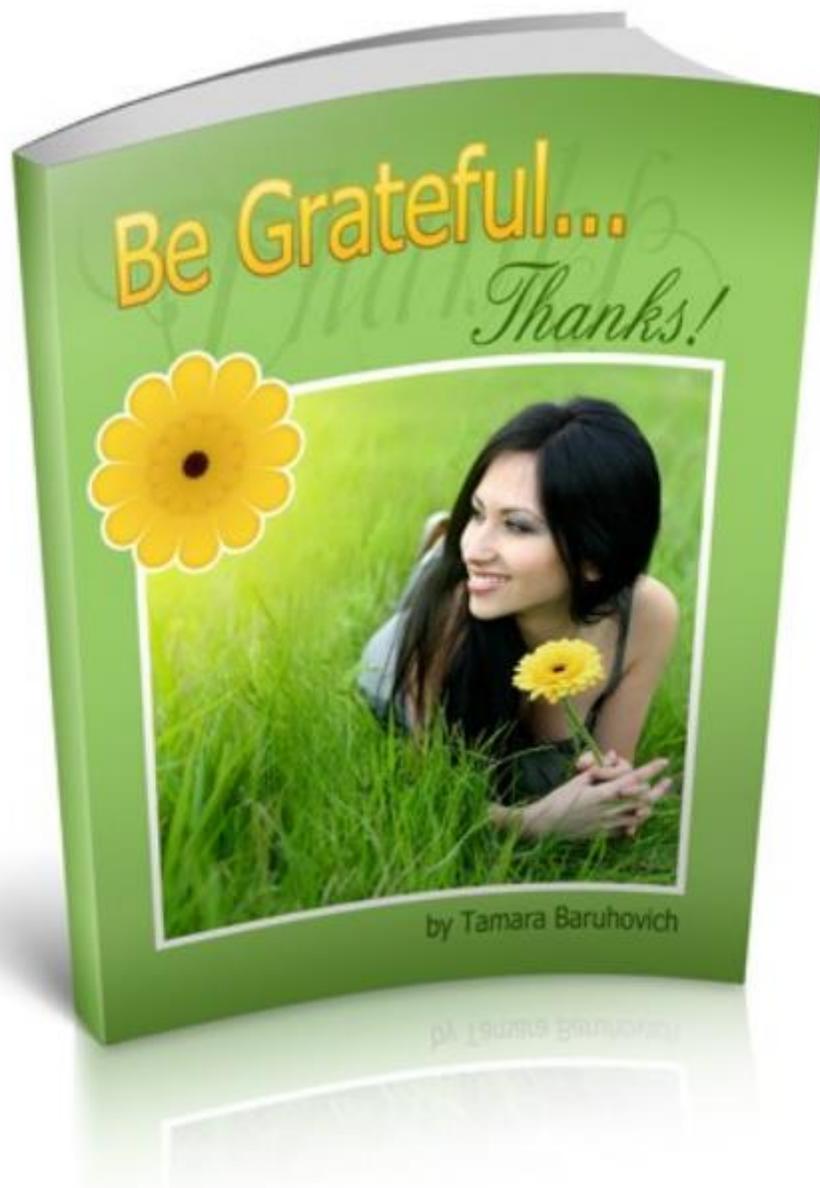


Be Grateful... Thanks!



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The Power of Gratitude

Why can't you be more grateful? It's likely that at some point you've heard this remark from a parent, grandparent or have even uttered these words to a child yourself... or even worse, a partner! Our need to see gratitude in others is a huge part of us seeing that person also as a loving, caring person, for a grateful person is always empathetic of others' needs and feelings.

Overall, most of us are grateful. However, as you will soon discover, the more grateful we are, the better our life experience becomes. So... do you have an attitude of gratitude? How grateful are you?

It is my desire that the points covered in this ebook help you become more grateful in your life in general, to improve your life as well as the lives of those around you.

When we are grateful often, we get to enjoy life much more. It can break through huge barriers and reduce our stress loads, give us more confidence and help us to meet our goals- no matter how big they may seem or, actually be.

There is no doubt that being grateful goes a long way. It's just that being grateful in times of stress or when suffering from disappointment, despair or sadness somehow becomes more challenging. Paradoxically, it is in these moments when acknowledging the things we have and feel grateful for, that will take us a long way. Let's explore how to start feeling grateful more often with simple acts.

