

# Smile When You Poop

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How to Be Grateful When Life is Hard... The  
10-Second Gratitude Practice That Sticks Even  
When Life Stinks

Conrad Deas



Humble Courage Publishing

The **10-Second**  
**Gratitude Practice**  
That Sticks **Even When Life Stinks**



**SMILE**  
**WHEN YOU**  
**POOP**

**How to Be Grateful**  
**When Life Is Hard...**

A. Conrad Deas II

## **Smile When You Poop**

*How to Be Grateful When Life Is Hard... Using The 10-Second Gratitude Practice That Sticks Even When Life Stinks*

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### **Medical Disclaimer**

This book is designed to provide helpful information on establishing a gratitude habit. It is not meant to be used, nor should it be used, to diagnose or treat any medical condition. For diagnosis or treatment of any medical problem, consult your own physician or healthcare provider.

If you are experiencing severe depression, suicidal thoughts, or mental health crisis, please contact a mental health professional or in the United States call the National Suicide Prevention Lifeline at 988.

### **Faith Perspective Notice**

While the gratitude practices described in this book can be applied by people of any faith tradition or no faith tradition at all, this book is written from the author's Christian faith perspective, which shapes his approach to gratitude and life challenges. The author is an ordained pastor and openly shares how his personal faith affected his journey throughout these pages.

The author welcomes readers of all backgrounds and beliefs to adapt the language and practices to fit their own worldview.



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# Dedication

## Dedication

*To all the 'Overlooked Helpers', may we be more aware of how you benefit us all, and glorify our Creator... even **especially when** life is hard.*

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# Quick-Start Guide: Read This First!

In 2024, I faced dramatic medical emergencies, big financial setbacks, family and friends dying, a total loss car accident, and more...

All while beginning to write what would eventually become this book. Surprisingly, through it all, gratitude was automatic.

Not because I was grateful FOR these things happening.

But I'd spent years training my brain to be grateful IN difficult situations. I learned to notice what still works while dealing with what doesn't.

After that season, I feel fortunate to be able to say: **I am grateful, grounded, and have peace—even when life is hard and uncomfortable.** And that changes everything about how I can lead my family, serve others, and navigate chaos.

You'll read the story of that season in Chapter 5. First, let me show you the practice.

## Not Your Average Gratitude Book

If you've tried practicing gratitude before and it felt forced, fake, or like toxic positivity—this book is for you.

**What makes this different?**

Some gratitude advice tells you to "*count your blessings*" or "*look on the bright side.*" But from personal experience, I know that when we're dealing with real discomfort—*financial setbacks, health scares, relationship struggles*—being told to feel grateful can feel dismissive of genuine pain.

I'm here to help you do something different, to practice what I call **ridiculous gratitude.**

Not gratitude FOR uncomfortable situations (*though you might get there eventually*).

But gratitude IN uncomfortable situations—*proactively noticing and appreciating small things that might even be a stretch to appreciate*—while you navigate what's uncomfortable.

## **What You'll Learn Chapter by Chapter**

### **Chapter 1: Be Grateful for 10 Seconds (*Build An Unbreakable Gratitude Habit With The Genius Trigger... Starting Today*)**

Learn the 10-second bathroom habit that helps build an automatic gratitude practice using the most reliable trigger in your daily life.

### **Chapter 2: Be Grateful IN, Not FOR (*Because All Progress Starts With The Truth*)**

Discover the critical distinction between being grateful FOR vs. grateful IN difficult situations—and why it changes everything.

### **Chapter 3: Be Grateful for Toilet Paper (*And Other Often "Overlooked Heroes"*)**

Start noticing the invisible army of helpers (toilet paper, doorknobs, plumbing) that make your life better every single day.

### **Chapter 4: Be Grateful for Your Heart (*And Other "Organic Automations"*)**

Develop gratitude for the miraculous machine you live in—your body's billions of automatic processes you never have to think about.

### **Chapter 5: Be Grateful Until You Don't Have To (*When Ridiculous Gratitude Becomes Automatic & My Season of Chaosity*)**

Learn the science of habit formation and how to make gratitude your default setting (not just a practice you do). Includes the *mostly* full story of my "season of chaosity."

### **Chapter 6: Be Grateful Out Loud (*From Private Practice to International Impact... Without Saying a Word*)**

Discover how your personal practice creates ripples that extend far beyond your bathroom—and contributes to a billion seconds of gratitude every day.

## **What is "Hard"?**

I say "when life is hard" in the subtitle of this book, so I want to acknowledge that **"hard" is relative**. It doesn't have to mean life-threatening, harmful, or trauma-inducing experiences.

But just because an experience isn't "life or death" doesn't mean it's not hard. Something that's a minor inconvenience for one person might be devastatingly difficult for another.

**I've come to learn: many times, DISCOMFORT is what makes things "hard".**

- Job loss is "hard" in the discomfort of uncertainty, identity shift, and financial stress.
- Health scares are "hard" in the discomfort of losing control, facing mortality, and navigating the unknown.
- Relationship struggles are "hard" in the discomfort of vulnerability, unmet expectations, and emotional pain.

**What you'll learn in this book doesn't remove discomfort.** But it helps you find solid ground while you're uncomfortable.

## The Ultimate Goal

My goal is to help you become a grateful person for the rest of your life. I want you to be someone who is **grateful, grounded, and full of peace—even when circumstances are uncomfortable and life is hard**—starting as fast as today, using simple, science-backed habit formation.

This identity shift matters whether you're:

- A parent navigating chaos while keeping your kids stable
- A leader leading teams through organizational uncertainty
- A pastor caring for others while processing your own pain
- Anyone responsible for others who needs their own private anchor first

**Before you can lead others through discomfort, you need a way to stay grounded yourself.**

This book gives you that.

**A quick reminder/warning:** This book talks about bathrooms, toilet paper, and poop. I'm a millennial dad who enjoys dry humor. But it's intentional to hopefully make the ridiculous gratitude practice more memorable. If it makes you uncomfortable at first, consider giving the humor a chance.

I hope you can embrace the ridiculous to do something revolutionary.

**Because we're about to make gratitude automatic—starting with the most ridiculous trigger you could imagine...**

## My SWYP Commitment

I, \_\_\_\_\_, commit to practicing ridiculous gratitude for the next 30 days.

Starting: \_\_\_/\_\_\_/\_\_\_

My Why: (Why am I doing this?)

\_\_\_\_\_  
\_\_\_\_\_

My First Bathroom Gratitude:

On my very next bathroom visit, I will be grateful for:

\_\_\_\_\_

Signed: \_\_\_\_\_

Witness (Optional - share with someone for accountability):

\_\_\_\_\_

***Remember:*** *Your next bathroom break is your next chance.*

*No judgment. Just practice.*



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# INTRODUCTION: The Ridiculous Bumper Sticker that Matched My Ridiculous Gratitude

## I Couldn't (and sometimes still can't) Stop Laughing!

**N**ovember 2024, middle school drop-off. The bumper sticker on the car ahead of me made me pause and made my morning.

It read... **HONK IF YOU HAVE TO POOP!**

I laughed out loud. Hard. The kind of laugh that shakes your shoulders.

I wanted to honk so bad! But since I didn't have to go at that exact moment, I held back.

Then while laughing hysterically, I thought: "*Wait a minute! I don't have to poop right NOW, but I DO have to poop as a human being. So I CAN honk!*"

By then, the car was gone, so I didn't honk. Still, I smiled, thinking...

*That's something to be grateful for.*

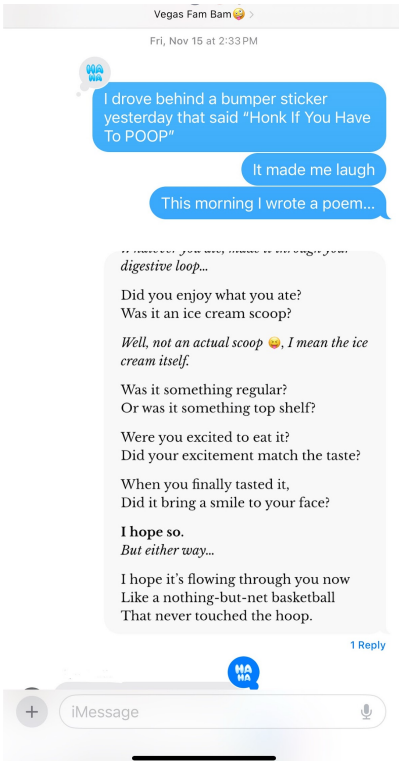
## **It Was Funny, AND Serious.**

My youngest son has had gastrointestinal issues since he was a few months old. For over a decade, we visited a surgery center for digestive tract monitoring three to four times a year. We'd just done it two weeks before I saw that bumper sticker.

Sometimes at the center, I'd see kids in even tougher situations—kids who couldn't use the bathroom unassisted.

Laughing at that bumper sticker, I thought about those kids and realized: **being able to poop independently is a blessing we usually overlook.**

So I didn't just smile and move on. The next day, I wrote a poem and sent it to the family group chat.

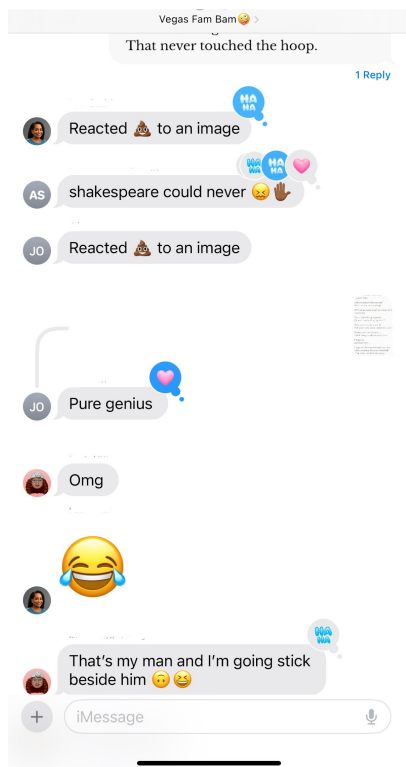


One of my nephews responded: "shakespeare could never..."

My oldest child responded: "pure genius."

My mother-in-law gave the emoji—which I took as her sign of approval.

