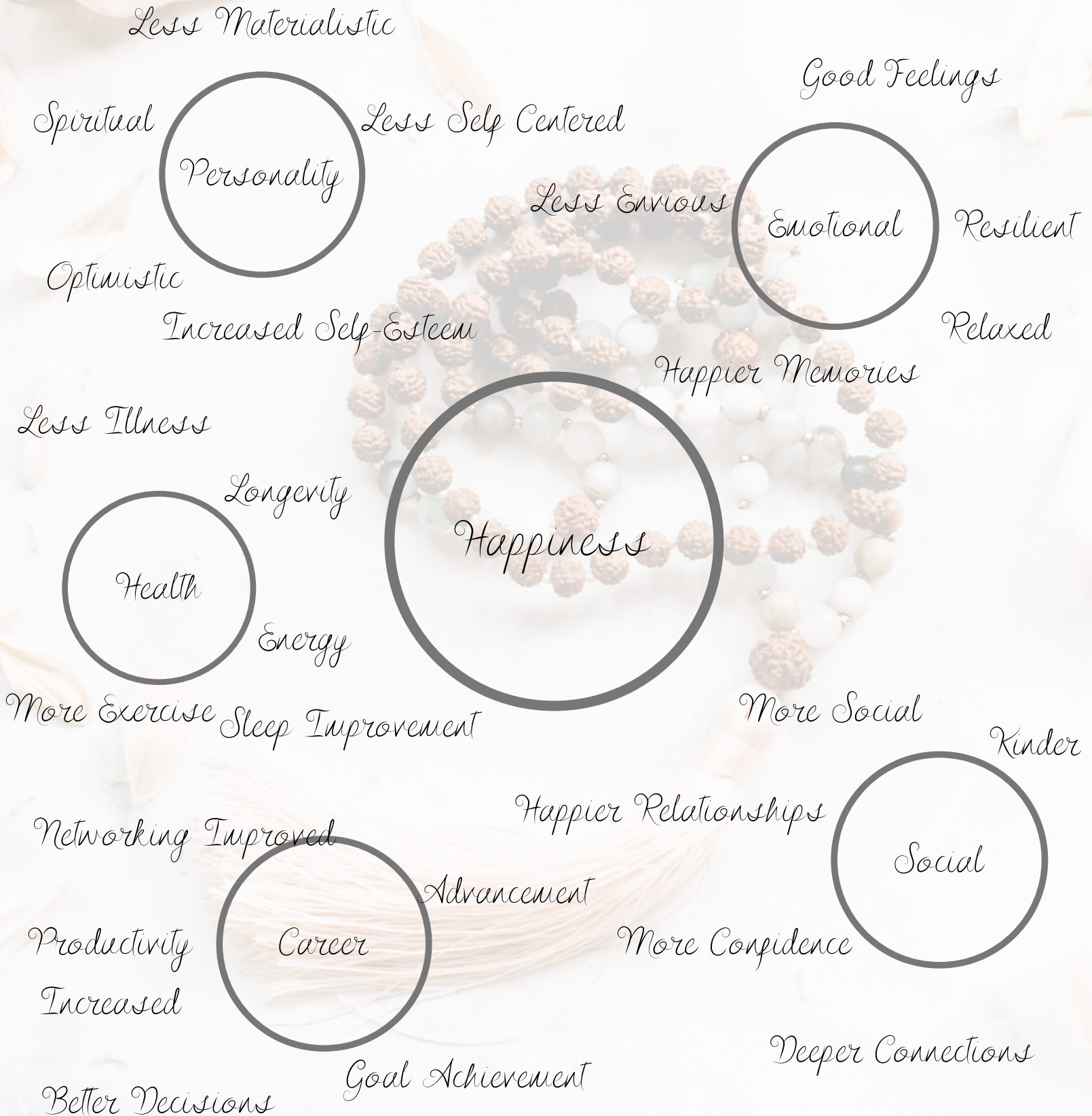


Gratitude Mind Map



Gratitude Guide

Gratitude is the feeling of being thankful. The practice of gratitude can greatly connect you to feelings of inner peace, increased mindfulness and attract more goodness in your life. Research shows there is a correlation between happiness and spending just TWO minutes or more a day on positive thoughts and how it is transformative in one's life. How do you do that?

Gratitude Journal

writing 3 things down at the beginning or end of your day that you are grateful for

A daily meditation practice on gratitude

Be mindful or aware of things that you are grateful for throughout your day

Gratitude connects us to the present moment, uplifts our spirits, and feed our hearts. It opens the heart and activates positive emotions in our brain. A regular gratitude practice can change the way our brain's neurons fire into more positive thoughts.

SELF TALK

Self talk is one of the most powerful creators available to us! Think about it, the way we talk to ourselves, think about ourselves, treat ourselves has the ability to give us the confidence to take on the world, or destroy our beliefs enough to leave us hiding under a rock. The choice is ours. When was the last time you looked in the mirror and spoke to yourself in a loving, compassionate, empowering way?

That's what this exercise is all about!

You're going to give yourself a good old pep talk! Feel free to preface this by creating a few affirmations or positive statements to use, and repeat until you believe that all of those beautiful things you've said about yourself are TRUE.

FOR EXAMPLE:

"I am incredibly talented, compassionate, and beautiful."

"Everything I desire is already on its way to me."

"Thank you for being such a badass queen, for always showing up, for having the strength to continue on, and for constantly doing better."

I love you."

Notice how grateful and loving you become as you soften into this empowering energy.

Gratitude Guide

SELFLESS SERVICE

When feelings of jealousy, comparison, or doubt come up, this is the Universe guiding us out of external validation and trying to bring us back into our purpose and power of personal connection.

I often get back into gratitude by doing something nice for someone else - even if it's just taking my dog to the dog park to throw the ball around, or putting 50 cents in a stranger's meter that's about to run out.

Consider how big of an impact you can have on someone else, with almost minimal effort - and without any expectation or need for the expression to be returned.

Selfless service comes in many forms. Do something nice for someone today, and watch how it totally renews your experience and shifts your energy from lack to love.

Gratitude Journal Exercise

This journaling exercise is one of my favorites. Give yourself permission to go on gratitude overflow and allow gratitude to guide you into feeling better fast.

Set the intention to express and connect to the blessings (human and other) in your life right now, and allow yourself to absorb that energy.

Take up at least two pages with writing! Allow the stream of consciousness to flow. Once you're done, reread that to see how truly blessed you are and how much you have to be grateful for.

- 1. Who am I grateful for in my life right now?*
- 2. How have they supported in me?*
- 3. What is one act of kindness someone did for me in the last month?*
- 4. What is one generous thing I've done for someone else?*
- 5. What's the best thing that's happened this week so far?*
- 6. What's one thing I have experienced lately that created a sense of wonder or awe?*
- 7. How many of my basic needs are met today without effort or a second thought?*
- 8. What is a simple pleasure I get to enjoy today?*
- 9. Think of all the beauty around you. What fills you up with the most joy?*
- 10. How blessed am I that my body is so intelligent and always shows up for me? Scan my body from my toes to my hair, giving thanks.*

Ready for More?



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