

Gratitude

Being grateful creates a very positive vibration, so practicing gratitude every day can be very powerful for you. Even be grateful for what you are trying to manifest, as if it were in your life NOW, this helps attract it to you!

Really take the time to appreciate all the positive, good, terrific things in your life...no matter how small they are...simple things like nature, blue sky, a great meal, good friends, a kind act, a job.

Here's a gratefulness process that I recommend:

1. **Morning** - appreciate the new day and all the opportunities you have that day to BE who you are.
2. **Lunch** - be grateful for what hasn't arrived yet as if you already have it, visualize how appreciative you are.
3. **Early evening** - appreciate all the people in your life, the wonderful ones and even those that you struggle to enjoy.
4. **End of day** - appreciate everything that happened that day; the lessons you learned and the FUN you had.

It's not necessary to write these down, just get in the habit of thinking about what you are grateful for throughout the day. Saying "Thank You" all day long to the experiences you have, the good, the bad and the ugly, help you to have the "attitude of gratitude". You'll really have the feeling of being grateful when you are constantly on the lookout for something to be grateful for.

*Pat Altvater, M.A., is a Certified Law of Attraction Coach whose passions include presenting keynotes, lectures, workshops, and retreats for corporations, organizations, and/or individuals for over 20 years. You can learn more about her **12-Month Journey to Health Total Transformation Program** and **Conscious Transformation Process™** through her website (<http://www.transformationsinstitute.com>) or by contacting her toll-free at 877-211-9534.*