*And my wife said: "That's my man and I'm going to stick beside him."*



Their reactions were all the 'approval' I needed to share this far and wide. The poem was a joke. But **I was serious about smiling when you poop.**

**This Sounds Ridiculous. It Is. Here's Why That's Good.**

**Life stinks sometimes.**

And not just in the bathroom...

Work gets stressful. Relationships get complicated. Health falters. Money gets tight. Plans fall apart.

This book won't remove life's challenges.

But it will teach you how to be grateful even when life stinks—not by pretending problems don't exist, but by training your brain to **notice what's still working while you deal with what isn't.**

## Ridiculous Gratitude

A few years before I saw the bumper sticker, I started practicing something I call ridiculous gratitude. At first, I didn't have names for what I was doing. I was just noticing weird things to appreciate. Usually on long walks. Eventually, I realized my gratitude fell into three patterns:

**Ridiculous Stretch:** I began stretching my mind to find gratitude in situations or things that didn't seem to call for it. When my water bill was five times normal, I appreciated the workers fixing things I didn't even know existed.

**Ridiculously Small:** I was spotting and appreciating tiny things or experiences I was ignoring before. Toilet paper, doorknobs, the fact that gravity keeps coffee in my cup. These helpers are usually invisible until they break.

**Ridiculously Proactive:** I started seeking reasons to be grateful. I wasn't waiting for good circumstances. I was noticing what's working instead of hoping gratitude showed up.

I didn't know it then, but this practice was preparing me for what I'd later call my "season of chaosity." This was a few months when everything broke, failed, or fell apart simultaneously. But that story waits in Chapter 5. First, the practice.

**Here's what makes this different from most gratitude advice:**

This isn't toxic positivity. I'm not telling you to "*look on the bright side*" or "*be grateful for the lesson.*"

This is truth-based gratitude. It acknowledges the raging storm AND the roof that keeps you dry.

**Both things can be true simultaneously: some things are scary, suck, or simply broken, AND some things are working just fine or maybe even great.**

By practicing gratitude during ordinary moments, your brain learns to find solid ground during hard times. Like muscle memory for athletes—you practice thousands of times, so you default to automatic gratitude under pressure before you even realize it.

Unfortunately, automatic gratitude doesn't happen... automatically.

Fortunately, you're about to learn the perfect automatic trigger to help establish an automatic gratitude habit.

By the end of the next chapter, **you'll be ready to start your new gratitude habit today.**

## Chapter 1

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# Be Grateful for 10 Seconds

*You Can Build An Unbreakable Gratitude Habit With The Genius Trigger... Starting Today*

**Y**ears ago, I read *Tiny Habits* by Dr. BJ Fogg. He emphasized that if you want to establish a new habit, you need to attach it to existing anchors, or triggers. I've practiced gratitude for years and helped others begin practicing it as well, but somehow, it never occurred to me that bathroom breaks are the ultimate, dare I say, genius trigger.

**Here's why they're perfect:**

**You can't skip them.** You can skip workouts, journaling, and even meals. But for most of us, our biology ensures bathroom breaks. Your body guarantees compliance.

**You're in private.** Nobody's grading your gratitude. It's just you with a few seconds to yourself, like a built-in pause button.

**You do it multiple times daily.** Not once in the morning or night, but three to seven times throughout your day.

**You do it anywhere.** Home, office, traveling—wherever you go, bathroom breaks follow.

**You're already paused.** Adding 10 seconds of gratitude takes no extra time.

### **Brace Yourself...**

Here's the super-duper complex formula for using bathroom breaks to build a gratitude habit:

1. **First:** When you go to the bathroom, pick ONE thing to be grateful for. One.
2. **Next:** Say a simple thank you in your head or out loud:  
*"Thank You that my body is working."*  
*"Thank You for whoever invented toilet paper."*  
*"Thank You for the lock on this door."*  
*"Thank You for indoor plumbing."*
3. **Then:** Smile. Even a fake one. Your brain doesn't always know the difference.
4. **Finally:** Hold your smile and marinate in that feeling of gratitude for 10 seconds (4 second breath in — 6 second breath out).

That's it. Go to the bathroom. Say thank you. Smile. Marinate for 10 seconds. You're done.

Seriously. That's the whole practice. You can **start your new gratitude practice today.**

Yes, you're literally going to smile while pooping (or peeing). Your future self will thank you. Your past self would be so confused.

## **This Is As Effective As It Is Ridiculous**

Most gratitude practices fail because you have to remember them. This one works because it ties to what you already do several times daily.

When you can find gratitude while sitting on, or standing in front of, a toilet, you can find it anywhere.

When you begin appreciating toilet paper during a terrible day, you're building a skill that works regardless of circumstances.

The bathroom becomes your training ground for a gratitude practice that sticks, even when life stinks. Every visit is an invitation. Every pause is a chance. Every ridiculous thank you **builds the muscle of noticing what's working.**

Then one day, you realize you're no longer a person just practicing gratitude...

### **You're a grateful person.**

And THAT is the goal: **to be a person who is grateful, not just someone who practices gratitude.** The bathroom is just the training ground. Life is where you live it.

It may start awkwardly, but that helps it become automatic.

It may start ridiculous, but you're about to learn how it can be revolutionary.

## **If You're Thinking...**

*"This is weird. I can't take this seriously."*

Feeling weird is normal. Weird sticks. Weird is memorable. You might forget to journal or meditate—but you won't forget bathroom breaks.

*"What if other people find out I'm doing this?"*

They won't. That's the beauty. It's completely private. You can have a 10-second thought if you want. Nobody knows unless you tell them.

*"This seems disrespectful or inappropriate."*

In reality, it's the opposite. There are few things more appropriate or respectful than pausing to appreciate what's working, especially when other things aren't.

*"Won't this become meaningless repetition?"*

It becomes repetitive only if you let it. Today, thank your body. Tomorrow, appreciate plumbing. The next day, value privacy. The trigger is the same, but gratitude always varies.

*"Will 10 seconds make a difference?"*

Not by itself, one time. But repeated three or more times per day over time... Try it and find out. Your time will naturally increase. But 10 seconds at a time is enough to start.

*"What if I don't have regular bathroom breaks?"*

If medical conditions or irregular schedules affect your bathroom routine, that's okay. You can apply the same principle to any unavoidable daily activity, such as handwashing, opening doors, pouring coffee, or breathing exercises. The bathroom is one example. The principle works with whatever you do multiple times daily.

You can Smile When You (blink, breathe, hear, see, smell, step, or sit)—whatever works for you.

## Three Steps to Start Today

1. **Set a "SWYP Alarm" on your phone.** Set an alarm labeled: "Don't forget to Smile When You Poop." Or simply, "Don't forget to SWYP."
2. **Start ridiculously simple.** Your appreciation can be as basic as *"Thank you that I made it here in time."* We're not trying to be profound—just consistent.
3. **Track your streak.** See how many bathroom visits in a row you can remember to practice gratitude. Make it a game. Can you hit 10 in

a row? 20? 100?

**Download your free SWYP Tracker** and other helpful resources at [SmileWhenYouPoop.com/extras](http://SmileWhenYouPoop.com/extras)

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**Next:** *You know gratitude is good, but what if it feels fake when life gets tough? Chapter 2 reveals the one critical distinction between forcing positivity and finding genuine appreciation—a truth reinforced for me while standing in my yard, watching strangers dig a massive trench as our water bills climbed to five times normal and somehow finding myself grateful IN that fiasco....*

## ✓ **What You've Learned So Far:**

- Bathroom breaks are the ultimate habit anchor/trigger
- The 4-step practice takes only 10 seconds
- The trigger is unavoidable, private, and repeatable
- You can start TODAY with your next bathroom visit

### **What's Next:**

The practice is simple. But what if gratitude feels FAKE when life gets hard? Chapter 2 reveals the one critical distinction that changes everything...

### **Your Action Before Moving On:**

- Set a phone alarm: "Don't forget to SWYP"
- Complete ONE bathroom gratitude (right now if you need to go)
- Notice how it felt (awkward is normal!)

## Chapter 2

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# Be Grateful IN, Not FOR

*Because All Progress Starts With The Truth*

**N**ow let me show you the distinction that makes this work when life stinks. It's a truth that matters especially for leaders, parents, and caregivers:

**You will face uncomfortable situations you didn't choose.** Job losses. Health scares. Family crises. Organizational chaos.

When you're responsible for others, you can't afford to wait until circumstances are comfortable before you find your footing. **You need to be grounded IN the discomfort—not just when it's over.**

I understand that when life gets hard, some gratitude advice can feel hollow. You know you "*should*" be grateful, but forcing yourself to be thankful for difficult situations can feel fake. There's a reason for that—and a solution that fixes it.

### **Standing in My Yard Watching Workers Dig a Trench**

About two years after I started practicing ridiculous gratitude, we got hit with water bills that were five times our usual amount. Five times.

I thought we had a leak somewhere in the house. A plumber came and found nothing. The second bill convinced us to dig deeper—literally. A team of professionals came and dug a deep trench almost the length of our front yard, revealing a leak in our main water line. A huge pipe, I probably walked over 1,000 times without even thinking about it.



As I expressed my shock about what happened and how it seemed so "normal" for them to fix it, the supervisor on the job said, "*Oh yeah, we do this all the time.*" Standing there watching these skilled strangers fix something I never even thought about existing, it made me think:

- People I don't know are fixing something I barely thought about

existing.

- Something I barely thought about existing, helps provide clean water to my family every day, and has for years.
- I can afford to pay people I don't know, to fix something I barely thought about existing, when in a different season of life, the expense would've been devastating.

I was genuinely grateful.

I wasn't grateful FOR the massive bills—they were frustrating. But I found myself grateful IN the midst of a situation that would've been super frustrating at a different point in life. That's when I knew **ridiculous gratitude was becoming automatic**. My brain was noticing what was still working even when something was literally broken underground.

## Be Honest

### I'm Not Saying Force Anything

When you're dealing with real challenges—*health scares, job loss, relationship struggles*—being told to "count your blessings" can feel dismissive of genuine pain.

That's one reason traditional gratitude can feel hollow during hard times: it often asks you to feel something you don't.

But there's another way.

#### The Critical Distinction: FOR vs. IN

**Grateful FOR** = Being thankful that something happened

**Grateful IN** = Noticing things to appreciate while experiencing what happened

When my water bills went crazy, I wasn't grateful FOR the expensive surprise. I was grateful IN that situation—for workers who knew how to fix it, for indoor plumbing that usually worked, for being able to handle the expense.

