

Gratitude and Appreciation Instructions:

Gratitude and appreciation are one of the highest vibrations there is. When you are in gratitude you are giving thanks for something. When you couple this with being grateful and appreciative for something that you want, you are giving thanks for that thing you want, which will draw that into your life.

Use the following statements as often as you can. Start thinking in the way that everything has the opportunity to turn out amazing and it can all work out. Do these when you feel in alignment, or do these to get yourself into alignment and feeling better:

As you do this exercise, feel these things as you are saying them. Choose one, several or make up your own, whatever resonates for you.

Your heart is 5,000 times more magnetic than your brain. Place your awareness in your heart and feel gratitude from that sacred place.

♥ xo, Lisa

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