Take it Easy and Just Breathe...

Often, we get caught up in a vicious cycle of "if onlys." If only the job came through, then we'd be grateful, if only the kids were better behaved, then we'd say thanks, if only I could lose that extra ten pounds, get that guy to notice me, find a million dollars under my pillow...if only, if only, if only...

The problem with "if only" is that if and when the "if only" happens, we often just move onto the next thing we want to get without stopping to consciously acknowledge, say thanks and rejoice in the fact that our desire has come to pass.

Or we may focus so much on that hopeful "if only", that we forget to recognize all the other things we have in our lives to be thankful for on a regular basis, and that we -somehow- have taken for granted.

So let's start with the basics... right here, right now. There is so much each one of us has to be grateful for. We just forget to focus on the good bits often.

Try this: Sit quietly. Take a large breath into your lungs. Let it fill you up completely. Don't let any of it out. Take a few top up breaths. Feel the sensation of it filling your body. Breathe until you cannot fill yourself anymore.

Now hold it in. Feel the sensation of it feeling all tight inside your body. It may feel slightly uncomfortable. It may feel like you are about to burst.

Then let the air out. Let it rush out, then push the last amount out completely until there is nothing left.

The Gift of Being Able to Breathe

How did it feel when you were finally allowed to let go of the air? Quite good, for sure. It felt like a release... didn't it?

If you are struggling to find anything to be grateful for at all, start with your own breath. Think about it: It gives you oxygen, the chief nutrient for your body.

Without it you cannot survive. It reminds you of being alive. That alone is an outstanding thing to be thankful for.

It is human nature. The drive to survive is far stronger than anything else. Your world may be crashing down around you, with creditors calling, relationships failing, and stress mounting up... but if you have breath, if you are alive, you are at a point where you can overturn all of that and start again.

As long as you are breathing, you have options... always! Be thankful for that!

Try the exercise again. Do it several times in a row, taking in slow breaths then releasing each slowly with that pause in the middle. Try it with your eyes closed and let it still you.

Allow yourself to feel the gratitude for your ability to breathe.

The Next Step...

Gratitude can change our lives hugely and in unbelievable ways. But first we need to take a look at where we are right now. In fact, a good place to start is by taking some time in solitude. Take time out to reflect on your life, and allow yourself to just "be" in that moment for a while.

Often, we are not honest about what parts of life we don't feel grateful for. We know we're meant to be thankful and we don't want to admit that we're not. It all feels a little naughty.

So, spend some time taking a little look inside your life over a range of areas.

Make a little list. Think about the following ideas and come up with one chief thing you are not thankful for (if there is one), and one chief thing that you ARE thankful for (if you can). Do not stress over this exercise. At the end, it will make all sense to you.

Your Gratitude List or Personal Journal

Here are some ideas to help you start your own Gratitude List or Personal Journal in every area of your life...

Finances

Do you feel you have enough? Do you think it's managed well? Do you feel a lack of money is affecting other areas?

Work / Job / Business

Do you enjoy your job, line of work or business? What parts do you like? Where is your work taking you? Is there any part of you that is still wanting more from what you do? In what way?

Love, Social Life, Friends and Family

Do you feel fulfilled and happy in this area? Do you feel loved and accepted for who you are? Have you got great friends? Is your family supportive? Do you love from the heart?

Goals

Do you have goals? Do you have a sense of where you are headed? Do you know how to get there? Do you feel your goals are realistic for what you want to do and where you want to be? Are you confident you can get there?

Physical Condition / Body Appearance

Are you comfortable with and in your body? What parts are working well? What isn't doing so well? Are you filled with energy? Do you enjoy the foods you are eating? Are you eating nutritious foods? Do you exercise? Are you happy with the way you look?

Home Life / Possessions

Do you feel you have enough? Or do you think you need more? Do you like the things you own? Have you got your favorite items that you treasure? Do you like your home? The car you drive? The places you go?

What do you really long for? Is there anything else you can add to this list? Make a list of the things you struggle to be grateful for, and the things you already are thankful for. Don't worry if the complaints list is a little long. We'll sort that out soon!

How do you think that gratitude get that heavy list looking a lot lighter? Well it's all so simple really. It all starts between your ears. When you change the way you think, and start to fill your life with thankfulness, nothing will ever be the same. You will start to change your life forever, and things DO get better.

