



## 2. gratitude

*“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity.... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” - Melodie Beattie*

Gratitude is such a huge part of overcoming everything standing between you and who you really are that you can't miss out on it.

If you're feeling so low that you can't think of one thing to be grateful for, snap out of it. There is so much to be grateful for! Still can't see it? Then you are not being yourself. What about your idea of a perfect you. Try holding that vision for a moment and saying thank you. Thank you for this dream. Now try it on something in your present life. Thank your houseplants for cleaning the air and making your home so much nicer. Thank your dog or cat for being such a great companion no matter how you're feeling. Feel grateful for your friends, your family, your home, your water supply, your clothes, your food, your favourite things.

Then extend it to the world. Next time you go to the grocery store, thank the grumpy cashier – even add a, “Have a nice day.” Thank the stranger who holds the door open for you. Pretty soon it becomes a habit and things start looking up. Your life becomes wonderful.