**This distinction changes everything.** You don't have to pretend to see problems as blessings if you don't see them that way yet. You don't have to force fake positivity. You **embrace the whole truth and notice what is working well while you deal with what isn't.**

### **Before The Ridiculous Water Bill, I Was Practicing Ridiculous Gratitude**

During the 2020 pandemic, when the world felt upside down, I started taking long walks. Just me and my thoughts.

On those walks, I started noticing and appreciating things I'd either never noticed or stopped paying attention to:

- My legs and feet carrying me forward without conscious thought
- Road signs helping us navigate from point A to point B safely
- Trees working quietly to clean the air I was breathing

I wasn't forcing gratitude. These things were there. And I started noticing them, because of another experience I'll share later in chapter four.

The world was experiencing collective chaos, AND I was having micro-moments of appreciation.

This is when the Ridiculous Gratitude practices I mentioned earlier started. I was proactively noticing ridiculously small things that might seem like a stretch to be grateful for, and it turned my pandemic walks into gratitude walks.

The pandemic brought challenges and threw many things in our household out of whack. And at the same time, it helped me notice things that had been working all along that I previously missed or stopped noticing.

**Both things were true simultaneously.**

### **Two Things Can Be True**

Right now, as you read this:

- You have challenges, AND you have resources.

- Some things are difficult, AND some things are working.
- Life includes problems, AND life includes support.
- You could be worried about something, AND your heart is still beating.

Grateful IN doesn't ask you to choose optimism over honesty. It invites you to acknowledge the whole picture with complete honesty.

**When you can hold both truths—“*this is hard AND I have tools to handle it,*”—you operate from stability instead of chaos.**

## **Embrace The Complete Truth**

The difference between "grateful FOR" and "grateful IN" changes how you approach challenges. You don't have to force yourself to appreciate difficulties. You can find things to appreciate while dealing with difficulties. And if you reach the point of appreciating the difficulties themselves, great!

But until then...

**The goal isn't to deny problems or force positivity. It's about expanding your awareness to embrace the complete truth of living life.**

## **What You'll Notice:**

Practice grateful IN for a few weeks, and you'll notice something shift. When challenges come up, your brain automatically starts reminding you of what is still working. Not to deny problems, but to find stable ground.

During our water bill fiasco, while watching workers dig that trench, I began appreciating their expertise that I'd never even thought about before. Gratitude for indoor plumbing naturally popped up. The recognition of our improved financial situation came naturally.

I wasn't "looking for the silver lining." The practice had become automatic. And when I faced a "season of chaosity" a few years later, it confirmed for me:

**if you practice being grateful IN everyday situations, it becomes your default response during difficult ones.**

I'll share more about that season in chapter five.

## **But Wait...**

*"Is this positive thinking with different words?"*

I guess it depends on what you mean by 'positive thinking'. I'm not talking about denial or even reframing. Grateful IN means holding two truths at once: this situation is difficult, AND some things are still working. You're expanding your awareness, not replacing it.

*"What about terrible situations?"*

I'm not saying to be grateful FOR terrible things. I'm saying even in the worst situations, something is usually still functioning—your breathing, someone helping, the sun rising. Noticing those truths doesn't minimize pain; it provides stability while you process and respond to challenges.

*"Won't this prevent me from fixing problems?"*

The opposite tends to happen. When you're grounded in truth about what's stable, you have more clarity and energy to address what needs fixing. Panic drains problem-solving ability. Finding your footing first makes you more effective.

*"Sometimes problems are blessings in disguise though, right?"*

Absolutely. Sometimes, what seems terrible can lead to something better. Sometimes challenges become catalysts for growth. The grateful IN approach gives you stability in the moment, and later, you might discover you're thankful FOR what happened. But you don't have to force that recognition before you're ready.

## **Ready to Try This?**

1. **Think of one current challenge.** Don't minimize it. Feel it completely and let it be as difficult as it is.

2. **Find ONE thing to appreciate IN that situation.** Something is still working while this other thing is hard. It could be as simple as 'I made it to work on time' while dealing with a difficult project, or 'I have hot water' while facing a financial crisis.
3. **Acknowledge your ability to feel both.** You haven't solved the problem or pretended it's good. You've expanded your awareness to include more truth.

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## Chapter 2 Recap:

- Grateful FOR = thankful that something happened (this can feel forced during hard times)
- Grateful IN = finding appreciation while experiencing difficulty (honest and accessible)
- Two truths can exist simultaneously: problems are real, AND support is present.
- This distinction makes gratitude possible even when life stinks.

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**Next:** *You've learned you can be grateful IN difficult situations. But what if you don't know what you can notice during difficulty? There's a built-in "life support system" we often overlook in ordinary moments and everyday*

*life. Chapter 3 reveals the invisible army of helpers working for you right now—starting with the most underappreciated hero in your house...*

## **KEY DISTINCTION: FOR vs. IN**

### **GRATEFUL FOR**

= Being thankful that something happened

When it works: After recovery, when you see the lesson

When it fails: During the difficulty, feels forced

### **GRATEFUL IN**

= Noticing things to appreciate WHILE experiencing difficulty

When it works: RIGHT NOW, even in the storm

What you notice: What's STILL working while dealing with what isn't

#### **The Shift:**

"Be grateful FOR your water bill crisis"

✓ "Be grateful IN your water bill crisis - for workers who can fix it, plumbing that usually works, ability to pay"

#### **Two Truths Can Be True:**

This situation SUCKS → AND → Some things still work

#### **Practice This Week:**

Name one current challenge: \_\_\_\_\_

Find ONE thing you're grateful for IN that situation (not FOR it):

\_\_\_\_\_

## Chapter 3

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# Be Grateful for Toilet Paper

*And Other Often "Overlooked Heroes"*

### **Ridiculously Small, Ridiculously Simple, and Ridiculously Helpful**

Once you start noticing the invisible army of helpers making your life better, you can't unsee them. They're everywhere—working perfectly, asking for nothing, and usually getting zero recognition until they break.

Just look at my water bill fiasco. While standing in my yard watching the crew work, something hit me beyond the "grateful IN" realization: **We overlook so many helpful things most of the time.** Water appears when we turn handles. Waste disappears when we flush. The lights come on when we flip the switches.

That day was a great reminder that **much of my life depends on invisible helpers—people, systems, and objects that keep everything running smoothly in the background.**

## Some Things We Don't Notice (*or Appreciate!*) Until They Break

### The Blindness of Reliability

Think about it:

- We actively appreciate that the internet works—when it stops working mid Zoom call.
- We mainly think about how helpful our car battery is after it dies in a parking lot at 11pm.
- We appreciate easy access to toilet paper after experiencing not-so-easy access.

Most of the things that make our lives work are invisible... until they stop working.

That's what makes them perfect for ridiculous gratitude.

### Begin Recognizing Your Everyday Heroes

You don't need to start with deep, profound insights. Start ridiculously small.

**Toilet paper.** Someone figured out how to make soft, absorbent paper. They manufacture it. They package it. They transport it to stores. They make it affordable. They do this for billions of people, every single day. You use it without thinking. But the moment you run out? You think about it a LOT.

**Doorknobs.** One twist opens doors. One twist locks them. Genius.

*I had a doorknob that would randomly break, maybe twice per year, for a few years. I'd head to the garage to get something, and the doorknob is on the floor somehow. I never noticed how*

*convenient and helpful the doorknob  
was until I had to stop to fix it!*

Additionally, the doorknob is humanity's greatest invention for avoiding awkward bathroom encounters. Never underestimate the value of a working lock.

**Zippers.** Metal teeth that close and open thousands of times. Vital in the bathroom!

**Light switches.** A simple switch lets you see what needs to be seen, or conceal what doesn't, in an instant.

Every one of these things makes your life better (especially in the bathroom!), and you don't even think about them. Until one breaks. Then you realize how much you depend on them.

What if you noticed before it broke? That's the shift you'll make after you start practicing ridiculous gratitude.

## **The Truth About Simple Helpers**

Simple helpers are about simple things.

None of these helpers are meant to solve your big problems. But they're all faithfully doing their jobs while you handle whatever life throws at you.

So even though they're ridiculously small, they're ridiculously helpful, and that's ridiculously powerful. Because it reveals that **you might have a massive support system of things you can notice to help you be grateful IN difficult situations, many times hiding in plain sight.**

## **Beyond Awareness to Automatic Appreciation**

### **You May Start Seeing Helpers Everywhere**

**First:** You have to consciously look for helpers. It feels forced, maybe silly.

**Next:** You start noticing helpers without trying as hard. "Oh wow, this pen works perfectly every time."

**Then:** Helper awareness becomes automatic. You easily open a door, subconsciously feel grateful, not realizing how grateful you are that door handles and hinges exist.

**Beyond:** You can't NOT see helpers. You begin consciously noticing the invisible support system you were blind to before.

**Finally:** In moments of difficulty, you automatically notice what's still helping. Even when some things break, you can automatically still see what's working.

### **Why This Matters During Hard Times**

When life gets difficult, your trained brain still notices helpers. During our season of chaos that included health challenges, job loss, deaths, car accidents, financial stress, and more... I was able to recognize 'small things' like the comfort of the bean bag I could lie on and elevate my legs, the ceiling fan circulating air, basic necessities still being met, and the moments of joy I still got to share with other people.

It's not about pretending problems don't exist. It's noticing that, **even in difficult times, you're still supported by an army of helpers.**

### **But Wait, In Case You're Thinking...**

*"This is normal stuff. Why should I be grateful?"*

Whether it's "normal" or not, is it helpful? Would it make a difference if it wasn't helping you? Sometimes you have to imagine life without something to appreciate it.

*"This feels shallow. Shouldn't gratitude be deeper?"*

Starting small builds the muscle for deeper appreciation. If you can't appreciate a doorknob that works perfectly every time, how well can you appreciate the complex blessings of relationships or good health? Simple gratitude

is training wheels for profound gratitude. You start with doorknobs. You end with dignity.

*"I'm a minimalist. I don't have much stuff to appreciate."*

Perfect. Helpers aren't just objects. Gravity is a helper. The sun is a helper. The bacteria in your gut are helpers.

*"Won't this make me materialistic?"*

The opposite. When you appreciate what you have, you may stop constantly wanting more. Gratitude for simple helpers may reduce your urge for "more" because you're fulfilled with what currently is.

