

# Gratitude

Research has shown that expressing gratitude has hugely beneficial effects on a person's mental and emotional wellbeing. As we live in a vibrational reality, by focusing on what you do have and appreciate rather than on what is wrong or missing, you raise your vibration and create the space for more of what you enjoy to come in. What you give your attention to is what you create. As your attention focus in a specific direction, and magnify, it is ideal to be focusing our thoughts in the direction of what we like. If you don't like what you see, shift your attention to what you do like.

Prompts: what happened today that you enjoyed? Did anyone do or say anything nice? Is there something you are looking forward to? Is there something you have today that you are grateful for that you didn't have a year ago? What have you made progress on that you can be proud of? What is a simple pleasure you are grateful for? Did you learn something new today you are happy about? What accomplishments are you proud of?

# 30 days of Gratitude

- Day One: \_\_\_\_\_
- Day two: \_\_\_\_\_
- Day three: \_\_\_\_\_
- Day four: \_\_\_\_\_
- Day five: \_\_\_\_\_
- Day six: \_\_\_\_\_
- Day seven: \_\_\_\_\_
- Day eight: \_\_\_\_\_
- Day nine: \_\_\_\_\_
- Day ten: \_\_\_\_\_
- Day eleven: \_\_\_\_\_
- Day twelve: \_\_\_\_\_
- Day thirteen: \_\_\_\_\_
- Day fourteen: \_\_\_\_\_
- Day fifteen: \_\_\_\_\_
- Day sixteen: \_\_\_\_\_
- Day seventeen: \_\_\_\_\_
- Day eighteen: \_\_\_\_\_
- Day nineteen: \_\_\_\_\_
- Day twenty: \_\_\_\_\_
- Day twenty-one: \_\_\_\_\_
- Day twenty-three: \_\_\_\_\_
- Day twenty-four: \_\_\_\_\_
- Day twenty-five: \_\_\_\_\_
- Day twenty-six: \_\_\_\_\_
- Day twenty-seven: \_\_\_\_\_
- Day twenty-eight: \_\_\_\_\_
- Day twenty-nine: \_\_\_\_\_
- Day thirty: \_\_\_\_\_

Any common threads that can help you identify what really makes you happy? Is there something or someone that lifts you up? What can

you turn to if you are not feeling great?

The simple technique of observation enhances our own self awareness

and allows us to expand into that which raises our vibration and shift away from that which lowers it. ENJOY!!