

Gratitude Practice

Gratitude is a direct portal to a felt experience of Sustainable Abundance. When we practice grateful-ness we get filled with what is already here, what is already great, already available. Then we notice we have plenty to share and spread. This practice, coupled with My Asset Inventory, can source a deep well of gratitude within.

Here are a few ideas:

1. Make a list of 10 things for which you are grateful:

2. Take an incident for which it would be hard to be grateful and ask; "If I could be grateful for anything here, what might it be?" What could be the silver lining, the lesson, the opportunity and could I claim the gratefulness of it?

3. Feel free to add to your list each day for a week. See how many items you can add each day for the next seven days.