

# The Gifts of Gratitude

## Module 1

Welcome! I'm so glad you've decided to take this first step in cultivating more gratitude in your life. Gratitude is a life-changing practice that holds the power to shift your entire world in the most beautiful and magical ways.

In this workshop, we will discuss what gratitude is and learn about the power gratitude has to improve all aspects of our lives.

### What is Gratitude?

Gratitude and giving thanks are simple, yet powerful ways to transform our lives. Gratitude is a deep 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" in life (noun) and is most powerful when practiced daily (verb.) Gratitude helps the mind shift its attention away from our problems towards life affirming solutions. It's a way of looking at life with a feeling of appreciation, regardless of how things are unfolding.



The first step in receiving the abundance we desire begins with expressing gratitude for what we already have. 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 we make a habit of being grateful for all that we have (and continue to receive) we will attract even more to be grateful for. Therefore, gratitude is one of the secret keys to manifesting more success, happiness and abundance in our lives.

We all know that when life is challenging us, it is very difficult to maintain an attitude of gratitude. But that's when we need gratitude the most. And the times when life is unfolding the way we want it to, we often take those precious moments for granted. The very act of practicing gratitude can shift our focus away from our problems towards that which we are grateful for. The more we see to be grateful for, the more life brings for us to be grateful for. We begin to live what is called a blessed life and we become very aware of all the abundance we already have.

As we move into greater and greater levels of gratitude it becomes much easier to appreciate everything in our lives, including the challenging times. We begin to see that life is unfolding perfectly even if what we are experiencing is less than favorable. We also begin to understand that we are an important part of that unfolding. Whenever we go through difficult times, we are given an opportunity to raise our awareness and grow into a better version of ourselves.

In summary, the more we open our heart to this way of life, the more abundance we attract. We come into greater alignment with all the miracles, blessings and abundance life has in store for us. For a grateful heart brings more light and where there is light, there is abundance.



## 6 Powerful Ways to Cultivate More Gratitude:

When we cultivate appreciation and gratitude, we're able to feel more joy and contentment in our lives no matter what is going on.

### 1. Gratitude Journal:

I highly recommend you get a journal or notebook for cultivating more gratitude in your life. Start your day by writing down 10 things you are grateful for each morning. Then try ending your day with 10 things you are grateful for that you experienced or received during the day. This is a very powerful daily routine that can change your life for the better. Not only do I recommend this exercise to those wishing to change their lives, but I myself practice this exercise daily as well.

Here is an example of 10 things to be grateful for at the start of the day:

1. I am grateful for a good night's sleep and waking in a warm, safe bed.
2. I am grateful for a fresh slate to make healthier choices for myself today.
3. I am grateful for a beautiful sunny day and all the vitamin D it offers my body.
4. I am grateful for all the amazing people in my life.
5. I am grateful for all the beautiful animals that share my life.
6. I am grateful for having a roof over my head and food on my plate.
7. I am grateful for all 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 the abundance in my life.
10. I am grateful for all the resources I have to make my day amazing.

Here is an example of 10 things to be grateful for at the end of the day:

1. I am grateful that I have always been taken care of by life, today included.
2. I am grateful for all the lessons learned that brought me to this place.
3. I am grateful for everything working out for the better today.
4. I am grateful for all the nice compliments I received today (then list them.)
5. I am grateful for my vehicle and it getting me safely to my destinations.
6. I am grateful for all the blessings and good fortune I received today.
7. I am grateful for all my friends and loved ones.
8. I am grateful for a healthy body, mind and spirit.
9. I am grateful that every day I am getting wiser and more in tune with life.
10. I am grateful for my blessed life.

By starting and ending your day this way, you will become more receptive and grateful for everything that your day will bring. It also helps you to cultivate an air of positivity that makes you naturally attract positive people and situations.

### 2. Engage Your Inner Child:

Approach your day with a sense of child-like wonder. Children are the best manifestors on the planet because of their child-like wonder and awe for life. Their natural curiosity and wonder are a magical form of gratitude. Conversely, when we walk through life unaware of our surroundings, it's like telling the universe that we are not grateful for all that exists to make our journey possible. If you can, try walking to work rather than driving and allow yourself the time to drink in all the beauty that surrounds you. Try to look at all the people, animals and situations with new eyes. Can you not see how beautiful and perfect life is?

### 3. Physical Reminder:

Carry a token of gratitude in your pocket or on your person (such as a stone or crystal) that acts as a physical reminder to practice gratitude throughout the day. As you go about your day, you can reach into your pocket, feel the token, and take a moment to stop and breathe. Allow yourself to fully experience the emotion of gratitude for even the smallest gifts in that moment.

### 4. Celebrate your Successes:

Get in a habit of celebrating all your successes no matter how big or how small. Too often, once we achieve a goal instead of celebrating the success we move on to the next thing. We spend so much time creating that we often forget to take a moment to enjoy.

### 5. Appreciate Yourself:

Don't forget to send appreciative thoughts towards yourself. As humans, we tend to be overcritical towards ourselves and our actions. We often overlook our own gifts, contributions and efforts. Some people are unable to see the good in themselves no matter how perfect they try to be. I invite you to consider the idea that you are perfect just as you are in all of your imperfection.

In this exercise I invite you to write down 5 things that you appreciate about yourself on a notecard and place it on your bathroom mirror. Every time you look in the mirror read your list to yourself and feel into the truth of those words. When you are finished, end with the statement quietly to yourself, "I am grateful for who I am."

### 6. Pay It Forward:

Make a conscious effort to appreciate at least 3 people each day. Letting people know how much you appreciate them increases their sense of self-worth and acceptance. As an added bonus they will naturally begin to pay this positive energy forward. Remember, what you put energy into, grows.

### In Summary:

Practicing these 6 daily gratitude habits may not feel natural at first and may even feel a bit uncomfortable. But if you faithfully practice these new habits daily, you'll begin to see your life change in amazing ways. Not only will your mindset towards yourself begin to change, but what you attract into your experience will also change. Life will become easier and more fun than ever before. As a result, you will feel happier, lighter and more joy than ever before.

### Gratitude Affirmation:

**I am grateful for all that I have and continue to receive.**

If you feel called, we'd love to hear about something that you are grateful for. Head over to the Conscious Together with Angela Strank Facebook page and leave us a note with the hashtag #gratitude.