The movie and book THE SECRET propelled the magic of gratitude onto center stage with a simple formula that includes consciously thinking of gratitude, thanking the universe for what you already have, and then... things happen.

While there are a few important steps missing in this (for instance, you really need to act on a few things along the way as well for anything to happen) there is no doubt that these steps of being grateful for the now, as well as for what you expect to happen in the future does help.

So how exactly does it help?

Well let's take a look:

It helps you in social engagements.

What on earth has happened to our manners lately? "Please", "Excuse Me", "Pardon Me" and "Thank You" go further than ever before, simply because many have forgotten to use them! It's true and quite sad in many ways. If you are a parent one of the most powerful things you can do is teach your children to use manners.

They will thank you one day, believe me!

And it's not only the words- it's the voice and tone behind them. Parents often will tell a child to say it like they mean it. We as adults are no different. Use manners, and your world begins to open up socially. People watch us all the time as we engage with others.

Gratitude is one way to showing respect to other people.

Think about the last time someone said "Thank You" to you and you knew they meant it. It does something quite magical to your relationship with them. Someone who honors what you've given them or some work you've done.

If they thank you for it, the first reaction is often to want to give them more. Because you know that what you give them will be rewarded again- or at least you hope it will be!

If we start thanking people around us for doing their job, for being kind, for giving us something when they don't have to, then it makes everything run smoother. People gravitate towards people they think are going to reward them or thank them for their actions. A smile goes a big way too.

Smiling is an easy way to say thanks. And it is contagious! Try a smile on a stranger today and see what happens. Not only do you get the smile back, but they will most likely pass it right on to someone else. Your contribution will make the world a brighter place, literally!

It's a bit of a rough way of thinking about it, but if you really can't think of any reason to be grateful for today, just be grateful for people who are just doing what they are supposed to do. What that means is being thankful for those people who make your life easier in one way or another, and smile.

For instance, be thankful that there is a farmer somewhere and thanks to his work you are able to eat tomatoes in your salad today. Sure, they may only be doing their job, but it's far better than all those people who aren't quite doing even that, right?

Thank people for the work they do, or in the case of people you do not know -like the farmer- just be thankful from your heart.

Be thankful for any small kindness that comes your way and make it a habit. You will soon start feeling how this simple act will start transforming your life.

Case Study

Andrew was going to interview for a sales job. He knew he had the least experience and least qualifications to get the job. In fact, he wasn't even sure how he'd got access to the interview. What he did know was he was very thankful to be given the opportunity.

The interview went well, though it was impressed on him again that everyone else was more experienced for the role. As he left the building, he slipped the receptionist an envelope.

Inside was a thank you note for the man who had just interviewed him, thanking him for his time and for the opportunity.

That evening, he got the call to say he'd got the job. His new employee was very clear. It wasn't his qualifications that got him the job. It was the card.

If he was able to thank him at this stage, he knew Andrew would be able to build positive relationships with his client which is exactly what he was looking for. Being grateful won him the job.

Your Assignment

Spend the next day thanking the people around you when they do something for you. Don't make it empty words. Instead, focus on what the person is doing and then thank them sincerely and to an appropriate level. (Bursting into tears, and hugging a waitress passionately is probably not required if they bring some extra bread to your table).

See how it makes you feel, and if it makes you more open to gratitude? Try and make it a part of your everyday experience.

Gratitude is Good for Your Mind

Once we get used to thanking the people around us, it's time to start being grateful for some of the good things working in our lives. This can be difficult to quantify, especially if you are under a fair amount of stress or finding life a bit tough at this time.

However, there are so many things we have around us we take for granted, and often have no idea of the positive impact those things have on us.

As is true with human nature, there are so many things we don't realize the worth of until we don't have them around us.

If you have children, you'll be aware of that sense of wanting your child to be asleep just so you can get something done without them interrupting you, then when they are asleep, wanting them to wake up so you can hug them, kiss them and play with them.

Or maybe you just have forgotten what it's like to live in your own place, without having your parents around to check what time you get home; or in the opposite situation, what it is to live with your parents and come home to a warm meal and loving company.

