphabetically, that way you won't feel like you are cheating anyone.



You can do this exercise for each dog you own (I highly recommend it), but I don't like to do it back to back. Separate each dog's grateful moments by at least a day. Why you say? Well, one because I said so and it is my blog and my game of make believe (actually it is based on something we did with Tony Robbins) but regardless and more importantly, I think by trying to "cram" all of your dogs into one experience in my opinion you take away the specialness of the experience for the dog. I have done this for all of my dogs at as a group, and I do like that, but for today just do one dog.

Now sit in a quiet spot. Yes, those of you at work go ahead, close your eyes, I am sure no one will bother you in your cubical or think you are any stranger than they did ten minutes ago. Now place both hands over your heart, close your eyes ... hey .. I said close them, how are you continuing to read if your eyes are closed? Seriously, read this first and then do the process with closed eyes.

Thirty years ago while listening to a Zig Zigler tape (yes it was a cassette tape could have even been an 8 track :))
Zig shared this profound truth that has been a maxim of mine ever since;

"You can get anything you want in life if you can just help enough other people get what they want."
~Zig Ziglar



I get what I want from my dogs by helping them to get what they want when training with me.



The Say Yes program has helped many students over the years develop from a "dog-loving-pet-owner" into a "World Champion" or "World Team Member" or "International Seminar Presenter" or all of the above.





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“When we choose not to focus on what is missing from our lives but are grateful for the abundance that’s present...we experience heaven on earth.”

- Sarah Breathnach

Really this is cool (or strange but play along with me anyway because I think it is fun to do).

Okay, here goes, in your quiet spot, with your eyes closed and your hands on your heart, think about that one specific dog and the times you have had together with that dog over the last year. See him running in your favorite field or park, visualize that dog trotting happily just a head of you or jumping through some long grass to get a better look.

Next, think of a time when you found yourself just admiring that dog maybe for the way he looks or his power or possibly, if he is older, for his grace. Next visualize him doing something with you and doing it extraordinarily well, far better than he has ever done it before or better than you thought possible and far better than you have ever seen any dog do it. Now think of a time that dog made you laugh out loud, ideally until stuff came out of an orifice you weren’t planning on it leaving. Next remember that dog making you so proud your



And I am very aware that not all dog owners will have values and beliefs which align with mine. These people will not likely spend time on my blog, nor enjoy the content of my newsletters and are less likely to join in one of my on-line classes.



It is about putting the love and respect of our family pets above any "quick-fix" dog training solutions or winning medals in a competition.



And allowing the success of science-based reinforcement training shine for all to see.

By being transparent about the vision I have for my life we now have this great on-line community of like-minded people who also share the same kind of relationship with their dogs that have with mine.





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heart could just burst. Okay now think of a moment that dog did something that you thought was so unbelievably brilliant you just had to tell someone.

Now recall the first day you made the decision to get "that" puppy or dog (if he was older). What was it about that particular one that made you take him home? See him at home on the first day, how curious he was, how crazy you are about him. Next visualize that dog the last time you saw him sleeping in his favourite place around the house, where is he? What position is he in? Is he curled up in a ball, upside down on his back or is he all stretched out on his side? Think about how much you love that dog and how grateful you are to have him in your life.



"Life is not about waiting for the storms to pass... it's about learning to dance in the rain!"

- Vivian Greene

By making who I am and what I believe in clear in all I do, it makes it easy for people to choose to follow my dog training or to move on to a methodology that resonates more closely with their own core beliefs.



But here is what I have discovered. . .

In my drive to be a better, reinforcement-based dog trainer, I believe I am becoming a better, more reinforcing person.



In my quest to bring more joy to my dog's life . . . I am learning to be a more joyful person.





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Now put this question out there for your "higher power" or just throw it on out there into the universe. "How can I help this dog to live with more joy and be more connected to me?"




There, that was your grateful moment. The more gratitude you have for what you've already got, the more answers will come to you when you are struggling. Weird but true, trust me on this one. I bet it works for kids too although I don't have any of my own to try it out on.

Today I am grateful for gratitude stacking. If you see me at ringside with my eyes closed and my hands on my heart, you can bet that is what I am doing ... either that or I had one nasty ass bean burrito at lunch.


How can any of that ever be anything but a good thing . . . inside or outside of the world dog training?




My choices in dog training are completely congruent with my choices for my life and that is why all of it seems like effortless fun to me.



I have learned, we can't be all things to all people . . . it seems crazy to even try. That is when what you are doing becomes more like work and the peace and effortlessness is lost. There is an inconsistency between what you believe and what you do.



