



“I get to...”

What does the idea: **“Be anxious for nothing and grateful for all things.”** mean to you? Can you give an example?

What does the idea that: **“anxiety and gratitude can’t coexist in the brain”** mean to you?

How does the mental approach: **“I get to put gas in my car”** as opposed to **“I have to put gas in my car”** fit in with the first two ideas? Give an example.