Or, what it feels like to be able to drive somewhere to get a takeaway instead of cooking; or in the opposite situation, to enjoy a homemade meal when you have been eating at airports for the past week.

You get the idea... There are just so many little freedoms we have that we take for granted. There are plenty of things to be grateful for in every human life.

Find them in yours!

Your Assignment

Take stock of where you sit right now...Take a look around the room. Can you see things? Acknowledge your ability to see. Be grateful for it. Look at the colors around you, how you can distinguish them from each other, how bright they can be. This is something to also be grateful for.

Think about the things you own...

Are they the only clothes you own- the ones you have on now? Allow yourself to feel gratitude for being clothed and have more clothes in your closet.

Are you in a place where you are sheltered from the sun, the rain, the wind or the snow? Allow yourself to feel gratitude for this.

Do you have money in the bank? Do you have an income? Any money on you right now at all? Be thankful even if it is merely a few coins.

These are all small points of gratitude. This isn't about trying to find large big things to be thankful for, but together a little gratitude over a range of different things starts to add up.

Why is it important to do this?

If you make this part of your everyday habits, along with getting dressed, eating, drinking, sleeping and all those other important tasks then you start to focus on only what is positive and good. Doing this doesn't make the bad parts of your life magically disappear but it does give you strength to cope with those aspects.

If you are generally optimistic by nature, this can be enough to boost your optimism and keep you from stress. If you are naturally pessimistic, then this can help you move out of negative thinking and into something more uplifting.

If your life has not been going the way you'd like it to go, you will find it hard to be happy because in that state, you most likely won't find anything to be happy about. But spending time being grateful everyday will help you to naturally become happier. It will make your happy state less 'up and down' and far more stable.

This improved state of thinking will provide you with a raft of benefits that range from increased confidence, to decreased ill health, and into increasing your enjoyment levels across the board in a range of different situations.

The key is to do this enough that it slips into your subconscious mind. It's said that around ninety percent of our behavior stems from our subconscious self.

Since we are creatures of habit, when we do one thing long enough it becomes part of how we behave as the 'new' behavior gets impregnated into our subconscious mind.

Taking this info account... How powerful can this be then when we begin to act out of gratitude rather than defensiveness or negativity?

I'll let you answer that.

It also becomes a self-fulfilling prophecy. As we become happier, we naturally gravitate to things, people and situations that make us happier. In doing so, we begin to create a life that is all we desire and more. It's the true power of being filled with gratitude.

Gratitude is also Good for Your Body

So you've got the people around you feeling happier and your mind is beginning to get the happy message but... what about your body? What do you think being grateful can do for your body?

As you may already know, our cells are constantly changing, renewing and mending themselves. Also, many doctors recognize the worth in a positive attitude towards health and healing. As a matter of fact, many studies have proven this is true. Documented facts can be found if you do a search on Dr. Patch Adams and the Gesundheit Institute, or on the benefits of laugh therapy.

Actually, when we feel good about ourselves we tend to look after our physical selves better. We make better food choices, eat for hunger and not to stave off sad or complicated emotions and we enjoy movement and exercise more.

It's a fact: A happy body is a healthy body.

Many obesity theorists think that one of the reasons that people in poorer areas are more likely to be obese isn't because they can't afford the right food, but that their misery at having no money, and limited resources impacts their emotions and drives their body to satisfy that need with food.

And it's often over processed, sugary, body hating food they crave. In some cases, the self-sabotage and self-destructing behaviors are so pronounced that they can put their lives at risk.

If your body isn't what it "should" be right now, or rather, if your body isn't what you want it to be right now, instead of focusing on the flabby bits, the sore bits, or the needing to be operated bits, focus on the parts that do work well, and feel grateful for them.

One of the fascinating things about the human body can be seen in people who suffer from some sort of impairment. It is common to observe that their body makes up for the disability in some other way. For example, a blind person often has a highly-developed sense of smell or incredible hearing.

If you think about it, that is our body's natural way of being thankful for what does work. It compensates and provides an enhanced talent at the cost of the one the person doesn't have. Incredibly awesome, if you ask me!

We all have that ability. While most of us can probably mention many things we DON'T like about our bodies... what can you mention that you do like? Some of the time, we carry on shadows from our family or well-intended friends' comments that impact us. BUT... they don't need to.

As everything else in life, it is a matter of personal choice. You get to decide how comments affect you.

