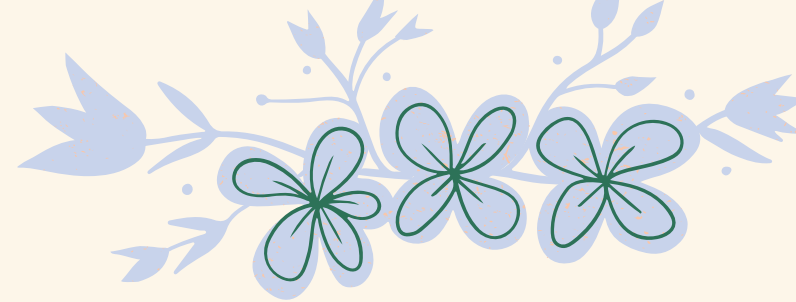


Gratitude Meditation



21 MARCH 2022 - 10 APRIL 2022



GOALS

Self - To Become

For example -

I want to become a more happy person
I want to exercise everyday
I want to meditate everyday
I want to pursue a hobby atleast once a week
I want to have an open mind to accept and adapt to situations and people

Social Contributions

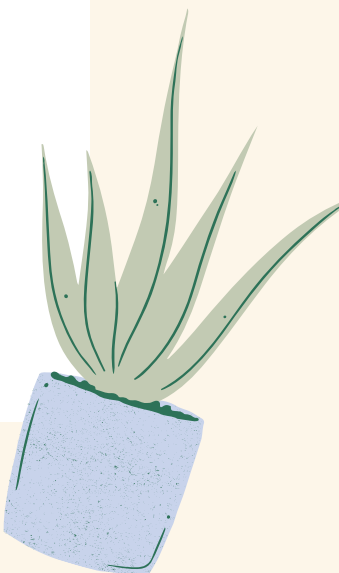
For example -

I want to give more love to my family
I want to contribute more to make my intimate relationship better everyday
I want to love my kids more everyday
I want to be a team player
I want to be a good neighbour

Career/Wealth

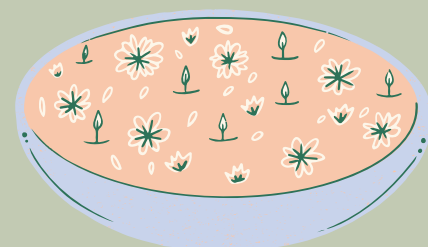
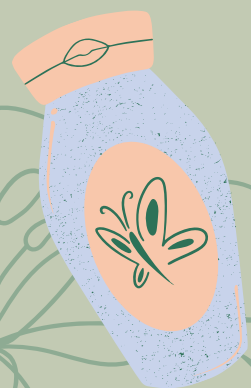
For example -

I want to passionate about my work
I want to work more consistently
I want to get more business opportunities
I want to upskill myself
I want to be more abundant

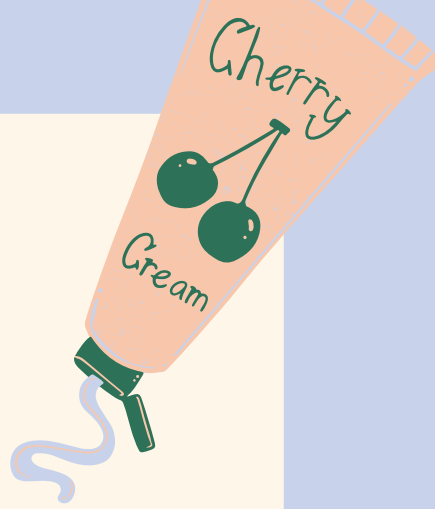
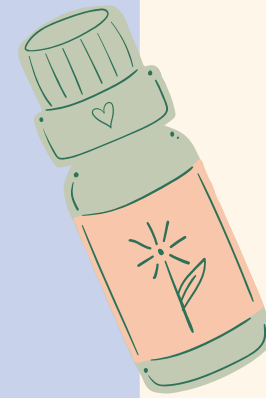


How does Gratitude Work?

- Gratitude begins with two simple words - Thank You
- To make it really powerful, you have to feel grateful with all your heart
- The more you say thank you the more you will feel it and the faster you will see the results in your life
- For eg: when you are grateful for a past & current relationships even if its not perfect the relationships will get better and also attract new ones that you will be grateful for
- Gratitude is a great multiplier of life, whatever you say thank you for the same you will receive more
- And all it takes to maintain that more receiving cycle is a little gratitude meditation everyday



Everyday Gratitude Affirmations



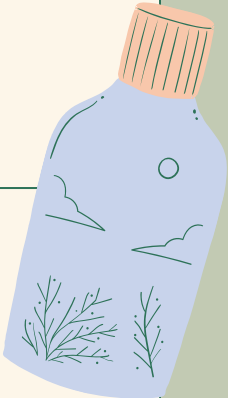
- I am ALIVE! Thank you.
- I am thankful for this beautiful life
- I am thankful for my family
- I am thankful for all my friends
- I am thankful for the money I earn
- I am thankful for the food I eat
- I am thankful for my good health
- I am thankful for the house I stay in
- I am thankful for the clothes I wear
- I am thankful for my past & present





Daily Gratitude - MORNING

3 THINGS I'M THANKFUL FOR:	
3 THINGS THAT WILL MAKE TODAY AMAZING:	
3 THINGS I LOOK FORWARD TO:	



Daily Affirmation: I am loved. I am capable. I am enough.





