



*Angels Whisper*

# MANIFESTING ABUNDANCE THROUGH THE ART OF GRATITUDE

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Cheatsheet



# WEEK 1

## MONDAY - INTRODUCTION THE ART OF GRATITUDE

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Practicing Daily Gratitude  
and its benefits

# THE ART OF GRATITUDE

*"Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for."*

—Epicurus

Spirituality has taught us many things over the years, but more and more we are being called to be grateful for the things we have and to practice gratitude daily. There are daily affirmations, Gratitude Journals, things that constantly remind you to be grateful; but what is Gratitude, really, and why is it so important?

Gratitude is finding happiness in the simplest things, the smallest joys of life.

You may be a little skeptical about this 'movement', thinking that definitely always looking at the bright side would make you a dreamer and an irresponsible adult. However, recent studies (if first-hand proof was not enough) proved that saying 'thank you' can have numerous **benefits**, some of which include:

- ★ Feeling overall happier and less overwhelmed by fear and worry
  - As a result, you will also be feeling **physically healthier**
  - This will also make you feel **more confident** about yourself and your capacities
  - Happier people **sleep better** and wake up more rested and energized
- ★ Increasing empathy
- ★ Making new friends or strengthening already existing **relationships**
- ★ Feeling less angry or aggressive

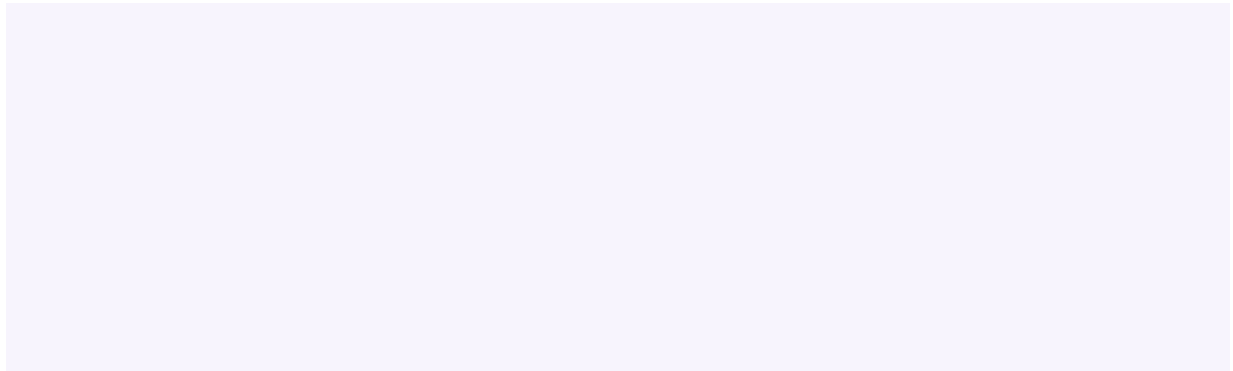
This is why, over the last couple of years, people have started practicing gratitude daily - they notice **the results** and they wish to spread the word so that everyone else's **life can improve**, just like theirs did. This is why, over the next few days I would like to share with you some creative examples of practicing Daily Gratitude.



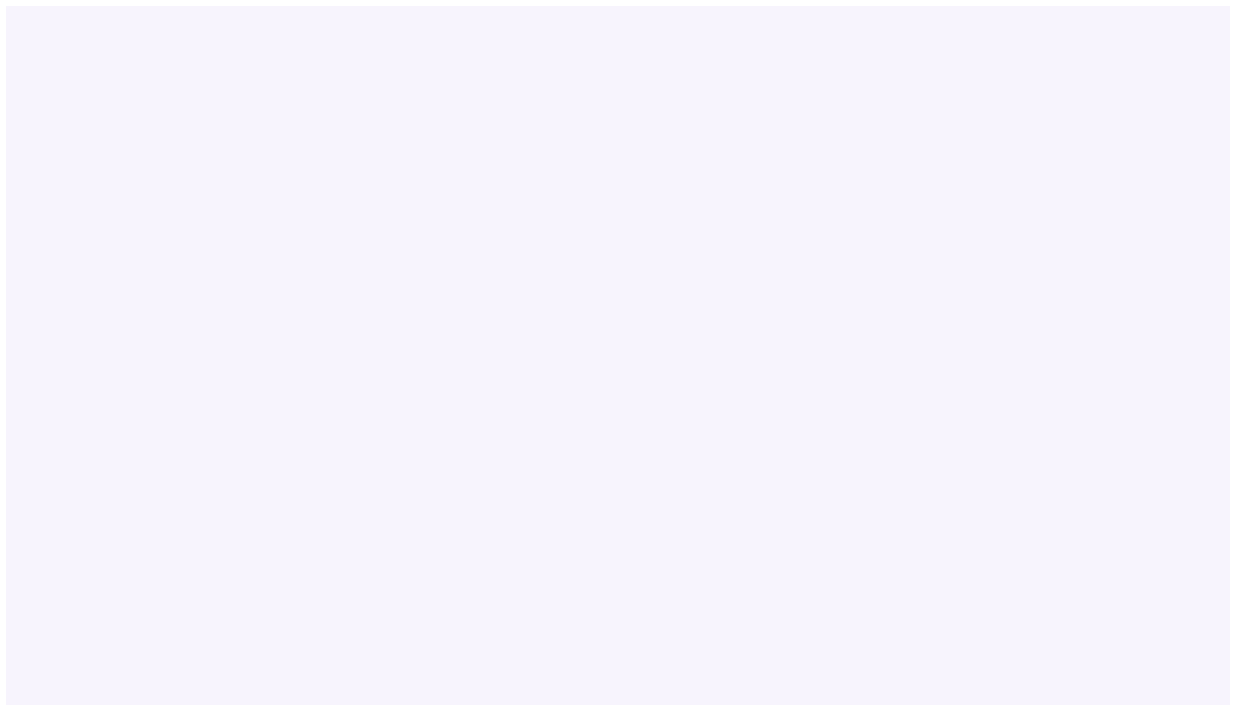
# THE ART OF GRATITUDE

## Worksheets

**WHAT DID YOU THINK GRATITUDE WAS? HAVE YOU  
LEARNED A NEW MEANING TO IT?**



**WHAT ARE YOU GRATEFUL FOR TODAY?**





HAVE YOU EVER HAD DIFFICULTY FINDING THINGS  
TO BE GRATEFUL FOR? HOW DO YOU THINK YOU  
COULD OVERCOME THESE BLOCKS IN THE FUTURE?

HAVE YOU HAD A GRATITUDE JOURNAL BEFORE BUT  
STOPPED WRITING? WHAT DO YOU THINK WAS THE CAUSE  
YOU STOPPED WRITING IN YOUR JOURNAL?

HOW WOULD YOU OVERCOME THAT PROBLEM?