If you have a chronic illness, focus on the healthy parts of your body. Many studies have been done on the power of imagery that involves your healthy body fighting the ill health intruder.

Spend time in [visualizing](#) how you'd like your health -or body- to be while enjoying and being thankful for the healthy parts of your body.

If you feel absolutely terrible, and there is nothing you can find to feel good, then go back to that first activity at the beginning of this book and focus on your breath. Even if it is labored. Even if you need to do it slowly, breathe in and out and focus on your breath.

Focus on how you are alive with each breath you take in and out. Then move onto realizing that as long as you are alive, you can do many things to improve your health, your body and everything else for that matter.

Beware of your feelings. Our feelings can often outweigh everything else. We often neglect how our body feels and then we stop looking after it. It becomes a vicious cycle. But to begin to be grateful for our health can liberate us from ill health.

It may not be easy, but when you manage to overcome your present feelings and realize that there is something you can do, it will be empowering.

Exercise

Spend five minutes a day focused on what is right with your body. If you have severe body aches, or health issues, consider trying the [EFT](#) technique to help break the cycle and give yourself a kick start into positive feelings and gratitude.

Remember, no matter where you are or how you are feeling, you can love and accept yourself just as you are today.

The Bigger Picture

For those raised in a home where faith was part of their lifestyle, the concept of thankfulness and gratitude is a big part of their culture. You may have been raised to give thanks before eating, or to say "Thank You God" before bedtime.

One of the universal concepts is that we all need to be filled with gratitude in part because it is one of the important elements that makes the world go around.

On the metaphysical level this is referred to as the "Law of Gratitude." This means that the Universe, or the essence of life around us reacts to the thankfulness and it creates energy around us that impacts us and the people around us.

The Universe responds by giving us what we are grateful for.

This is the basic precept in the "Law of Attraction" which says that the things we focus on are the things we attract more of into our life experience. The things you hold dear are the things you put your energy behind.

The more energy we have around something, the more energy it attracts. It's after all, basic physics.

So the things you may be grateful for- your family, your friendships, your work, your health, your loved ones, your home, your cars, etc. grow and respond to that gratefulness the more and more grateful you are.

There is a proverb that says... "Out of the heart the mouth speaks."

Take a look at what you say and do. The person with a lot of gratitude in their heart speaks words that gravitate towards certain events and attract people to them that are aligned with the same principles.

An army of positive people around you can't be all that bad!

A Word about the "Bad Things" that Happen to Good People...

So, we've covered all the good bits of our life and we're focusing on them. But what about the bad things that happen to all of us once in a while?

Should we be grateful for them as well? Well yes, in a strange way and if possible.

Being grateful for bad things that happen to us is not affirming that what happened should have happened. It's not about lying down like a doormat and letting things just happen, being ready for the next punch life might throw at us.

Being grateful about the bad things that happen is more about learning to live with the life you have, and seeing the good that can spring from anything.

As hard as it may seem, there is always something to be learned from every bad situation, and that is the thing we should be grateful for.

If you look at people who are successful, often they have a tale of woe of how they struggled, were hurt, abused or injured. But somehow, they rose above that and keep on going.

Key to this and to their success was to not see their situation as something that broke them, but as something that made them.

Being grateful for hardship takes courage.

This doesn't mean that the Universe is going to give you more if it.

It's more of a letting go. You can have two people in life experience exactly the same turn of unfortunate events and manage it completely differently.

Again, is how you take it; it's a matter of choice: your choice.

The person who uses gratitude to affirm they are still alive, still surviving, still fighting, and has learned from the lessons life has thrown at them either at their own hand or at the hand of others is the one who is going to be positively affected by having gratitude in their life.

Case Study

Sarah was in an abusive relationship. She lived in fear for five years, and during this time also suffered from large financial issues, and had a near death experience due to a medical condition.

She cites the day she walked away from her relationship as a turning point, but she also looks back at the things that happened during that time and is thankful for those too...

"I could see that I allowed a lot of that behavior to happen around me and I had to learn from it. I look at life now completely differently from all that happened during that time in my life. For a start, every day is a gift. It's not something to take for granted.

Friedrich Nietzsche, a 19th Century Philosopher, said "What doesn't kill us only makes us stronger."

While that is often true, it only works if you choose the path of love and forgiveness.