A good friend once shared with me this analogy; you can run around with a big net trying to catch butterflies or you can plant a beautiful garden where butterflies can choose to spend their time if so inspired.





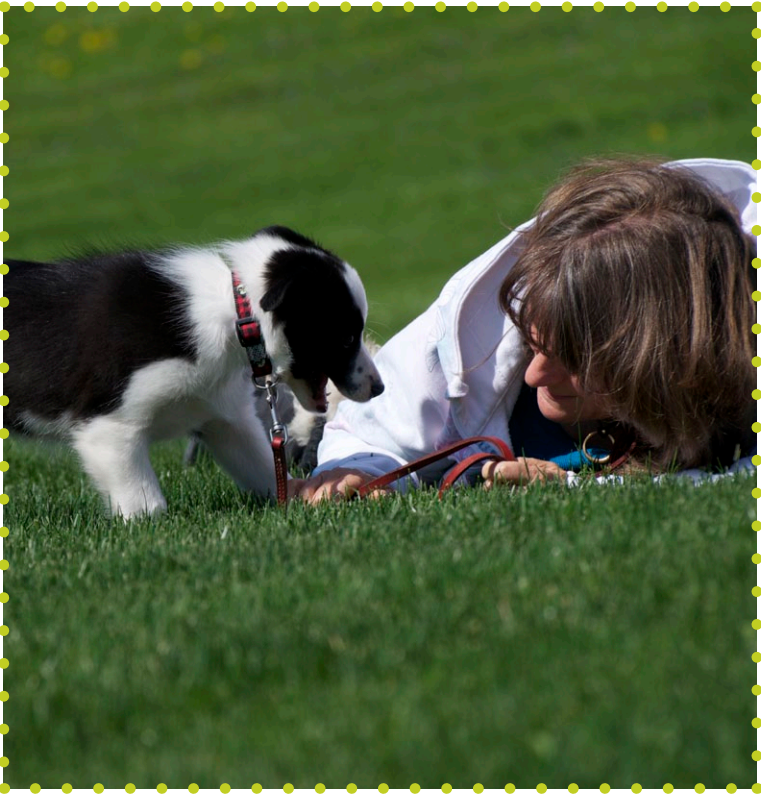

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”At times when our own light goes out, it is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”

- Albert Schweitzer



Read “Lessons in Gratitude” on my blog!

Defending or soliciting support for your point of view while criticizing and finding fault with anything in opposition to it, will zap you of your energy and leave you feeling frustrated, anxious and empty.



Spending time in an environment you love, being connected to like-minded people is nurturing & effortless. You come away feeling energized and inspired.



No challenge is too big when moving from this place of community and strength. If you ever do stumble . . . you fall back into the support of like minded people who are there to lift you up once again.



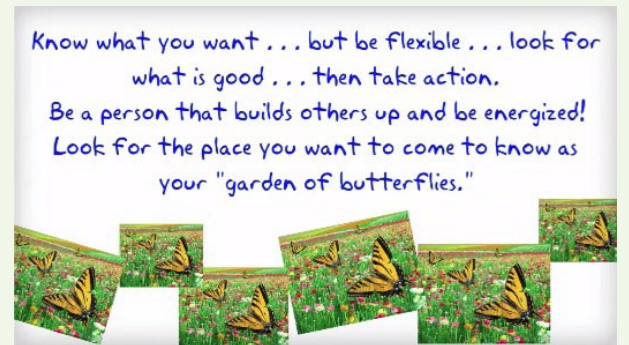
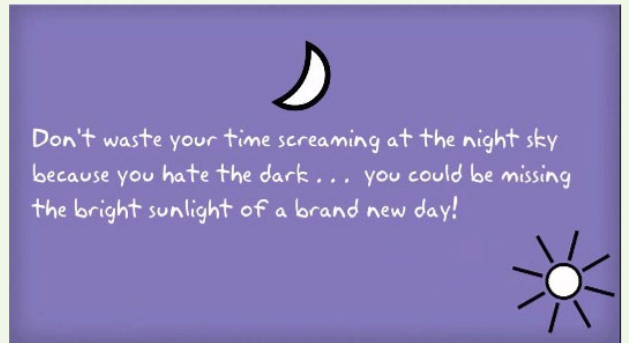
What about you?
Are your actions and decisions in your "dog training" congruent with the kind of person you want to be for your family pet, your friends or your family?





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If you are still reading ...
you may have already found it!
Today I am grateful for each of you in
this amazing community!





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