

# How to build a gratitude practice

*Live a Thankful Life*



## Why a gratitude practice?

In our busy every day life routines we can become a bit robotic.

Taking a few moments throughout the day to really feel and show gratitude for what and who we have in our lives brings joy + grounding and opens up positive things in life. To start is setting aside time in a 'ritual' whether morning or evening.

## How to feel gratitude

Make this your own. I like to visualize and feel in my heart space gratitude for people/things/events. I practice this in the morning as a structured ritual and then throughout the day as little moments of help, kindness and appreciation. Taking a second to acknowledge, feel and be thankful evolves a 'gratitude' practice into living a thankful life. You can keep a gratitude journal, use the template following or release from your energetic being do what works for you.

## Living a Thankful Life

As the awareness of your day opens up you become more mindful. These moments of feeling gratitude shifts from being thankful for all of life including the 'negative'. I view a gratitude practice as the foundation to shifting to living a thankful life.



## 3 THINGS I AM GRATEFUL FOR

1.

2.

3.