Being able to forgive someone for any wrongs done to you isn't so much about whether what they did was right or wrong, or even if they ever appreciate that you've forgiven them.

Forgiveness is about what happens to your own heart during the process.

As you forgive for the horrible parts of your life- forgiving a person, an object, a situation, the Universe, yourself, whomever or whatever, you let go of the negative power that it has had over you and you can start to be thankful for the person you are now from that experience or event.

You allow yourself to emerge in victory.

It can be tempting to live in the life of what could have been. However, this just leads to a stronger sense of loss and hurt and it's very difficult to move on from that point.

If instead you focus on how the experience has shaped you, and given you a different perspective others may never get to see, then you start to take on a more positive slant.

When bad things happen to us we all need recovery time. We need to look after ourselves and be gentle on our feelings and tender parts. But we can also look at the scars we carry and see them as little reminders of how we have survived.

Battle worn some of us may be, but how awesome to have made it through to the other side.

Be thankful for the experience, as it has made you stronger and wiser.

It's like Weight Training

Gratitude and Weight Training? It may sound too weird to relate to, but think about what our body needs to do to become stronger and more resilient.

If you want to build muscles, any form of resistance helps. The heavier the weight, the harder your muscles have to work to build up.

We use weights to fight against your muscles, to grow them. The muscles actually tear a little as we work them; stretch and then rebuild, connecting more fibers, making them stronger, bigger, harder.

The muscle growth doesn't happen during the session, but afterward when we rest up and let our muscles mend.

To build muscles best you need to work them so they tear a little, feed them to give them the power they need and rest them up. The resting and feeding is just as important as the work out.

So how does this compute with gratitude?

Well if you want to make the most of any traumatic situation, where you've felt your heart and mind tear a little -or worse- then you should rest up from it, distance yourself from the experience and allow it to heal.

After that, add in some gratitude that you made it through it. This is how we become stronger.

Being grateful that you've made it through doesn't mean that you are giving that experience power or importance. In fact, it's giving the power to yourself because you are saying that you beat it. It didn't beat you. That feels good.

Learning from our experiences, and our past unwise decisions is about being grateful that you don't need to repeat the lesson again.

You learn to read situations that others may miss, you can see things as they are, not as people try to portray them, and you change the way you see the world.

This is Self-Growth at its maximum potential!

If you are reading this, and you've recently gone through something awful, then this may be the very last thing you want to hear. But trust me. In time, you will come to acknowledge and value this truth.

Everyone needs a bit of wound licking time. But it's something that is good to keep in mind. This is about not letting our life's experiences control us in a negative manner.

It's about finding a reason somewhere within all the terrible experience; to find a gem of gratefulness and to let go of the pain.

Sometimes it's hard to see the bigger picture...

When we are in the midst of trials and horrible experiences we often feel "What on earth that is good can possibly come out from this situation?" It often feels like a hopeless case.

We wonder why in spite of knowing the right people, doing the right things and having the right feelings, doors aren't opening.

It's often only with the benefit of hindsight, when we can look back and see how those times were the very ones that shaped us that we can see it was all worth it in the end.

Often the very things we long for and want are not in the shape we expect. To get to those things we often have to go on a journey that we don't expect and experience things we weren't prepared for.

Interestingly enough, when looking back, you will be able to clearly see why you had to go through those experiences to get where you are today. There is always a reason for everything... always!

Case Study

Rosie wanted to be a writer. She did pretty well in school, and had a flair for words but nothing ever opened up. She decided to take some time away from writing and focused on another career.

Though a series of unplanned events she experienced a great deal of heart break and worry that changed her perspective on many things.

Once again, she began to write, only this time she did it as a way to mend her heart. One day she showed her notebook to a handful of friends, and they started making comments on her ability to express her feelings with amazing clarity and connect with others through words. It felt real, and many related to her stories.

Rosie discovered the pain she had experienced actually gave her in some ways the opportunity to be the person she had always dreamed of being. It was just a matter of time before Rosie was published and now is a successful novel author.

Thoughts to Ponder Upon...

To be ready for the big dreams of your heart sometimes you get put into places and situations that build your mind and heart muscles. It might be a loss, hardship, pain, death of a loved one, or any other thing. All to build you into the person you need to be to reach your dreams.

