

# Practicing Gratitude

There are a lot of self-help guru's that promise endless wealth if you can just change your "money mindset." Believe you are prosperous and it will be so. There's some truth to what they say. Of course it takes more than simply wishing and believing. It takes action, and one of actions I've seen consistently work is practicing gratitude.

What we consistently tell ourselves about how and who we are does begin to define us, if not to others, certainly to ourselves. I have an acquaintance who, over the course of several years, has told me every time I see her how awful she is with money, how she struggles to make ends meet and how she needs help but can't afford it. I finally agreed to see her free of charge and was able to learn more. Indeed, she was not earning enough to live with much in the way of frills and fun. But she owned her home, had a fully funded retirement and no debt. She had so much to be grateful for, yet her entire focus was on her current lack of income. She had told herself the story that she wasn't good with money so many times that she couldn't even see all that she had to be grateful for.

"What you focus on expands, and when you focus on the goodness in your life, you create more of it. Opportunities, relationships, even money flowed my way when I learned to be grateful no matter what happened in my life." — Oprah Winfrey

Focusing on the parts of our financial lives that we have to be grateful for, whether that's a fully funded retirement or simply the ability to feed ourselves and our family today, shifts our perspective from what's wrong with our lives to what's right. And focusing on creating more of what we see as positive helps us to find our own truth about what is the next right thing to work on.

Cultivating this practice is a daily effort. Over the next 30 days, we encourage you to complete a daily list of ten things you're grateful for.



## 10 Things I'm Grateful For Today, Day # \_\_\_\_\_

"The grateful mind is constantly fixed upon the best. Therefore it tends to become the best. It takes the form or character of the best, and will receive the best."

- Wallace D. Wattles

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