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The Gratitude-Attitude-Behavior-Environment (**GABE**) training is a way to harness the excitement created in the keynote and customize it for the individual groups who want to put it into practice.

By identifying things for which we are **Grateful**, we create leverage to change our **Attitude**, thus affecting our **Behavior**, which then creates a better **Environment** for ourselves and those around us.

GABE is an action-oriented hands-on approach to redefining experiences, essentially rewriting internal scripts, and creating a **mindset-reset**.

Once it's a habit, it often prevents negative mindsets from forming in the first place.

