

the gratitude project

What are you thankful for? Harness the power of positive to benefit yourself and others

Clare Desira has a big vision to change the world. And it can all start with you.

She's come up with a simple idea that can help you to become more positive, mindful and present – each day, write a list of five things that you're grateful for. It's called the Top Five Movement – something that started out as Desira's own personal exercise in positivity, but has since spread around the globe.

"It's an easy, daily habit," Desira says. "It all started seven years ago and was sparked from an article in a magazine my housemate had left on my bed to cheer me up.

"This article really resonated with me as it said to simply write down a few good things each day. It sounded exciting and achievable. I got started that day."

Desira, who manages one of the largest corporate volunteering programs in Australia, soon started to tell friends about the Top Five.

"Some started their own," she says. "Some would tease me about it. Others thought it sounded like a nice thing to do. Years passed and my collection of Top Fives built up. People started to ask what I would do with them all. I wasn't sure, but knew I was onto something."

Fast forward to 2011, when Desira became a Centre for Sustainability Leadership fellow.

"Part of this course was a media training and speech writing retreat," she says. "I was required to deliver a speech to 50 peers, all highly successful in their fields and passionate about sustainability. There were speeches on biodiversity, carbon



credits and vegetarianism. I developed up the Top Five message beyond my notebook and daily routine and presented it as an opportunity to contribute to a more sustainable world. The speech included what the world would look like if everyone was more grateful and captured their own daily Top Five. The movement was born."

Desira is now well on her way to creating a movement of generosity and happiness throughout the world, sharing her vision at a TEDx event (see more at ted.com/tedx), in corporate settings, in emerging young leadership programs and within training, education curriculum, blogs, magazine articles and other publications.

"The message I have to share is a simple, accessible and powerful idea about greater possibilities for people to be happy, more generous and to live in a better world," she says. "And the best Top Fives I hear are always related to the small and simple things in life that people so often overlook. A moment of connection when someone has learnt something; an act of generosity.

"The obvious criticism with this is that it is all a little naïve and that my life must be all sunshine and lollipops. But like everyone, I have felt the pain and challenges that life can throw us. For example, I have taken the time to write a Top Five on the day when someone close to me tried to take their life and also on a day earlier last year when I was diagnosed with an autoimmune disease. In my opinion it's at these times that a really simple and practical tool like

writing a Top Five and focusing on the positive can be its most powerful."



Head to TopFiveMovement.com to register for the mailing list to receive a free Top Five Tips and Template document to help you start searching for the positive and capturing your own daily Top Five.