



Attitude of Gratitude

In no time at all, you'll begin to see shifts happening as a result of these exercises. You will start to notice that symbols, signs and synchronicities will begin to appear in your life to help you manifest your desires.

Today we are going to completely raise the roof on your positive vibes, in a simple and yet deeply profound way. If we cannot be grateful for what we have truly and deeply, we cannot hope to achieve or expect more.

The practice of gratitude is best carried out daily, however today we are really going to step up a level and create an amazing vibe for you to bask in all day.

Today's task is going to be an opportunity to express gratitude - but we are going to do it in a very particular way.

I want you to think of someone who has been your biggest cheerleader, the person who believes in you the most even when you don't believe in you.

I would like you to write 5 very specific statements about why you are deeply grateful to this person.

The feeling of gratitude, deep and profound, will shift your energy to an amazing place.

Immerse yourself in this experience and notice the impact it has on you.



Write the statements down in your journal. Reflect back on them whenever you find yourself drifting to a less than helpful place, not just today but **ANY** day.

If you feel inclined, share your gratitude statements with the person you've written about. It will take your relationship to a new level!

Most of all, acknowledge how amazing you feel after this exercise and keep this feeling available for whenever you might need it. Let us know the impact this has had on you.

PS as an added bonus, you are invited to start a gratitude journal where once a day you will write down 3 things you are truly grateful for. This becomes a life-changing exercise.



Until next tomorrow, tally ho!