

Gratitude & Appreciation

“Gratitude is a vaccine, an antitoxin, and an antiseptic.”

John Henry Jowett

Practicing gratitude and giving thanks for what we have on a daily basis is one of the most powerful ways to immediately raise our vibration. All thoughts are a vibration that can help or hinder wellness. If we think about painful memories that still have a negative emotional charge for us, our vibration will immediately lower. Conversely, thinking of something that brings us great joy, such as the birth of our children, helps elevate our energy levels.

As we go through life, we will inevitably go through trying times that can create immense pain. These intense emotional states can shut down our energy, in turn, cause us to experience physical symptoms such as a stomach upset, headache or mood disorders. Gratitude helps lift us out of our pain so that we can see our situation from a higher perspective. Rather than seeing our challenges as situations that we are powerless against, we can begin to see them as learning experiences and growth opportunities.

The more grateful we are the more life can bring for us to be grateful for.

Offering gratitude helps to open up life’s greatest potential for us. When we are deeply grateful for all of life it seems like anything is possible for us. In this state, opportunities become plentiful and we truly understand that our potential is limitless. But this state is not easy to maintain if we are not consistently focusing on our blessings and good fortune. The mind tends to want to seek out all problems as a way to self-protect. “If I am stressed about something and I focus on it then maybe I can control it.” Unfortunately, this kind of mindset is counter to the Law of Attraction. Good or bad, whatever we focus on grows. And as we become so focused on our troubles and trying to fix them, we can forget to be grateful for what is working in our lives.

Being grateful for the smallest of moments throughout the day is a key to building more and more gratitude. Seeking to appreciate the precious moments keeps the mind focused on our blessings instead of our problems. For example, being fully present as you savor a delicious cup of coffee in morning is a form of gratitude. Or allowing yourself to get lost in a really good book without feeling guilty is also being grateful. Or enjoying the beautiful sunny day and the fresh air as you leave your house to go to work. Even our routines can be precious moments that we all can take for granted. Remembering to be grateful for taking our dog for a walk and the opportunity to connect with nature instead of rushing the experience.

We are all blessed every day in countless ways. And yet, how often do they go overlooked until we are in a situation where we can no longer participate in those blessings? For example, we would all be wise to heed the advice of our elders who encourage us to take good care of our bodies and appreciate our physical health while we have it. And yet, the mind seeks to focus on what is not available instead of what is. “My body is not thin enough.” Or, “I don’t have the nice tight arms like I used to.” One day we all look back and think wow, things really weren’t that bad.

My wish for you is to love and appreciate everything about your life. The good, the bad and the ugly, as we like to term it.

One day all those things won’t matter and you may have missed out on the biggest gift you were ever given, the gift of life. Remember to slow down. Be kind. Be gentle with yourself and others. Try not to take life too seriously. In the big picture of it all, we are only here for very short time. Allow yourself to see what a beautiful gift you are in the world and remember that all of life is unfolding to give you the opportunity to express the greatest version of yourself, whatever you choose that to be. When you get the deeper meaning of these words, you will understand that life truly is unlimited for you.

Optimum wellness relies on balance between the body, mind, and emotions. Limiting our stress, being the observer of our thoughts and emotions along with being mindful of the foods that we eat and the environment we are exposed to helps maintain this balance. However, sometimes that’s not enough. Sometimes life is so challenging that we can barely remember to breathe, let alone monitor our thoughts. When we have a mindset that everything is happening FOR us and not TO us, it builds our mental fortitude and resilience for these challenging times. This resilient way of thinking allows us to more easily maintain a level of emotional and mental grounded-ness in the face of difficulties. We stop taking things so personally and instead start to develop a deeper appreciation for everything that shows up in our lives. This appreciation builds trust, awareness, confidence, acceptance, resilience and greater mental fortitude.

Every day is a blessing and no matter what is unfolding, there is always something to be grateful for. Life wants the very best for you regardless of how things appear. This deeper knowing that everything is happening for you, instead of to you, is the highest level of gratitude that we can attain. It says to life, “I am grateful for everything that shows up to be my teacher, my healer and as my invitation for growth. I trust that all is well.”

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6 Powerful Ways to Cultivate More Gratitude

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1. Gratitude Journal (page 4 & 5)

We 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 we recommend this exercise to those wishing to change their lives, but we practice this exercise daily as well.

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.

Make it a daily practice. Have a notebook or journal that you write all your successes in. Bring in all your wins from your daily life and your business if you're an entrepreneur. You will be amazed at the number of successes, large and small, you accumulate in a day, a week and a month!

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. We invite you to consider the idea that you are perfect just as you are in all of your imperfection. In this exercise we 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.

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

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.

If you don't have a journal or notebook, you can print out the following page to use.

Here is an example of a gratitude list:

Awakened Individuals Daily Gratefuls

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

Enlightened Entrepreneur Daily Gratefuls

- I am grateful for my supportive team.
- I am grateful for the success of my business.
- I am grateful for my inspiring workspace.
- I am grateful for my amazing clients/customers.
- I am grateful for the financial health of my business.
- I am grateful for other ventures that support my business.
- I am grateful that my business supports my life's purpose.
- I am grateful for all the advancements in technology that support my business.
- I am grateful for creative and strategic ideas that come to me easily.
- I am grateful for the growth of my business.

We invite you to write down 10 things you are grateful for in the lines provided below.

My Daily Gratefuls

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Healing Benefits of Gratitude

In a report published by Psychology Today, it is scientifically proven that practicing gratitude can not only improve your physical health, but can also help to reduce frustration and increase self-esteem. Here are just 7 ways that gratitude can improve your life:

1. Gratitude may improve your physical health.

People who show gratitude report having a general feeling of good health, have fewer aches and pains, are more likely to engage in regular exercise and require less frequent checkups with their doctor than those who don't.

2. Gratitude improves your psychological health.

It has been theorized that grateful people enjoy increased well-being, happiness and enjoy reduced symptoms of depression.

3. Gratitude enhances empathy and reduces aggression.

Those who show their gratitude are less likely to seek revenge against others and express greater levels of compassion and empathy.

4. Gratitude can help your sleep.

Practicing gratitude regularly can help you sleep longer and better. This is especially true when you spend a few minutes being grateful just before you fall asleep.

5. Gratitude supports a healthier self-esteem.

People who are grateful have increased self-esteem.

6. Gratitude increases mental strength.

Grateful people have a stronger mental fortitude and resilience to overcome trauma and stressful situations.

7. Gratitude can improve your relationships.

Showing appreciation for one another breaks down barriers to love and acceptance. It fosters more long-lasting relationships.

In Summary...

Gratitude is a powerful way to create massive change in our lives. It can move us from a place of feeling stuck and disempowered to a state of absolute thriving in all areas of our lives. When we consistently are grateful for all that we have in life already, it keeps the flow of abundance and miracles flowing through our lives. It's almost like gratitude is life giving and exponentially becomes more plentiful in its fruition. It not only speeds up the realization of what we want to come into our lives, but it also increases more blessings and miracles coming our way.