

# Gratitude

Don't you just love the whole Gratitude thing? - I remember when I first read about it in the context of Personal and Spiritual Development and Law of Attraction, it really captured my imagination. It made so much sense.

Whenever I feel myself getting off course a bit or out of kilter (or going into a mini meltdown about something I'm trying to grapple with like internet marketing technical challenges for example! - I'm human!), I reach for the Gratitude Attitude and express thanks for all the great and wonderful things I already have to be thankful for in my life, right now ...

It's such a great reminder and major grounder. It makes such an amazing and immediate difference to how you feel about things. It's the purest and quickest way I know how to get myself shifted into a positive mindset, to 'Be' in the 'Moment', and change my energy frequency.

Gratitude can be your best friend and ally and an amazingly effective practice you can use - and fun at the same time! Try these steps -

1. Take a moment right now and look around you and express your Gratitude for what you have, and feel the pleasure and joy ...

If something really great has happened and you're saying thanks, watch out for the physical sensations and tingles that well up in your body in that moment of glee. Remember to watch out for and learn more about reading the feelings and physical sensations in your body and what they mean - it's all part of your deepening self awareness.

2. Make it a regular practice - the more you feel grateful, the more you radiate an energy that attracts more about which to be grateful. When you're genuinely feeling grateful, in that very moment, you are at the same time creating a space, a vacuum to invite and call in abundance and prosperity into your life. Here are some more practical things you can do to get your Gratitude practice happening regularly -

3. At night when you've gone to bed, for a few moments as you relax, reflect back on your day and express gratitude for the good

things that happened. Perhaps even some of the not so good things as you reflect positively on the lesson that it may have brought to your attention and its possible hidden meaning.

Then reflect and give thanks for the broader things - your Family and loved ones, your friends, your beautiful home, your wonderful invigorating garden, your great job, or the opportunity to be your own boss, work from home and build a great business you're passionate about and totally love ... and so forth.

4. In the morning, look forward to your day and before setting your intentions for the day, reflect on and give thanks for all the great things in your life. This really makes all the difference to how you will feel about the day to come, and how it plays out.

5. You can keep a daily Gratitude Journal or Notebook where you set aside a few minutes every day and reflect on what happened for which you are grateful. Do this at a set time, so that it becomes a joyous habit you look forward to.

6. Take a Gratitude Walk, or better still, turn your daily walk into a Gratitude Walk - by using the time for thinking and developing the gratitude and appreciation mindset.

As your eyes focus on the immediate things that come within your close range, as you walk along, you can truly appreciate what 'being in the moment' is like.

This is a wonderful time to look at and take in all the wonders of nature around you - the gardens, plants and flowers, colors, scents, birds, blue sky, fresh breeze, or mesmerizing stillness of a perfect summer day ... This is also a fabulous way to appreciate the true boundless, natural abundance of nature.

As you continue walking along, focus your mind on and appreciate all the positives you encounter around you ... from the beauty and variety in your neighbors' gardens, each one their own little contained world yet part of a bigger whole, the changes from day to day, from season to season, an exchanged smile with a stranger walking their dog, the way communal garden and park areas are pleasingly maintained ... to the way walking makes you feel invigorated and alive ...

Give special thanks to the marvel of how magnificent your body is for working the way that it does. As you keep your positive Gratitude thoughts flowing through your walk you'll feel fabulous

and refreshed, emotionally, physically and spiritually.

As you near the end of your walk and you're approaching your home, give thanks to your wonderful replenishing Home Haven, and all the special people in your life that live or visit there.

7. And now, let's focus in on you by having you express gratitude to yourself, for yourself - your talents and abilities, your accomplishments, your sense of humor, the way you help others, the wonderful qualities you bring to your interactions with other people, and how you make a difference just by being you. This is very powerful and empowering ...

You may even like to do this while looking in the mirror at yourself and affirming how valuable and deserving you are of all good things.

Practice these techniques every day so that they become automatic and second nature to you. You'll be so glad that you did ... And then, look out for the positive results as they come flowing into your life ...

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I want to share with you what friends sent me they are grateful for:

Today I am grateful for joy, love and miracles.

Today I am grateful for the opportunity to live in this period of time and face the many challenges we have in order to pave the way for others in the future.

Today I am grateful for the love around me and the freshness of a new day and all that it will bring to each of us.

Today I am grateful for allowing the possibilities I create for myself to empower me.

Today I am grateful for summer showers.

Today I am grateful for being alive and in this experience on earth.

Today I am grateful for God's many gifts.

Today I am grateful for all the Love that permeates our world, in

all its nooks and crannies, in every atom, every organism, every soul; Love that propels us forward and uplifts us, no matter what else may be going on; I am eternally grateful that Love truly does prevail.

Today I am grateful for my beautiful wife.

Today I am grateful for my many opportunities to be of service.

