

# Self Acceptance - Week Seven

## Gratitude



Gratitude is the most powerful and effective way to FEEL good and to turn self pity into self acceptance and more.

When we begin to count our blessings., your vibration rises and you will begin to automatically feel that LIFE is happening right now for you and begin to feel more happiness.

Gratitude is one of the sweetest shortcuts to finding peace of mind and happiness inside. No matter what is going on outside of us, there is always so much to be grateful for. It attracts more positive experiences, people and gifts into our lives. It will bring a joy into your life which is truly priceless.

Gratitude leads to better health, sounder sleep, less anxiety and depression, higher long term satisfaction with life and kinder behaviour to others.

Just some of the many things to be grateful for in life are health, work, money, relationships, your passions, love, children, life, nature, material goods, food, the list is endless.

### Time for YOU:

Take some time just for a few minutes and think about what you are truly grateful for in your life, remember to FEEL it!

This might be a little emotional, this is good.....it is allowing ourselves to FEEL the emotion of gratitude which is truly powerful. At the beginning of your time out to reflect, try this little mindful exercise to keep you centred and appreciative. Take three deep breaths and feel yourself at peace. Every time your thoughts wander, bring yourself back to the deep breathing and concentrate on what you are grateful for.

*'Gratitude  
is the  
vitamin for  
the soul'*

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Begin your mornings with GRATITUDE:

Buying a journal to write your gratitude in can really help.

Write at the start:

'I commit to writing five things I am grateful for in life every morning, and every night five things that I am grateful for that has happened that day'

These are nice ways to start your sentences:

I am so happy and grateful now that.....

I am truly blessed to have.....because.....

(Say thank you three times at the end of your sentence. To live in gratitude 'thank you' must become the two words that you deliberately say and feel more than any other words)

*Gratitude  
is peace'*

Try and start your day off by writing at least three things you are grateful for in your life and if you can before you go to sleep at night, write at least three things you are grateful for that have happened that day. If you do this every day it will completely transform how you see your life within days. Commit to it, it is essential if you want to really love your life and move into self acceptance for where your life is and how things are unfolding for you.

The Magic Formula of Gratitude taken from The Magic by Rhonda Byrne:

1. Deliberately think and say the magic words – Thank you
2. The more you say and think those words, the more gratitude you will feel.
3. The more gratitude you deliberately think and FEEL, the more abundance you will receive.

Remember it's your force of feeling that accelerates the magic of life. If you practice this a lot, your life will change dramatically.

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We all have to deal with issues and challenges from time to time. Could you train yourself to see the blessing in everything even when you have challenges in your life?

Take one problem/negative situation and look for ten things to be grateful for and be grateful for the perfect solution.

### Time for YOU:

Can you think of a mistake you have made that hurts when you think about it?

Take a mistake and magically transform it into a blessing.

Ask yourself:

What did I learn from the mistake?

What are the good things that come out of the mistake?

Try and find ten things that you are thankful for about the mistake:

*'The root of  
joy is  
gratefulness'*