Look at it this way. Imagine your dream is to own a mansion by the beach.

If you don't have the character and financial responsibility to own it, it won't be a lasting pleasure. You'll let it run down, or worse, you'll lose it. But if you are able to let life create the character in you that propels you into that kind of responsibility, you will be able to look after it. That would be worth it, right?

Sometimes our hearts need to tear a little, build a little muscle and then get a little stronger to reach our goals.

Relating this to the "Law of Attraction" just refer to this example when you find yourself thinking that things are not working for you.

Could it be that life is giving you 'ways' to 'build a little muscle' to then be able to manifest your desires?

Could it be that you may not be completely ready to have what you want?

Think about it. Work on whatever you have at hand and in turn, you will be able to get the character and responsibility to own your dream.

And, if you learn the lesson fast, there is no reason for the bad even to repeats itself.

While we never stop learning, and never stop experiencing life, as we learn from each one, the less difficult it becomes to learn from the next lesson. It's a bit like those muscles- the more you use them, the more second nature it is to keep on building them and using them every day.

The heart that is torn then built stronger finds it easier to be grateful, and tends to attract more and more experiences to be easily grateful for.

So What Are You Grateful For?

Generating a list of everything we are thankful for can really help on those slightly cloudy or downright stormy days when it's hard to conjure up a pile of thankfulness.

Like anything, gratitude is a learned behavior. It's something we find easier to do the more and more we practice.

If you can't find some things to be thankful about today, right now, work your way through this list and use it to make your own.

Things You Own

You can feel gratitude for ...

- Having shelter.

I have a home to live in, a bed to sleep in and a place to put my things.

- Having something to wear.

I have something to keep me warm when the wind blows, and clothes I can wear on hot days. I can be covered and I have more than one outfit to choose from.

- I have shoes for my feet.

I can cover them to protect them from sharp objects and to support my feet as I walk.

- Having the means to travel.

I can use my car -or scooter, bike, motorcycle- to get to places. I have public transport available. I live in an age where it's easy to find a way to get somewhere fast if I need it.

- I have a computer.

I use it to work, play on and communicate with friends and family. Even if I have to borrow one, I can use tools on it to find out information I can use.

Your Liberty

I am thankful for...

- The fact I am alive.
- The drinking water that I have access to and that it's safe.
- The food I can choose to eat to fuel my body.
- Being free in mind, spirit and body.
- Having the skills needed to read and to write.
- The opportunity to learn something new and life changing.

My Social Networks

I am thankful for...

- Myself. I'm who I am, and I accept myself.
- My loved ones. The special people in my life I've chosen to spend my life with, or give birth to.
- The people who gave birth to me and the people who raised me.
- My friends and colleagues.
- My pets, for all their cuddles and our uncomplicated relationships.

My Successes

I am thankful for...

- My innate talents.
- The skills I've learned.
- My ability to make friends and meet people.
- My job, or the way I support myself.
- My interests, and the things I enjoy to do for recreation.
- My emotions.
- My choice to love others, and share my life with them.

Significant Moments

I am thankful for...

- Milestones in my life. Learning how to walk, to talk, to run, to laugh, to have become independent, to think freely, to have learned to decide, to choose...
- My special days such as birthdays and anniversaries.
- Memories. Times spent with loved ones.
- Holidays and time spent away from work.
- Being about to order a takeout coffee, or having a meal out.
- Unexpected and pleasant surprises.

Life's Little Treasures

I am thankful for...

- Being able to feel the sun/wind/rain on my face.
- Going to the beach, or climbing a hill and looking out.
- Admiring Mother Nature's miracles every time I choose to.
- Watching a rainy day from my window.
- Washing and drying my clothes on a windy day.
- Seeing a stranger smile at me.
- Watching snow fall.
- Taking my dog for a walk.
- Playing on playground equipment.
- Laughing with friends, family or at myself.

Things I never expected

I am thankful for...

- The things I didn't get right the first time.
- The doors that closed to me when I wanted them open.
- The lessons I've learned through my experiences.
- The "no" I got when I wanted a "yes"

Use this list as a starting point and add any specifics you have. It's a good idea to pop the list on the fridge, or somewhere you can see it to remind yourself to be thankful throughout the day.

Soon it will be second nature and you'll start to attract more good things to be thankful for.

Thank You!

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