Today I am grateful for the Angel's that are watching over me,  
Today and everyday.

Today I am grateful for the incredible meal I just had at a local restaurant, the wonderful clients and friends I have, the way I am guided to the people I am supposed to help, my health which allows me to talk, sing and laugh, the fantastic friends I have both here and on the other side, the cool weather and exquisite beauty of Colorado.

Today I am grateful for God's love embracing me.

Today I am grateful for breathing on my own.

Here is how to create your gratitude journal:

What is your answer to the following,

Today I am grateful for?

Do you already keep a gratitude journal? Or do you incorporate one into your current journaling or diary?

If you do not already keep one, I would consider starting, because keeping a gratitude journal is one of the most effective journaling tools that you can give to yourself. It is the time and the place, where every day, you consider and then record what it is you are grateful for and happy about. It is the place and the time where you record what is in your life, rather than what is not.

You can start keeping a gratitude journal, where you date and write in daily, weekly, or monthly, what you are grateful for. You can even include why and the circumstances that created the gratitude. This becomes a story and record of your feelings and warm experiences of what you have given, and also what you have received.

You can use a notebook, a blank journal or even your existing journal, to start your gratitude journal in. Use one color of pen, or pick several different colors to journal with. You can express your feelings with certain colors, green for a growth memory, blue for peaceful times, you decide what each color means and note that in the front of the journal. To journal what you are grateful for that day, start by writing, Today, I am grateful for, and go from there. This journal becomes a treasured keepsake and a priceless gift that you give to your self.

That's a very important question, isn't it?

'Have you shown your gratitude?'

You see so many of us are just caught in this daily swirl of work and hurry that we so often forget to show our appreciation to the people that mean the most to us.

When was the last time you said 'Thank you' to the ones you loved? We're not talking about the small courtesy type thank yous when someone passes you the salt.

We mean you really sat down and took the time to say Thank You to your loved ones with all your love, appreciation and gratitude. When was the last time you did that?

Chances are it was a long time ago. When a special occasion or moment merited it. But you see we don't need to have a special moment to say Thank You! We can do it right now!

Say Thank You to the ones you love right now. Say I Love You. Say I Will Always Be There For You.

We humans have so much potential to love and it's a pity we use it so rarely. Don't wait for 'the' moment to arrive before you show your gratitude. Make the moment now and do it!

Trust me. You will feel better for it.

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I don't know about you but I never understood this verse in the Bible. Doesn't it seem a very unfair statement? Nobody could really give me a satisfactory explanation, which would change that view.

That was until recently when I finally understood what I think is its "true meaning."

"To have" or "not to have" as meant by this verse doesn't necessarily mean tangible wealth or possessions as most people who heard this verse thought, although it has a bearing on whether you will keep tangible possessions or not.

Rather it refers to an "attitude" as most scriptures in the Bible do. The verse says, that those who have, will receive more but those who don't have will lose even the little they have. Lets get a little practical here and see if I make any sense.

What this means is you may not have tangible possessions and yet you may have more than someone who has tangible wealth. Those who have, acknowledge that they have received and are therefore grateful. This feeling of gratitude is reflected in the way they live their lives.

People who have, often gives and helps others, which is a sign that they have, because in nature you can only share or leave over for others when you have enough. People who are like this will receive even more.

Everybody loves people who give, don't you? We want to do things in return for them, including wanting to do business with them. Let me give you a practical example. The most successful Internet marketers have realized that in order to sell, they have to give something away. Those who give the most away are often the most successful.

If you are stingy and you want people to buy your products, but you are not prepared to give, then know that you won't last long no matter how good your product is.

What is your attitude? Do you think you have or do you think you don't have? Have you ever heard someone who proclaims that he can't actually do something great?

Just look around you and you'll find that more than 80% of those who have achieved something in life think that "they have" and that "they can". Compare that with those people in life, who are really struggling, and you'll find that they feel they don't have and that they can't.

"To have" also means to recognize that "you can," which is only

possible because you have received unique skills and talents.

What this verse merely says and which is confirmed by tangible reality is that your attitude determines your reality. The only way you can and will get and keep real wealth is when you change your attitude.

Those who do not have, as described by this verse are always complaining, about how difficult things are. Don't you know people who are like that? They are stingy and are often critical of others. They believe they owe nobody nothing and doesn't do anything unless they get something in return.

The difference between those who have and those who don't have is this. Poor people want to receive tangible things such as wealth and possessions first, before they "recognize" that they have.

Unfortunately the Universe doesn't work that way. You must first recognize what you have, including your talents, your health, good eyesight, hearing, good legs to walk with and use these, and only then will you receive the tangible things you seek such as wealth and happiness.

If you "don't have", it is perhaps because you don't have the attitude of those who have. That's why you constantly find that nothing seems to work for you. It is as if there's a hole in your pocket. Even the little you make seems to just slip through these holes

Unknown source—wonderful teaching!