

Gratitude

What is Gratitude?

Gratitude comes from the Latin word 'gratus', which means 'pleasing, thankful' and is defined as *"A powerful process for shifting your energy and bringing more of what you want in your life"* Rhonda Byrne.

Gratitude is a feeling of appreciation felt by you and is the secret to experiencing happiness within. Gratitude is about focusing on what is good in our lives and being thankful for the things we have.

What we focus on expands in our life so by focusing on and expressing Gratitude for the things and experiences in our life we attract more good things to us and the more we develop the habit to express Gratitude, the more gratitude we will experience. It is the small things and the little moments that give us so much pleasure. Expressing Gratitude creates a path in your mind to look for the good in every situation. It is an amazing habit to bring into our world.



The more Gratitude is expressed by us the less inconveniences, problems and stressful moments we encounter and if they do happen, it feels like it is no big of a deal and doesn't impact the rest of our day.

Try this exercise ...

I invite you, as part of daily morning and journaling routine, to write down 3 – 5 things that give you pleasure and that you are grateful for and when your alarm goes off each morning, say thank you for waking up to another day and all the amazing things you are about to experience as you go about your day.

Sit for 2 minutes and simply breathe, concentrate on your breath going in and going out.
Write down or say out loud

I am so happy and grateful for ... (finish the sentence).