## Do a 60-Second Helper Hunt

Here's a practice to help you start seeing your invisible helpers.

**Step 1: Pick a room.** Any room you're in right now.

**Step 2: Set a timer** for 60 seconds.

**Step 3: Find as many helpers as possible.** Not things you could use, but things actively helpful right now.

**Step 4: Ask yourself:** "What's helpful right now that I've never noticed?"

**Step 5: Follow one helper backward.** Pick one item and trace its journey to you. Pick your coffee mug. Someone mined the clay. Someone shaped it and fired it in a kiln. Someone shipped it. Someone stocked it. Someone sold it to you. That mug has a story.

### What I Found in The Room As I'm Writing This

Standing in front of my computer, I did a quick helper hunt:

1. Camera: Helps me communicate with people all over the world (like the magic I used to watch on *The Jetsons* as a kid!)
2. Window: Afternoon light streaming in while the wind and heat stay outside

3. Electrical outlet: Delivering power to multiple devices simultaneously
4. Trash can: Easy place to put waste to transport later instead of piling on the floor

Four helpers in 10 seconds. And that's not even counting the invisible ones—gravity keeping everything in place, air pressure keeping the roof on, insulation maintaining temperature.

\*\*\*

### Chapter 3 Recap:

- Most helpers are invisible until they break.
- Start ridiculously small: toilet paper, doorknobs, light switches.
- The Helper Hunt Method trains you to see support systems.
- Helper awareness becomes automatic with practice.
- Even in hard times, helpers keep working.

\*\*\*

**Next:** *100,000. 20,000. And more. Beyond the massive support system outside of us, we have an entire system of "organic automations" working 24/7 without our permission—and we barely notice. Chapter 4 reveals how your body*

*teaches the most profound gratitude lessons of all, including ones directly connected to bathroom visits...*

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# 60-SECOND HELPER HUNT

Your Mission: Find helpers you've never noticed before

## **ROUND 1: The Bathroom (30 seconds)**

List 5 helpers in your bathroom:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## **ROUND 2: Your Current Room (30 seconds)**

List 5 helpers where you are RIGHT NOW:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### **Advanced Challenge:**

Pick ONE helper. Follow it backward.

Who made it? Who transported it? Who stocked it?

Who invented it? How many people contributed to this ONE thing being available to you right now?

*Example: Coffee mug → potter/manufacturer → shipper → store employee → clay miners → kiln builders → designers*

Helpers Are Everywhere:

The more you hunt, the more you see. The more you see, the more automatic gratitude becomes.

## Chapter 4

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# Be Grateful for Your Heartbeat

*And Other "Organic Automations"*

### **The Miraculous Machine You Live In**

**Y**our heart will beat 100,000 times today. You won't schedule a single one. You won't remember any of them. But if it skips even one beat? You'll notice immediately. Your lungs will take about 20,000 breaths without a to-do list. I call these "organic automations": relentless backstage engineers, tirelessly running the show of our lives 24/7, without permission, participation, or even awareness, until something goes wrong.

### **Triggers + Actions Make The World Go 'Round**

I've spent years building marketing and software automations. One action triggers another, making "magic" happen. If you've ever paid for anything electronically, you've experienced it. You swipe, tap, or enter numbers into something and gain access to something else. Many steps happen behind the scenes to make the transaction possible.

Software runs a single automation, and I act like technology is amazing. Meanwhile, my body is running billions of automations, and I barely say thank you.

It's no small feat that software can auto-correct our typos. But it's even more amazing that our kidneys auto-correct our blood chemistry 24/7.

## **I Couldn't Walk Around The Block Without Being Winded**

I mentioned earlier that during the pandemic, I started taking long walks. Well this was mostly after I had a BAD bout with COVID-19. Maybe you or someone you know experienced it, the long standing fever, ridiculous headache, feeling like there was an army of tiny people inside of you, poking you with pins from the inside out trying to escape, amongst everything else.

Afterwards, it literally took me 90+ days to be able to walk around my block at a regular pace without being winded.

So when I finally built the capacity to walk regularly, I began taking long walks. It's when I started noticing the random helpers like street signs and utility boxes. And I started noticing my legs moving, my heart beating, my lungs breathing, my eyes blinking...

Without me telling them to and without pain.

And it helped me realize our bodies run thousands of automations every single second, and we rarely notice any of them.

## **Organic Automations Are More Complex Than Any Technology**

Here are a few examples of what our bodies do without conscious control:

**Your heart:** Beats 2.5 billion times in an average lifetime, adjusting its rate based on your needs without you writing a single line of code.

**Your lungs:** Exchange oxygen and carbon dioxide 20,000 times daily, speeding up when you exercise, slowing when you rest, all automatically.

**Your digestive system:** Breaks down food, extracts nutrients, and manages waste through 30 feet of intestines using chemical processes that would baffle most engineers.

**Your kidneys:** Filter 180 liters of blood daily, deciding what to keep and what to eliminate, maintaining perfect chemical balance.

**Your liver:** Performs over 500 functions, including detoxification, protein synthesis, and producing biochemicals necessary for digestion.

We don't manage any of this. Most of us don't even understand most of it. Yet it works, day after day, keeping us alive while we worry about Wi-Fi passwords and grocery lists.

### **And Then There's The Bathroom...**

Every time you go to the bathroom, you're experiencing the outcome of dozens of organic automations firing in perfect sequence:

- Muscles contract and relax in a precise rhythm.
- Kidneys that filter your blood all day.
- Neurons fire signals at exactly the right moment.
- Valves opening and closing on cue.
- Your body knows when to alert you.

You didn't program this. You didn't design it. You don't even have to think about it. It works.

Your body has better timing than most project managers. It knows when to send the signal. It knows when to wait. It rarely ever schedules two conflicting events.

## **And Sometimes Organic Automations Don't Work Perfectly**

### **My Kid's Journey**

One of my kids has had gastrointestinal issues since he was a few months old. For over a decade, we went to a surgery center for procedures three to four times a year so doctors could monitor his digestive tract.

Sometimes I'd see other kids at that center who had it even worse—kids whose bodies couldn't perform basic functions without medical intervention. Kids who needed feeding tubes. Kids who couldn't go to the bathroom on their own. Kids for whom a simple bathroom visit may as well be a major medical event.

Thinking of those kids and their families reminds me: the organic automations most of us take for granted aren't guaranteed for everyone.

### **Finding Gratitude for What Does Work**

Even when some organic automations struggle, others keep working:

- While my son's digestion needs help, his heart beats perfectly.
- While we monitor one system, his legs work without issue.
- While we manage one challenge, thousands of other processes work flawlessly.

Embracing the whole truth, we're not pretending everything works perfectly. But **we can appreciate what works while dealing with what doesn't.**

### **Organic Automations Probably Helping You Right Now**

As you read this:

- Your eyes are converting symbols into meaning.
- Your brain is processing language at lightning speed.
- Your heart is pumping blood to every cell.
- Your lungs are exchanging gases to keep you conscious.

- Your nervous system is maintaining your balance, position, and more.

None of this requires your management. It's all happening automatically, a symphony of organic automations keeping you alive and aware.

When you appreciate these automatic operations—especially during bathroom visits that remind you some of them work perfectly—you **build gratitude for the miraculous machine you live in.**

## **Beyond Occasional Awareness to Automatic Appreciation**

**First:** You'll occasionally remember to notice your breathing or heartbeat. It feels weird to thank your organs.

**Next:** You might catch yourself appreciating random organic automations. "My food is digesting without me managing it. Cool."

**Then:** Body awareness becomes natural. You notice your legs carrying you upstairs, your hands gripping things perfectly, your eyes focusing automatically.

**Beyond:** Organic automation awareness is automatic. Even during stress, you notice your body still functioning, still supporting you.

**Finally:** Your body becomes a constant source of gratitude instead of criticism. You appreciate function over form and ability over appearance.

## **But Wait...**

*"Aren't these basic functions? Why should I be grateful for my body doing what it's supposed to do?"*

"Supposed to" is a dangerous assumption. Not everyone's heart beats regularly. Not everyone's lungs breathe easily. Not everyone can walk, see, or digest food without help. These aren't obligations your body owes you—they're ongoing miracles.

*"What if I have health problems? This feels insensitive."*

I'm sincerely sorry you're facing health challenges. My hope is that while you're dealing with one system that's struggling, noticing the systems that still work provides stability. My goal is not to have you deny problems, but to acknowledge and embrace the complete picture.

*"I don't like my body. This feels fake."*

You don't have to like your body to appreciate what it does. Your liver doesn't care about your opinion of it—it keeps filtering toxins. Your heart doesn't need your approval—it keeps beating. And if your gripe is with your body's appearance, appreciation for function is different from satisfaction with appearance. The goal is that even if you're frustrated with how your body looks, you can still be grateful for what it does.

*"This seems too basic to matter."*

The basics ARE what matter. You can survive weeks without food, days without water, but only minutes without breathing. The most basic organic automations are the most vital—and the most overlooked.

## **Three Ways to Appreciate Organic Automations Today**

1. **The 30-Second Body Scan.** Right now, notice three organic automations happening without your control. Your breathing (in and out) is automatic. Your heart (beating steadily). Your eyes (blinking to stay moist). Notice. That's it.
2. **The Bathroom Body Check.** During your next bathroom visit, thank one organic automation. "Thank you, kidneys, for filtering my blood all day." "Thank you, digestive system, for processing that lunch." Say it out loud if you're alone. Yes, you'll feel ridiculous. That's the point.
3. **The Gratitude Breath.** Take one deep breath and notice you

didn't have to remember how to do it. Your body knew. Your lungs expanded, your diaphragm moved, oxygen entered your bloodstream—all without instructions. One breath, one moment of recognition.

\*\*\*

### Chapter 4 Recap:

- Your body runs billions of automations without your conscious control.
- Every bathroom visit results from dozens of processes working perfectly.
- Even when some systems struggle, others keep functioning.
- Appreciating what works provides stability.
- Body gratitude shifts focus from appearance to function.

