

Gratitude Worksheet

Date / Time

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None of the Above

If you want to get back in flow with Universal life force - gratitude is what you need!

From ancient spiritual teachings to Oprah, there's a reason why everyone harps on about gratitude.

Plain and simple - it works.

If you want to feel happier and full of life - gratitude will get you there.

If you want to manifest more goodness into your life - gratitude will get you there.

If you want to feel closer to the Universe, God, Spirits, Angels - gratitude will get you there.

Science love:

The brain cannot focus on both a positive and a negative at the same time. Therefore by directing your attention to what you're grateful for i.e. stuff that makes you happy and fills you up, your brain is forced to fire off lots of yummy juicy positive chemicals such as serotonin and dopamine. These guys help your organs do their jobs properly, which means your body feels good. And when our bodies feel good, we feel good.

Manifesting love:

To manifest is to bring towards us what we desire. We converse with the Universe via the signals we give off i.e. the vibration of our molecules. The Universe then matches our signal with what we call our reality. Pretty cool when you think about it. So therefore, when we're in a state of gratitude we are literally magnets for more of the same stuff coming towards us. Want more goodness? Ramp up the gratitude. Easy!

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Spiritual love:

Gratitude literally opens us up! It revs up our chakras, it gets our meridians flowing, it ignites our auras. It connects us with our divinity. Think about it, it's a complete miracle we are here at all. And everything which exists in order to keep us here - incredible! From mother nature, to our families, friends, jobs, societies, health - mental & physical, the incredible abundance which surrounds us. There is so much to be grateful for. Always. Check in with this now. Amazing right?

How to be grateful.

The first step is to acknowledge the things we are grateful for, **but more importantly it's about cultivating the feeling of gratitude**. Cause when we *feel*, we fire up our signals to the Universe.

In order to do this, we need to get deep with our gratitudes.

Step 1: Say what you're grateful for.

I'm grateful for the money in my bank account.

Step 2: List 3 or more reasons WHY you're grateful.

I'm grateful for the money in my bank account because...

- >> I can pay my rent, to continue living in this incredible city. A city which is safe and privileged to boot!
- >> I can buy a plane ticket to visit loved ones overseas. Something I am deeply grateful for.
- >> It means clients and I are finding each other, which means I'm sharing the Kinesiology love. Words cannot express my gratitude for this.
- >> I can purchase festival tickets - to get my groove on. Meet new people under the trees surrounded by tunes - bliss.
- >> I can shout a friend dinner. Cause sharing is caring and feels so nice.

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Step 3: What is the FEELING you experience when you're grateful for...?

The feeling I experience from being grateful for the money in my bank account is...

Abundance. Which makes me feel Connected. When I feel Abundant, I feel Connected to life, to people, to my clients, to freedom. I feel an immense sense of Freedom - and this ultimately fills me up and expands my being.

So, in order to cultivate the feeling of FREEDOM, I tune into the things in my life which allow me to feel this. I give thanks for these things. As a result, I'm firing up my FREEDOM signal. As a result, life rewards me with lots of moments which are aligned with this vibration.

And it all started with a little thanks for the money in my bank account.

Makes sense?

It's important to remember, we can still be in the presence of Abundance, Love, Freedom, Passion, etc., even when life seems to be presenting us with the exact opposite. We can always cultivate the feeling - through being grateful for what we already have.

Cause at the end of the day, there is always something to be grateful for!

To help get things flowing in the gratitude department...

Write 3 things of Gratitude for your:

Family

Work

Relationships Friendships

Money

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Spirituality

Home

For Yourself

Play TOUR guide in your own city

Either take yourself out on a date, or get together with a buddy and play tour guide in your own city. There is nothing greater (in my opinion) than showing off your own city, even if it's to yourself.

It very quickly allows us to marvel at the magic of what's on our doorstep.

What did you do? What did you notice? What are you grateful for?

Be in a state of wonder & curiosity

From flowers blossoming to the skill of your barista, to the interconnectedness the Internet allows, to clean drinking water, to synchronicities, catching the eyes of strangers, mother nature, the way our brains work...

By being in a state of wonder and curiosity, of seeing the world through child-like eyes, we are very quickly pulled into the juicy world of gratitude

What did you see through child-like eyes today?

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When I discovered the power of gratitude, my world around me literally changed.

The magic, the colour, the peace and bliss which surrounds us all became visible again.

Gratitude is the be all and end all.

Give it a go. You'll be so pleased you did.



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Daily Gratitude Ritual

3 things a day. 5 reasons why. And most importantly - What do you Feel?

Day:

Today, I'm grateful for:

5 reasons why

1	<input type="text"/>
2	<input type="text"/>
3	<input type="text"/>
4	<input type="text"/>
5	<input type="text"/>

The feeling I experience when I'm grateful for...

Today, I'm grateful for:

5 reasons why

1	<input type="text"/>
2	<input type="text"/>
3	<input type="text"/>
4	<input type="text"/>
5	<input type="text"/>

The feeling I experience when I'm grateful for...

Today, I'm grateful for:

5 reasons why

1	<input type="text"/>
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3	<input type="text"/>
4	<input type="text"/>
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The feeling I experience when I'm grateful for...

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