Daily Gratitude - Evening

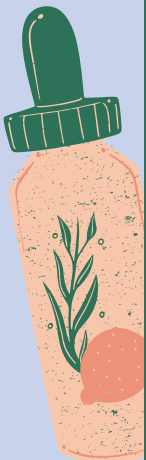
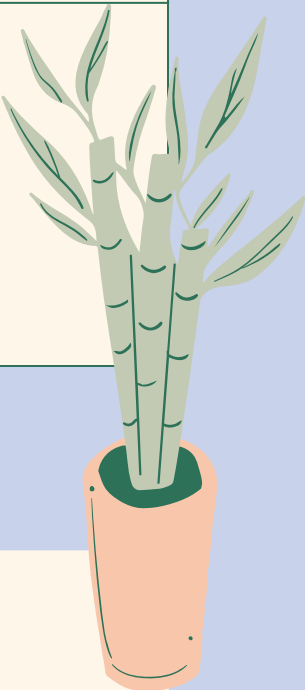


**3 AMAZING THINGS THAT
HAPPENED TODAY:**

**3 PEOPLE I'M GRATEFUL
FOR:**

**3 THINGS I LOOK
FORWARD TOMORROW:**

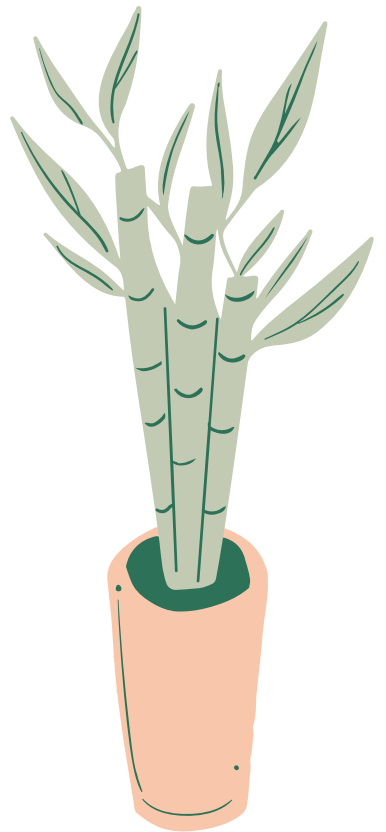
What could make today even better? Continue living in the moment.



Daily Gratitude - Self

To create the life of your dreams with unshakable happiness you have to fall in love with yourself. It's just about a healthy love and respect for yourself just as you are.

- I am grateful for - (physical health)
- I am grateful for - (mental health)
- I am grateful for - (mention your skills)
- I am grateful for - (daily achievements)
- I am grateful for - (appreciations I get)
- I am grateful for - (how you look)
- I am grateful for - (self love, self care)
- I am grateful for - (your favourite emotion)



Daily Gratitude - Social Contributions

To create the life of your dreams with wonderful relationships and unshakable happiness, you need to start appreciating the relationships in your life. The more you take people for granted the more it would lead to losing them in your life.

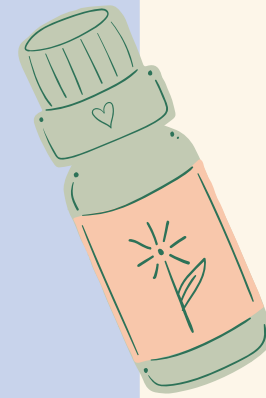
- I am grateful for - (your fav person)
- I am grateful for - (quality of your fav person)
- I am grateful for - (things that fav person does for you)
- I am grateful for - (think of an incident with your fav person)
- I am grateful for - (think of your family)
- I am grateful for - (think of a family-time incident)
- I am grateful for - (what did you love the most in that incident)
- I am grateful for - (think of your friends, teammates, acquaintances)

Daily Gratitude - Career/Wealth

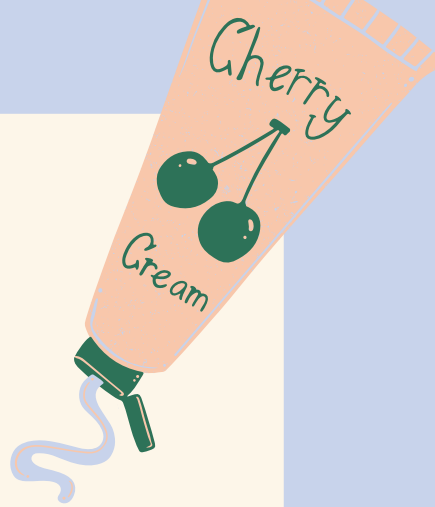
To create the life of your dreams with financial abundance and unshakable happiness, you need to start appreciating what you have right now.

- I am grateful for - (my job)
- I am grateful for - (my passion/skills towards my job)
- I am grateful for - (what I do everyday)
- I am grateful for - (all the opportunities)
- I am grateful for - (think of a successful moment)
- I am grateful for - (money I earn from my work)
- I am grateful for - (the bills I get to pay because I earn enough)
- I am grateful for - (this work life where I get to follow my heart)

Everyday Money Affirmations



- I am rich
- I am a money magnet
- I am attracting more and more money everyday
- I am grateful for everything I have
- Money comes to me effortlessly and easily
- I am worthy of receiving money
- I have more than enough money
- I chose abundance
- I am happy to give because my abundance is limitless
- I am excited to see where more money is going to come next
- I deserve money so I can do everything I want in this life



Thank-You



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