\*\*\*

**Next:** *You're noticing things outside of you and inside of you to appreciate, in any circumstance. Some days you remember, some days you forget. But what if this could become completely automatic—the way your heartbeat works without you thinking about it? Chapter 5 reveals the science of making gratitude your default setting, including how I learned that my water bill fiasco was practice for what was to come: job loss, health crises, death, and*

*being t-boned in a total loss car accident—all in the span of a few short months.*

## **YOUR BODY'S AUTOMATIONS RUNNING RIGHT NOW**

As you read this, your body is:

- Beating your heart (~100,000 times today)
- Breathing your lungs (~20,000 times today)
- Filtering your blood (kidneys: 180 liters daily)
- Digesting your last meal (30 feet of intestines working)
- Blinking your eyes (keeping them moist)
- Balancing your body (inner ear + muscles)
- Fighting infections (immune system on guard)
- Growing/repairing cells (billions of operations)

You didn't schedule any of this.

You don't manage any of this.

It just works.

### **Next Bathroom Visit Practice:**

Thank ONE organic automation:

*"Thank you, kidneys, for filtering all day."*

*"Thank you, digestive system, for processing my lunch."*

*"Thank you, body, for getting me here in time."*

**Notice: You appreciate FUNCTION over form.**

**What your body DOES > How your body looks.**

## Chapter 5

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# Be Grateful Until You Don't Have To

*When Ridiculous Gratitude Becomes  
Automatic & My Season of Chaosity*

### **From Conscious Practice to Unconscious Habit**

**T**he goal isn't to "practice gratitude" forever. **The goal is to practice until you don't have to anymore—until being grateful is your default setting, beyond something you do, to something you are.** Here's how to make that transition from forcing it to being it naturally.

### **Lesson From The Trench**

During my water bill fiasco, I didn't sit there trying to be grateful. I wasn't trying to find the lesson or the blessing.

As strangers dug a trench in our yard, after bills piled higher than dirt mounds, I started automatically noticing things to appreciate:

- Their expertise in fixing something I couldn't

- The gift of indoor plumbing that usually worked fine
- The fact that we could afford the expense this time, when just a few years earlier it would have been crushing

It was like an “aha moment” that gratitude was becoming automatic for me.

## The “Secret” Sauce

Now let’s go back to Dr. BJ Fogg’s *Tiny Habits*. The foundation of his idea is simple (paraphrased): don’t try to invent new behaviors from scratch. Attach them to something you already do automatically.

I didn’t realize that’s what I was doing with my pandemic walks, turned into gratitude walks. My daily walks triggered me to recognize the most ridiculous reasons to be grateful. This spilled over into noticing and recognizing reasons to be grateful when I wasn’t walking as well.

Including while those workers dug a trench in my yard.

Little did I know, a bumper sticker would lead me to do it with bathrooms.

And now I believe **bathrooms may be the best habit-stacking trigger/anchor available.**

Because...

You don’t have to schedule them.

Your biology makes sure they happen.

They’re private, predictable, and repeatable.

Those make them near-perfect gratitude habit triggers.

This is how something ridiculous—*like smiling when you poop*—turns into something revolutionary.

## The Science of Making It Stick; Beyond The 21-Day Myth

You’ve likely heard it takes 21 days to form a habit. That’s not quite accurate.

A team at University College London, led by Dr. Philippa Lally, studied 96 people over 12 weeks and found that forming a new habit takes an average of 66 days, with variations ranging from 18 to 254 days depending on the individual and the behavior.

But here's the good news: SWYPing has built-in advantages that may speed up this process. Remember, you're not practicing once a day. You're practicing 3-7 times daily. That means you could hit 66 repetitions in as little as 10 days. What if most habits take 66 days because you practice once daily?

If you Smile When You Poop (or pee), you could be practicing 6x that often.

### **The Habit Formation Curve**

Dr. Fogg's research at Stanford shows that habits form fastest when three elements align:

1. **A reliable trigger** (bathroom breaks—unavoidable)
2. **An easy behavior** (10 seconds of appreciation—simple)
3. **Immediate reward** (feeling connected/grounded/calm—instant)

SWYPing hits all three.

Other gratitude practices fail one or more of these. Journaling? You have to remember (unreliable trigger). Meditation? Takes 10-20 minutes (not easy). Gratitude jar? You have to see results over time (not immediate). SWYPing might be the only gratitude practice that nails all three.

### **What Could Happen Over The Next Few Weeks**

**Days 1–7 (You're Aware):** You'll forget most of the time, remember occasionally, and laugh at how ridiculous it feels. This is normal. Dr. Lally's research shows the first week is all about awareness, not consistency. If you remember even ONCE in the first week, you're winning.

**Days 8–21 (You're Inconsistent):** You'll remember about half the time. It still feels weird, but you notice gratitude coming more easily. Your brain is **beginning** to create new neural pathways.

**Days 22–45 (You're Changing):** You start remembering before you enter the bathroom. Gratitude becomes anticipated rather than remembered. This is when the behavior starts feeling more automatic than forced.

**Days 46–66 (You Practice Gratitude Automatically):** It's automatic. Your brain starts scanning for things to appreciate without conscious effort. Dr. Wendy Wood's research at USC shows this is when behavior transitions from "decided" to "automatic."

**Beyond Day 66 (You're Grateful):** Gratitude spills out of the bathroom into other areas. Standing in line becomes an opportunity for gratitude. Traffic becomes a chance to appreciate. The practice has rewired your default thinking.

### **The Compound Effect**

You don't have to remember to practice bathroom-triggered gratitude once a day. You're practicing three to seven times daily.

**That means you're getting 21 to 49 repetitions per week** instead of seven.

At that rate, you can get a month's worth of repetitions in one week, compared to a once-daily habit practice.

Think about it:

- Daily journal practice: 7 repetitions per week
- SWYPing: 21-49 repetitions per week

### **You're getting a MONTH of practice in a single WEEK.**

Remember, you can form a habit faster when:

- The trigger is unavoidable (✓ bathroom breaks)
- The behavior is simple (✓ 10 seconds)
- The reward is immediate (✓ instant shift in perspective)
- The practice happens multiple times daily (✓ three to seven opportunities)

**You're stacking all the advantages.**

## **Beyond The Bathroom**

If the bathroom feels strange, here are three broader categories that may help you:

**1. Unavoidable Triggers** – things biology forces you to do (bathroom breaks, breathing, blinking)

**2. Ordinary Triggers** – things you do daily without thinking (opening a door, brushing your teeth, walking)

**3. Optional Triggers** – things you may not do every day, but when you do, they can spark gratitude (commutes, pouring coffee, waiting in line)

The more you attach gratitude to automatic triggers, the less you have to remember. Random things start triggering gratitude for you.

## WHERE ARE YOU IN THE JOURNEY?

### **DAYS 1-7: AWARE**

- I remember occasionally
- It feels weird/awkward
- I forget most of the time

*This is normal. You're building awareness.*

### **DAYS 8-21: INCONSISTENT**

- I remember about 50% of visits
- Starting to feel less forced
- Creating new neural pathways

*Progress! Keep going.*

### **DAYS 22-45: CHANGING**

- I remember BEFORE entering bathroom
- Anticipating gratitude moments
- Feels more natural than forced

*The tipping point. Trust the process.*

### **DAYS 46-66: AUTOMATIC**

- Gratitude appears without trying
- Scanning for appreciation automatically
- Practice becoming identity

*It's working. You're rewiring.*

**BEYOND 66: GRATEFUL**

- Gratitude in unexpected moments
- Beyond bathroom into daily life
- I AM a grateful person

*You've arrived. Now you can help others.*

Current Day: \_\_\_\_\_ | Current Phase: \_\_\_\_\_

Remember: Missing days doesn't erase progress.

*Your next bathroom break is your next chance.*

## My REAL Gratitude Test

The water line trench was my first sign that ridiculous gratitude had become automatic. Standing there watching workers dig, appreciation appeared without me trying.

I thought that was the test.

It wasn't. That was just the warmup.

**From late 2023 into 2025, life seemed to test whether this practice was real.**

It started in November/December. My wife, Jennifer, burned her hand badly enough to need an emergency room visit. Then, in her follow-up appointment, we found out she needed emergency surgery.

Then everyone in our house got sick—COVID-19-like symptoms, strep throat, and ear infections. I was down for about two weeks, barely able to move.

Just as we were recovering in January, I stood up from a work meeting and felt a sharp pain in my groin. Two days later, it traveled to my calf. I could barely walk. Back to the emergency room.

**I had a blood clot.**

The doctor said it was "a superficial clot but could turn into a deep vein thrombosis (DVT)"—a life-threatening blood clot. That hit me hard. I had a cousin who passed away from a DVT.

Praise God, a few months later, the vascular specialist found no clots.

But before that, the tests kept coming.

Because **on Valentine's Day, my last grandmother passed away.** She'd lived a long, beautiful life, but losing someone you love is never easy, no matter how many years you had together.

With blood clot worries, I wasn't sure if I was going to be cleared to make the cross country flight. And I already missed my other two grandmothers' funerals in recent years.

In honor of my grandmother's favorite scripture—Proverbs 3:5-6, "*Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.*"—Jennifer and I taught at church that following Sunday about trusting God in uncertain times.

**A few days later**, I was in another work meeting **a few hours before my flight to the funeral**.

That's when **I learned I was part of the "workforce reduction."** Close to three years at one of my favorite jobs ever. Ended on the day I was leaving for my grandmother's funeral. Days after teaching about trusting God. **I was fired.**

I went on a brief emotional roller coaster—crying, and literally laughing, probably in shock. I paced around my kitchen island, and for some reason, the only words that made sense and came out were: "*Thank you, Jesus. Thank you, Lord. Hallelujah.*" They were the only words I could say. I didn't choose them. They came. In the midst of what felt like chaos, I was automatically grateful.

I didn't know what would come next. And on top of sickness, emergency room visits, and death, this was all overwhelming. But I had peace.

And little did I know, my gratitude test still wasn't over.

A few months later, in July. **My dad was rushed to the ER** after complications with a new medicine.

The very next day, I'm headed to pick up my oldest child from work, sitting at a 4-way stop with two other cars. One car goes through. I'm next.

I pull forward.

**SMACK. Right into my driver's side door.**

T-boned by someone who blew through their stop sign. All gas, no brakes. The police estimated they were going 35-50 mph.

The airbags deployed. My glasses flew off. The car spun—180 degrees—ending up facing the direction I was coming from. Everything was slow motion.

And as I was spinning, the only words that came out were the same words that did while I paced around my kitchen island after losing my job:

*"Thank you, Jesus. Thank you, Lord. Hallelujah."*

Back to the ER.

