

A New Way of Living

7-Day Gratitude Practice

Love's 7-Day Gratitude Practice is designed to be simple and quick, and it only requires your sense of gratitude. This practice is about being mindful as you go throughout your day and give thanks for all things—from the smallest, minute details of your day to the grandest events that benefit your life. and fill your life with greater joy and peace.

The beauty is that even in the busyness of the day, we can express gratitude within our mind and be in constant connection to our Higher Self and All That Is. This practice asks you to, for the next seven days, find as many things, people and events in your day for which to be grateful. (Journal them if you'd like.) And when you acknowledge the goodness a moment brings, say a quick "thank you" within your mind. That is all you need to do.

Despite its simplicity, this practice is highly effective to improving one's overall well-being, and through the magnificence of your divine companion who walks alongside of you each day, you will soon see how blessings begin to overflow in your life.





A New Way of Living

Create Greater Flow in Your Life

In the energy of gratitude, we are elevated to higher vibrations in consciousness. We realize that life, all life, nature and all manmade structures, are giving of themselves continually. That all life and all experiences are giving to and working for our benefit.

Gratitude is recognizing love in every atom and molecule as a part of consciousness and a part of All.

As we go throughout our day in a state of gratitude, we become a living instrument of divine guiding presence, by and through the blessings of God.

This powerful daily gratitude practice is one in which connects you to the truth of evolution—each is a part of the whole—and each are here in this life to learn, contribute, enjoy and grow.

The more we practice gratitude, the more gratitude becomes a way of life and natural state of being.

When we live in a state of sincere, heart-centered gratitude, we are expressing the highest eternal thought—love. The wisest understand that what is created from the heart in gratitude receives back the same, multiplied many times.

Gratitude can transform any situation. Although being grateful all of the time isn't easy, especially in times when we are currently not getting what we desire, it can transform any situation because our perspective shifts and our vibration changes.

It is a way of life that calls us to notice all that is already present and giving. From the smallest flower that gives its beauty without requesting anything in return, to the kindness





of another, and to the greatest of our blessings, be it our children, the comfort and safety of our home, and all things that we know at one point or another in our life we desired and was then given.

In gratitude, we take nothing for granted. We learn to focus on life as our greatest gift. Every day you get a fresh chance at life.

If you do nothing else today but create thoughts of gratitude, you have spent this day very well—you've given of yourself to others, nurtured your true nature and raised your vibration to be most in alignment with the love and grace from which you were created.

#





Journal 7-Day Gratitude Practice



DAY 1 _____



DAY 2 _____



DAY 3 _____



DAY 4 _____



DAY 5 _____



DAY 6 _____



DAY 7 _____

