

The Gratitude Journal



What is gratitude?

Gratitude is a feeling or quality of appreciation for receiving an act of kindness or generosity. Gratitude is both a noun and a verb which amplifies its power. Gratitude is a heart-centered approach to being (noun) in life and especially when practiced daily (verb.) It's a way of looking at life with a feeling of appreciation, regardless of what's going on around you.

When life is challenging us, it is very difficult to maintain an attitude of gratitude. But that's when we need gratitude the most. It helps the mind shift its attention from our problems towards solutions. It's easy to be grateful when life is unfolding the way that we want it to, but even then, we can forget to stop and be grateful.

A secret key to manifesting

Gratitude can effect positive changes throughout our entire life. The Law of Attraction says that whatever we focus on grows stronger. When we start being grateful for all the little things not only are we becoming more positive and loving but more appreciative as well. Once you make a habit of being grateful for all that you have and continue to receive, you will attract even more to be grateful for. Frustration, worry, and negativity will begin to disappear. More positive people and experiences will begin to take their place.

Your gratitude journal

We recommend you buy a journal or notebook for cultivating more gratitude in your life. For the full duration of the course, I want you to start your day by writing down 10 things you are grateful for each morning. This is a very powerful daily routine that can change your life. Not only do I highly

recommend that you commit to doing this exercise every day, I myself practice this exercise daily as well. I know from experience that creating a mindful daily practice of gratitude is the key to being more successful, happy, and abundant in life.

Starting a gratitude journal is easy. All you need is a pen, a journal or notebook, and a few minutes each day to give thanks. Then sit back and watch as more miracles, blessings and opportunities come into your life.

your dream life awaits you...

angela

My Daily Gratefuls

- 1. I am grateful that I have always been taken care of.*
- 2. I am grateful for all my lessons learned that brought me to today.*
- 3. I am grateful for all the amazing people in my life.*
- 4. I am grateful for all the beautiful animals on the planet.*
- 5. I am grateful for having a roof over my head and food to eat.*
- 6. I am grateful for all my many blessings and good fortune.*
- 7. I am grateful for my gifts that I am here to share with the world.*
- 8. I am grateful for my faith and spiritual connection.*
- 9. I am grateful for all my abundance.*
- 10. I am grateful for my life.*