Back to tons of doctor's visits.

Life wasn't going to be "normal" for a while.

The constant physical pain started sending me on a mental and emotional roller coaster, similar to the one I rode after losing my job. This one was just over a longer period of time.

Then a few months later, **my brother was given a cancer diagnosis.** Fortunately, he went through rounds of treatments successfully and is on the road to full recovery. My dad also recovered from his ER visit.

And I fortunately feel no lasting effects from the car accident.

It's hard to describe the emotional and mental roller coaster this season had me on. Around the same time, our small, family-like, church community where I was an assistant pastor, **experienced our first two deaths of members.**

Those months were hard.

**But here's one thing I learned during those months:**

I was beyond 'practicing gratitude'. I had become a grateful person. I was able to **stay grounded and maintain peace even when life was hard.**

That's the identity shift I want to help you create: from trying to be grateful → to being a person who is grateful, grounded, and at peace—*even in what feels like chaos.*

I wasn't forcing gratitude during any of those moments. I wasn't reminding myself to be positive or trying to see the bright side. The practice I'd built over the years, which showed up during \$500 water bills, had become my default response in a season of extraordinary crises.

**The water bill fiasco showed me gratitude had become automatic.**

**The chaotic season that followed proved to me that I had become a grateful person.**

Ironically...

All this was happening as I began to officially write about practicing gratitude on purpose.

On January 6, 2024, at the beginning of these storms, I started compiling all my years of notes and journal entries on gratitude into a resource. I have in my notes on that date, a simple prayer I prayed, "*God, I'm already grateful, I don't need my gratitude tested.*"

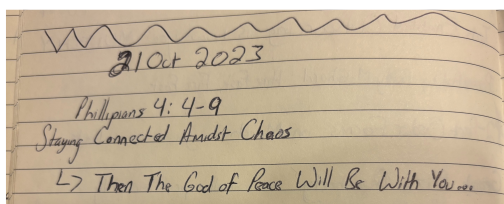
What I didn't realize at the time was that God had already started preparing me.

In November 2023, I started taking nervous system regulation training. I thought I was doing it to help one of my kids. Turns out I'd need it myself in the upcoming season.

A month earlier, on October 21, 2023, I'd written in my journal:

*Philippians 4:4-9*

*Staying Connected Amidst Chaos → Then The God of Peace Will Be With You...*



I didn't know chaos was coming. I didn't know I'd need those words tattooed on my heart. But God did.

Philippians 4:4-9 talks about rejoicing always, not being anxious about anything, bringing everything to God with thanksgiving, and thinking on what's true and good. And it says: '*The peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*'

I can't say I rejoiced *ALWAYS* or that I wasn't anxious about *ANYTHING*, but by the grace of God, I did some rejoicing, thanksgiving, and thinking in alignment with Him. And when chaos started arriving, that peace showed up as promised—not because I was grateful *FOR* the chaos, but

because I'd been learning to stay connected to Him and grateful IN the chaos.

Whether I did or didn't need my gratitude tested, it was.

The effects of those storms lasted months. I even ended up BACK in the emergency room, with ER doctors finding another clot, and thankfully BACK at the vascular specialist giving me the "all clear" a few months later.

It was a "weird" season to say the least. With other unmentioned things that happened like replacing 4 (*almost brand new*) tires in 2024 at separate times. Lots of "small" and "weird" things like that, that I mostly forget about until a random reminder happens.

Jennifer and I called this our "season of chaosity". We felt like so many things SUCKED during this season, and we expressed that several times to others. At the same time, we had so much to be grateful for.

**If you're in your own season of chaosity right now, I can relate.** This practice won't fix what's broken. But it might help you find your footing while you figure out what comes next.

In the midst of chaos like that, the goal is to embrace the whole truth. The goal is to **move beyond practicing gratitude to being a grateful person that can navigate those seasons of chaosity grounded in peace.**

## **SWYPing (*bathroom gratitude*) Helps You Become That Grateful Person**

From my nerdy research, here's one thing I know: our brains create neural pathways through repetition. Every time you SWYP (*practice bathroom gratitude*), you're literally carving a groove in your brain. After enough repetitions, that groove becomes the path of least resistance.

You go from relying on willpower and trying to white-knuckle your way through to having your brain rewired.

Using the bathroom as a trigger works because:

- It happens multiple times daily (more repetitions)
- It's consistent (same trigger, building a stronger association)
- It's private (no performance anxiety)
- It's unavoidable (can't skip it)

The bathroom trigger potentially gives you 21+ gratitude moments per week. Ninety to 200+ per month. Over 1,000 to 2,400+ per year.

Each repetition strengthens your neural pathway.

Each appreciation makes the next one easier.

Each day of practice makes gratitude more automatic.

### **And when gratitude becomes automatic:**

- Problems don't eliminate your awareness of what's working.
- Difficult situations include moments of appreciation.
- You appreciate organic automations naturally.
- You notice helpers without trying.
- You can be a grateful person.

No forcing positivity.

No pretending everything's fine.

You're automatically aware of the complete picture. You're embracing the whole truth.

## **But What If...**

*"Won't this get boring?"*

I guess if you let it. But think of it like breathing or eating. Repetition and greater awareness don't diminish it; they deepen it. And with the variety system above, you're using the same trigger but finding new ways to express gratitude.

*"What if I forget for days?"*

You will forget. That's normal. The beauty of biological triggers is that they keep happening whether you remember or not. Miss a morning? The afternoon bathroom break is coming. Forget Tuesday? Wednesday has five to seven more chances. Also, don't try too hard. Scale back to one bathroom visit. Your first one of the day. Make it so simple you can't fail.

*"What if it stops feeling meaningful?"*

When something becomes truly automatic, it doesn't always "feel" meaningful—like you don't feel grateful for every breath, but your body appreciates the oxygen. The practice is working even when it doesn't feel profound.

*"How do I know it's becoming automatic?"*

You'll know when gratitude shows up without you summoning it. Like during my water line crisis or my season of chaosity, appreciation appeared. That's the sign it's working.

*"It feels forced and fake."*

Perfect—that means you're doing it right. Everything feels forced before it becomes automatic. Remember learning to drive, playing a game, and doing your job? Keep going.

*"I'm doing it, but nothing's changing."*

Change takes time. You might be rewiring decades of mental patterns. Give it the full 66 days before evaluating. And judge your change after you experience something that sucks.

*"My family thinks I'm weird."*

What can you be grateful for while they think you're weird? Ground yourself in what's working while you deal with what isn't.

*"I forgot for three weeks straight and feel like I failed."*

You didn't fail—you paused. This happens to everyone. The beauty of bathroom breaks is they're still happening. Your next bathroom visit is a fresh start. Don't try to "catch up" or beat yourself up. Restart with your next trip to the bathroom. No judgment, no guilt, begin again. In fact, write this down somewhere: "My next bathroom break is my next chance."

*"What if I try this and it doesn't work for me?"*

Define 'work.' If you expect instant happiness, you'll be disappointed. If you expect to notice one thing you previously overlooked, you'll succeed. Bathroom gratitude doesn't fix your life—it changes what you notice while living it. Start smaller. Lower the bar. Notice one thing once. That's enough.

*"What if I'm too depressed to smile?"*

Then don't. Depression is real, and I'm not asking you to perform happiness. Instead, notice one thing. You don't have to smile. You don't have to feel grateful. Notice. 'The faucet works. The floor is solid. The toilet paper is here.' That's enough. Some days, noticing is all you can do. And some days, that's exactly what you need.

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## Chapter 5 Recap:

- Willpower fails, but habits built on unavoidable triggers stick.

- Science shows that habits take 18 to 254 days to form, but bathroom-triggered practice can accelerate this.
- Three broader alternatives: unavoidable, ordinary, and optional triggers
- Week by week, you'll go from awkward to automatic
- When you forget, restart with your next bathroom break.
- Gratitude becomes automatic when it's wired into daily biology.

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**Next:** *Your bathroom practice is becoming automatic. Your helper awareness is growing. Your appreciation for organic automations is natural. But something unexpected might start happening. People around you may begin noticing you're different. Chapter 6 reveals how your private practice creates international impact through a ridiculous revolutionary ripple, and why your ridiculous gratitude matters far beyond your own bathroom...*

## **My Real Gratitude Test Came During:**

- Health crises
- Job loss
- Deaths
- Total-loss car accident
- Family illnesses
- And more

All within months.

### **The Result:**

Not denial. Not toxic positivity. But automatic gratitude IN the chaos. Finding solid ground while everything felt unstable.

### **The Lesson:**

You don't wait for a "season of chaosity" to start practicing. You practice BEFORE you need it, so it's automatic WHEN you need it.

### **Your Preparation:**

SWYPing (bathroom gratitude) today is practice for tomorrow's unexpected chaosity.

**READ:** Philippians 4:4-9

## Chapter 6

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# Be Grateful Out Loud

*From Private Practice to International Impact... Without Saying a Word*

### **Your Private Practice Changes Everything... Especially When Others Are Watching**

**Y**our ridiculous gratitude starts in the bathroom, but it doesn't stay there. **When you're responsible for others—kids, teams, congregations, organizations—your internal state becomes their external environment.**

**Grateful people act differently.** More specifically:

- Parents who are grounded create stable homes, even in chaos
- Leaders who maintain peace make better decisions under pressure
- Pastors who stay centered can hold space for others' pain
- Managers who are grateful lead with patience instead of panic

That difference ripples outward—sometimes into the people who need you most.

After practicing ridiculous gratitude for a while, people might start noticing:

*'You seem calmer under pressure.'* *'You're more patient when things go wrong.'* *'You don't spiral like you used to.'*

**That's your private practice creating stability under public pressure.**

## **When Someone Notices You're Different**

After practicing ridiculous gratitude for a while, people might start asking what's changed.

*"You seem less stressed."* *"You're more patient with the kids."* *"You laugh easier now."*

You don't have to walk around announcing your bathroom gratitude practice. You don't have to post #SmileWhenYouPoop on social media every day. The practice will change how you show up in the world, and people will notice.

That's when you'll see: **your private practice affects your public persona.** When you change your default mental state from scanning for problems to noticing what's working, it affects every interaction you have.

