

Day One: Gratitude



Write 10 things you are grateful for, big and small.

We're going to focus a lot on developing your gratitude muscles – and lucky for you, it's simple and fun “work.”

Lobsang and I say 5 gratitudes at breakfast and it's ridiculously fun. One of us will sort of shout “What are you grateful for?” And the other one will start with something like “I'm grateful that I'm alive today because it means I still have a purpose on this earth!” (Thanks for that one, Kathrin Zenkina!) And we go on from there: “I'm grateful that it's Friday!” And on and on.

It doesn't matter if the gratitudes are deep, important things or trivial things – I'm grateful that my brother and sister-in-law are taking such good care of my mom, and I'm grateful for peanut butter, both.

Just thinking of what we're grateful for makes us happy. And how cool is that to start the day off happy, even if nothing else ever came of it?

For today, just to get a good roll going, think up 10 things you're grateful for, no matter how great or small. And start to notice the feeling of gratitude — how does show up in your body, in your mind and your heart?

In a way, manifesting is nothing more than gratitude. Being grateful for what you already have, and learning to deeply experience — right now — the gratitude for the life you are manifesting.

Eventually, we will build up to experiencing gratitude every day, in many ways.

We'll learn more about that later. For now, the idea is to practice gratitude today.

TODAY'S PRACTICE

Write 10 things you're grateful for. If 10 feels like too much, then make it 5, or 3. And as the day goes on find a few things to be grateful for. “That was nice. I'm grateful that girl let me go first.” Just find any excuse to be grateful. Bonus points for using colored pens to write (or draw) your gratitudes.

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