



Creating an attitude of gratitude.

“Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you.”

— Eileen Caddy
Writer, Spiritual Leader

There are few things as powerful as living with an attitude of gratitude. It’s amazing what impact acknowledgement holds. When you actively recognize how much there is to be grateful for in your life you automatically shift to a positive space. By truly feeling grateful for all that’s wonderful in your life right now, you attract more of the same. Remember, like attracts like.

Feeling grateful is the perfect way to start each day, especially when you’re not feeling particularly happy. Make it a habit and you’ll experience uplifting power as your mood brightens and your perspective expands.

It’s easy. Just start writing down everything that comes to mind when you think about all that’s

good in your life. What experiences, people or situations are you grateful for? You’ll pretty quickly cover the big areas—health, family, friends, home, job, spirituality/religion, etc.

When you feel the momentum slowing, think about all the things you take for granted because they’ve always existed. The “givens” in life that would be greatly missed if they were gone—freedom, fresh air, clean drinking water, food—you get the picture.

Don’t worry about filling all of the space on the sheet. You will. As you start acknowledging all that’s good in your life, you’ll find you notice how the smallest things in life can make you feel grateful. Your list will keep expanding.