## **The Invisible Impact You Don't See**

### **How Gratitude Leaks Out**

Your private gratitude practice affects public moments in ways you might not realize:

- The patience you show in traffic (because you appreciated your car's air conditioning on your commute)
- The kindness you extend to a stressed cashier (because you noticed helpers all morning)

- The calm you bring to a tense meeting (because you're grounded in what's stable)
- The grace you show your spouse after a long day (because you've been appreciating organic automations instead of obsessing over problems)

None of these people know about your ridiculous gratitude practice. But they all benefit from it. **This is how private practice creates public good.**

### **Permission Without Preaching**

When people see you handle stress differently, stay calmer in chaos, or find humor in difficult moments, it gives them permission to do the same. You become living proof that there's another way to navigate life's challenges.

You don't have to tell anyone about bathroom gratitude. Your changed behavior is the message.

## **The Bigger Picture: Appreciate Every Day**

### **From Private Practice to International Impact**

Ridiculous gratitude is one of the practices from "Grateful On Purpose," part of the Appreciate Every Day movement.

**The goal: 1 billion seconds of gratitude daily.**

The math is simple:

**One million people × 1,000 seconds = 1 billion seconds**

That's 31.7 years of gratitude happening every single day, collectively.

Think about it:

- One million people = just 0.012% of the world's estimated population
- 1,000 seconds = less than two percent (**1.157%**) of your day
- 1 billion seconds = a global wave of gratitude that never stops

This takes us beyond private practice for individual improvement to collective transformation for international impact.

### **The Ridiculous Revolutionary Ripple**

Every second of gratitude creates a ripple:

- You practice → You change.
- You change → Your family notices.
- Your family notices → They shift.
- They shift → Their circles feel it.
- The ripples keep expanding.

Your 10-second bathroom gratitude might seem ridiculous or insignificant. But multiplied by millions, it becomes revolutionary.

### **The Compound Effect of Collective Practice**

I believe when enough people practice ridiculous gratitude, it stops being weird and starts being normal—like wearing seatbelts or saying 'bless you' after a sneeze.

We're not there yet. But every person who starts practicing brings us closer.

### **Your Part in Something Bigger**

Your private bathroom practice matters more than you think. You're not changing your own experience—you're contributing to a shift in how humans relate to daily life.

Every time you appreciate toilet paper, you're voting for a world where people notice what's working.

Every time you thank a doorknob, you're modeling awareness of invisible helpers.

Every time you SWYP, you're proving that gratitude can happen anywhere.

## What Ripples Look Like in Real Life

You'll know your practice is creating ripples when:

- Your kids start SWYPing (without you telling them to)
- Your spouse mentions feeling less stressed (without knowing why)
- Coworkers comment on your different energy
- Friends ask what you're doing differently
- Strangers respond to your patience with their own

**Someone says, 'You seem different lately,' and you realize they're right**

These aren't dramatic transformations. They're subtle shifts. But subtle shifts, multiplied across millions of interactions, change the world.

## The Truth About Your Impact

Right now, your gratitude practice might feel small, private, even silly. You're thanking toilet paper in a bathroom while the world has real problems.

But consider this: **every massive movement started with individuals doing something that seemed insignificant.** Every cultural shift began with people changing their personal practices.

Your ridiculous gratitude isn't changing you; it's changing the world. It's creating ripples you'll never fully see. Someone you'll never meet is having a better day because you were calmer in traffic. A child is learning emotional regulation by watching you embrace the complete truth in frustration. A stressed colleague is reconsidering their own mental habits after noticing your stability.

That's the power of practice. It never stays contained.

## But What If I Don't Want To Share This Because...

*"People will think I'm weird if I tell them about bathroom gratitude."*

Then don't tell them about the bathroom part. When they ask, share what you're noticing: "I've been practicing appreciating simple things like door-knobs and toilet paper. It's surprisingly powerful." Start with the concept, not the location.

*"I don't want to be 'that grateful person' who annoys everyone."*

Good instinct. Nobody likes forced positivity. The key is to live it, not preach it. When someone asks what's different, share your experience, not advice. "This is what's working for me" lands better than "You should try this."

*"What if my family makes fun of me?"*

They probably will. My nephew's 'Shakespeare could never' response to my poem? That was him making fun of me *AND maybe appreciating the humor?* Lean into the ridiculous. **Being laughed at for gratitude is better than being pitied for bitterness.**

*"How do I share this without being pushy?"*

You can mention it casually if relevant, share a specific example if they seem interested, and offer to explain more if they ask.

And when they explicitly ask for more information, IF you're brave enough to say it, tell them to visit **SmileWhenYouPoop.com**

## Three Ways to Create Ripples

1. **The Example Ripple:** Simply practice. Let people notice the change. When they ask, share briefly. Your transformation is more convincing than any explanation.
2. **The Story Ripple:** Share specific moments when gratitude kicked in unexpectedly. "I was stuck in traffic yesterday and found myself

appreciating the air conditioning. Weird, but it completely changed my mood."

3. **The Invitation Ripple:** When someone's struggling, offer the practice as a gift, not advice: "When I'm overwhelmed, I do this weird thing where I appreciate toilet paper. I know it sounds crazy, but it helps. Want to hear about it?"

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## Chapter 6 Recap:

- Private practice can create international impact.
- Your changed behavior gives others permission to change.
- One million people × 1,000 seconds = one billion seconds of gratitude daily
- Use the three-touch rule when sharing (casual → example → deeper only if asked)
- Every bathroom gratitude contributes to a collective shift.
- Ripples spread further than you'll ever see

\*\*\*

**Next:** *You've learned the distinction, practiced the triggers, built the habit, and seen the ripples. Now it's time to return to where it all began—to the ridiculous poem that started a movement, and to your invitation to join*

*something bigger than bathroom breaks. The conclusion brings us full circle and challenges you to take your practice into the world...*

\*\*\*

## **BEFORE WE CONCLUDE!**

If you've enjoyed this book, please rate it or review it so other people know it's helped someone else. [SmileWhenYouPoop.com/review](https://SmileWhenYouPoop.com/review)

I'd love it if reading this book once changed your life, but that's not likely.

You'll probably need to read it again. Or at least get a refresher of the main points.

So I tried to make the book easy enough to read that you can read it again, multiple times.

It also may help to read it with a friend, a spouse, a colleague, a group, or whoever might make it more likely that you try SWYPing for 66+ days.

Remember, the goal is to go beyond practicing gratitude, to being a grateful person.

So invite a friend, and read it again.

Or connect with a fellow SWYPer to read it with at [AppreciateEveryDay.com](https://AppreciateEveryDay.com)

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# THE RIPPLE EFFECT TRACKER

## TRACK YOUR RIPPLE

Your private practice creates public impact.

### **FIRST: Notice Changes in YOU**

What's different when you practice regularly?

- More patient in traffic
- Less reactive to problems
- Calmer under pressure
- Better decisions when stressed
- Other: \_\_\_\_\_

### **NEXT: Notice Others Noticing**

Who's commented on your shift?

- Spouse/partner: \_\_\_\_\_
- Kids: \_\_\_\_\_
- Coworkers: \_\_\_\_\_
- Friends: \_\_\_\_\_
- Strangers: \_\_\_\_\_

**FINALLY: The Invitation Ripple**

Who have you shared this practice with?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Remember: You don't preach it. You live it.

When they ask what's different, THEN you share.

Your Contribution to 1 Billion Seconds:

\_\_\_ bathroom visits/day  $\times$  10 seconds = \_\_\_ seconds daily

\_\_\_ seconds  $\times$  7 days = \_\_\_ seconds weekly

*Your private practice can have an international impact!*

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# CONCLUSION: Be Grateful When You Poop

**T**hank you for reading.

We've walked through ridiculous gratitude triggers, overlooked helpers, organic automations, and the journey from awkward to automatic.

Now it's time to return to where it all began: one ridiculous bumper sticker, one laugh in traffic, and one millennial-dad-joke style poem that pulled it all together.

## The Original Poem I Sent My Family

### Smile When You Poop

*Hooray!!! Whatever you ate, made it through your digestive loop*

Did you enjoy what you ate?

Was it an ice cream scoop?

*Well, not an actual scoop, I mean the ice cream itself.*

Was it something regular? Or was it something top shelf?

Were you excited to eat it?

Did your excitement match the taste?

When you finally tasted it,

Did it bring a smile to your face?

**I hope so.**

*But either way...*

I hope it's flowing through you now like a nothing-but-net shot...

That never touched the hoop.

And I hope each and every time you pop a squat...

**You can smile when you poop .**

### **Silly poem. Cute idea. But the movement is serious.**

I wrote this as a joke. My family thought I was ridiculous. And it confirmed for me: being ridiculous about gratitude was more revolutionary than being serious about it.

Because when you can find gratitude in something as ordinary and ridiculous as going to the bathroom, you can find it anywhere.

Being grateful for something so "regular" can seem trivial. But if you let it, it can be transformational.

Because life will stink sometimes. Storms will come. Bills will pile up. Bodies will break down. Relationships will strain.

But when you've trained your brain to notice what's working—even in the middle of what isn't—you carry **peace, presence, and power** into every situation.

### **Your Part in Something Bigger; Appreciate Every Day + Grateful On Purpose**

This bathroom gratitude practice isn't isolated. SWYPing is a version of the Ridiculous Gratitude practice from Grateful On Purpose.

Which is part of the "Appreciate Every Day" movement to practice one BILLION Seconds of Gratitude. And the "Thankful Together" practice for couples.

**They all share the same foundation: practicing gratitude on purpose when life is going well, so it becomes automatic when life is not.**

### **The Billion-Second Vision**

Remember, if one million people practice 1,000 seconds of gratitude each day, we create 1 billion seconds of gratitude every single day.

Your bathroom practice contributes to this. Your helper hunting adds to it. Your organic automation appreciation multiplies it.

You're not only changing your own experience. You're part of a shift in how humanity shows up in daily life.

## **Your Final Challenge**

Here's what I challenge you to do:

**Today:** Smile the next time you use the bathroom. That's it. One bathroom visit. One smile. That's your only job today.

**This Week:** Practice the FOR vs. IN distinction in one real challenge you're facing. Find something to help you be grateful IN that situation.

**This Month:** Start with bathroom visits only. Add variety in week two. Add a second trigger in week three. Let it flow in week four.

**This Year:** Share your practice with someone who needs it. Not by preaching, but by living it. Let them notice you're different. When they ask, tell them about the ridiculous practice that changed everything.

