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Gratitude & Appreciation Exercise

1. I am grateful for my breath that keeps me alive, for my body that keeps me moving, and for my heart where I am connected to all that is.
2. I appreciate that I have food to eat, I appreciate and delight my body with nourishing food.
3. I create harmony in my life and all aspects of my life feel full and balanced.
4. I love with all I have and sovereign love gets reflected back to me everywhere I look.
5. I know I can have everything I desire and I trust that it's going to happen in divine timing.
6. I surrender everything and have faith in the universe.
7. I believe in myself and know I can do anything get into alignment.
8. I trust that I will listen to myself so that I may get all the info I need to move forward in alignment.
9. I am so grateful for new life, for pleasure, for sweetness and for nourishment.