**For Life:** Make Gratitude Your Default Setting. Not through force, but through practice. Not by denying problems, but by noticing what's still working while you navigate what isn't.

## **From Ridiculous to Revolutionary**

Life stinks sometimes. It won't stop stinking because you read this book.

But you now have tools to find stable ground when everything feels unstable. You have triggers that work when motivation fails. You have a practice so

simple it can't break, so private nobody can judge it, so automatic you can't forget it.

When you can smile while sitting on a toilet, you've proven that gratitude can happen anywhere.

When you appreciate toilet paper during a terrible day, you've built a skill that serves you for life.

When bathroom breaks become gratitude breaks, you've transformed the most ordinary human experience into something sacred.

## **Welcome to the Movement**

You're now part of something bigger than bathroom gratitude. You're part of the Appreciate Every Day movement—people choosing to grow and be grateful, every day.

Every time you notice a helper, you vote for awareness.

Every time you appreciate organic automation, you choose wonder.

Every time you SWYP, you prove that gratitude can transform even the most basic human experiences.

## **All Progress Starts With The Truth**

One of my favorite lessons I've ever learned is: **All Progress Starts With The Truth.**

The truth is, some things in your life aren't working. And some things are. Both can be true simultaneously.

When you practice ridiculous gratitude, you're not lying about reality. You're seeing more of reality. You're grounding yourself in the complete picture—problems AND support, challenges AND resources, what's broken AND what's working.

From that place of complete truth, you can help yourself and others through whatever comes next.

## Your Next Bathroom Break

The next time you head to the bathroom, you have a choice.

You can scroll your phone, worry about your problems, and get it over with.

Or you can take 10 seconds to appreciate something ridiculously small. Your functioning kidneys. The toilet paper. The door that closes and locks. The fact that you made it there in time.

It's a small choice. A ridiculous choice. A choice that seems too simple to matter.

But repeated daily, it rewires your brain.

Practiced consistently, it becomes automatic.

Shared authentically, it creates ripples.

Until one day, you realize you're not practicing gratitude anymore.

### **You're just grateful.**

The ridiculous has become revolutionary.

I hope **you can smile when you poop**. Not only because it'll change your life—but because **life's too short not to find joy in ridiculous places**.

*Thank you for reading.*

*Thank you for practicing.*

*Thank you for being open to ridiculousness.*

### **Now go change the world, one SWYP at a time.**

You may have started this book overwhelmed, uncomfortable, or uncertain about how to be grateful when life is hard.

Now you have a system. A trigger. An automatic practice that works without willpower.

**More importantly, you're becoming someone different:** A person who is grateful, grounded, and full of peace—even when circumstances are uncomfortable.

Beyond practice, you're uncovering your true identity.

**And when enough people embody that identity—especially leaders, parents, and caregivers who others depend on—the world shifts.**

Welcome to the movement. I'm grateful you're here.

Keep smiling. Keep appreciating. Keep SWYPing.

Gratefully,

**Conrad Deas**

Conrad@HumbleCourage.com

*Remember: I prayed 'I don't need my gratitude tested' and then got tested anyway. But the practice held. Now it's your turn to build that same foundation—before you need it.*

### **Before Your Next Bathroom Break...**

Visit **SmileWhenYouPoop.com/extras** to download your free gratitude tracker and join thousands of others who are making gratitude automatic.

# 30-DAY SMILE WHEN YOU POOP (SWYP) TRACKER

How many bathroom visits did you remember to practice?

Week 1:

Day 1: \_\_\_ | Day 2: \_\_\_ | Day 3: \_\_\_ | Day 4: \_\_\_

Day 5: \_\_\_ | Day 6: \_\_\_ | Day 7: \_\_\_

Total: \_\_\_ SWYPs

Week 2:

Day 8: \_\_\_ | Day 9: \_\_\_ | Day 10: \_\_\_ | Day 11: \_\_\_

Day 12: \_\_\_ | Day 13: \_\_\_ | Day 14: \_\_\_

Total: \_\_\_ SWYPs

Week 3:

Day 15: \_\_\_ | Day 16: \_\_\_ | Day 17: \_\_\_ | Day 18: \_\_\_

Day 19: \_\_\_ | Day 20: \_\_\_ | Day 21: \_\_\_

Total: \_\_\_ SWYPs

Week 4:

Day 22: \_\_\_ | Day 23: \_\_\_ | Day 24: \_\_\_ | Day 25: \_\_\_

Day 26: \_\_\_ | Day 27: \_\_\_ | Day 28: \_\_\_

Total: \_\_\_ SWYPs

Bonus Days:

Day 29: \_\_\_ | Day 30: \_\_\_

TOTAL 30-DAY SWYPs: \_\_\_\_\_

|  |
|--|
|  |
|--|

**Missed a day? Missed a week?**

**That's normal.**

**Your next bathroom break is your fresh start.**

***No judgment. Just practice.***

What I noticed changed:

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Most memorable SWYP:

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Download more resources: [SmileWhenYouPoop.com/extras](http://SmileWhenYouPoop.com/extras)

## ✓ YOU MADE IT

From Ridiculous to Revolutionary:

**You started:** Skeptical about bathroom gratitude

**You learned:** FOR vs IN, Overlooked Helpers, Organic Automations

**You practiced:** 4-step, 10-second automatic trigger

**You discovered:** Identity shift from practicing → being grateful

Now What?

### **Your Next 24 Hours:**

- Practice at your next bathroom visit
- Set a SWYP phone alarm
- Tell ONE person about this book

### **Your Next 30 Days:**

- Track your SWYPs
- Notice who notices you're different
- Share when asked (not when not asked)

### **Your Next Year:**

- Become a person who IS grateful
- Watch your ripples spread
- Help someone else discover ridiculous gratitude

### **The Movement:**

One million people × 1,000 seconds = 1 billion seconds daily

Your bathroom breaks contribute to this.

Welcome to Appreciate Every Day.

You're part of something bigger than you realize.

[SmileWhenYouPoop.com/extras](https://SmileWhenYouPoop.com/extras)

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# The Ultimate SWYP Quick Reference Guide

*A guide to remember everything you need*

## **The 10-Second Practice (Do This 3-7x Daily)**

1. **Go to the bathroom** → Pick ONE thing to be grateful for
2. **Say thank you** (in your head or out loud)
3. **Smile** (even if it feels fake)
4. **Marinate for 10 seconds** (4 second breath in — 6 second breath out)

**T**hat's it. Repeat every bathroom visit.

## **The Critical Distinction: FOR vs. IN**

**Grateful FOR** = Being thankful that something happened

*(Often feels forced when life is hard)*

**Grateful IN** = Noticing things to appreciate while experiencing difficulty  
(*Honest, accessible, and always available*)

**Remember:** You don't have to be grateful FOR hard situations. Find something to be grateful for IN them.

## **What to Appreciate (When You Don't Know What to Notice)**

### **Your Body (Organic Automations)**

- Heart beating (100,000 times today without you thinking about it)
- Lungs breathing (20,000+ breaths automatically)
- Digestive system working (30 feet of intestines processing food)
- Kidneys filtering (180 liters of blood daily)
- Body getting you to the bathroom in time

### **Often Overlooked Heroes**

- Toilet paper (someone invented, manufactured, and delivered it)
- Plumbing (fresh water in, waste water out—automatically)
- Door locks (privacy when you need it)
- Light switches (see what you need to see)
- Zippers (vital in the bathroom!)

### **People & Systems**

- Workers who maintain infrastructure you never see
- Engineers who designed systems that "work"
- People who make your life easier without recognition

- Emergency responders ready when needed
- Anyone who's ever helped you with anything

## Troubleshooting Common Problems

### **"I keep forgetting to do it"**

- Set a phone alarm: "Don't forget to SWYP"
- Put a sticky note in the bathroom
- Track your streak with a SWYP Sheet (see how many in a row you remember)

### **"It feels forced and fake"**

- That's normal at first. Keep going. It becomes natural around Day 22-45.

### **"I don't know what to be grateful for"**

- Default options: Your body got you here. The toilet exists. You have toilet paper.

### **"I skipped 3 weeks and feel like I failed"**

- You didn't fail. Your next bathroom break is your fresh start. No judgment.

### **"Nothing's changing"**

- Give it 30-66 days. Judge the practice after facing something that sucks.

## The Timeline (What to Expect)

**Days 1-7 (Aware):** You'll forget most of the time. That's normal.

**Days 8-21 (Inconsistent):** You'll remember about 50% of the time. Progress!

**Days 22-45 (Tipping Point):** It starts feeling more natural than forced.

**Days 46-66 (Automatic):** Gratitude appears without trying.

**Beyond 66 (Spillover):** Gratitude extends beyond the bathroom into daily life.

## Three Types of Ridiculous Gratitude

**Ridiculous Stretch:** Finding gratitude in situations that don't seem to call for it

*Example: Water bill 5x higher → Grateful for workers who fix what I can't*

**Ridiculously Small:** Appreciating tiny things most people ignore

*Example: Doorknobs working perfectly, toilet paper being soft*

**Ridiculously Proactive:** Actively hunting for reasons to be grateful

*Example: Walking and noticing how helpful street signs are*

## When You Face Hard Times

During difficulty, remember:

1. **You don't have to pretend it's not hard.** Acknowledge the complete truth.
2. **Two things can be true:** This is difficult AND some things are still working.
3. **Find your footing first.** Gratitude helps you stand while you deal with what's broken.
4. **Use your practice.** If you practice when life is good, it's more likely to kick in automatically when life isn't.

## The Bigger Picture: Appreciate Every Day

**The Goal:** 1 billion seconds of gratitude daily

**The Math:** One million people × 1,000 seconds = 1 billion seconds

**Your Part:** 1,000 seconds of gratitude spread throughout your day

**Your Impact:** Every 10-second bathroom gratitude contributes to this global movement

## **Emergency Gratitude (When You Can't Think of Anything)**

When life is hard and you can't find anything to appreciate:

- Your heart is still beating (automatic organic automation)
- You made it to the bathroom (your body's signals work)
- Gravity is keeping you grounded (literally)
- Air exists and you're breathing it (fundamental helper)
- This moment will pass (truth of impermanence)

## **Ready to Start Your Ripple?**

Get free resources, take the 5-day challenge, share with friends, and join the billion-second movement:

→ [SmileWhenYouPoop.com/extras](https://SmileWhenYouPoop.com/extras)

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