



# How to Stay in Touch with Feeling Grateful

manual

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# Introduction

## Gratitude

Gratitude is a consciously drawn energy from a higher power and our connection to the Universe. Seeing the glass as half full instead of half empty is a testament to our own enlightenment. The wisdom of gratitude contains the solution to the mysteries hidden in our problems. It is the primary emotion that pulls us through all hardships and elevates all existence. Feeling grateful is our handshake with divine forces, affirming that something outside of ourselves is guiding our life. Being grateful is the defining characteristic of grace within the human spectrum. Gratitude has within it the principles of fairness and faith. These elevated thought forms confirm our commitment to universal consciousness.

Remember: *Gratitude* is an attitude of high altitude.

An attitude of gratitude can make the difference between a life of fulfillment, or a life of emptiness. There is so much in this world we cannot control and that fact alone keeps us downtrodden and small. Therefore, it is empowering to concentrate on what we can control and we all have the ability to control our thoughts. Our thought forms create our actions and our actions create our life. That being the case, the first step to a grateful life is to find the tools that will guide our thinking into a positive and powerful way.

The wisdom of gratitude contains the solutions to the teachings hidden in our problems. It is the primary emotion that pulls us through all hardships and challenges. Feeling grateful is the defining characteristic of grace within our human experience because it holds within it the principles of fairness and faith.

This manual is designed to transform our negative thought forms into positive ones, thereby creating a life filled with contentment, no matter external circumstances.

# Exercise 1

## The Vehicle to Victory

1. Think about what is good in your life, instead of what is bad. Make a list of what is good in your life. Then give thanks.

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2. Think about what you do have, instead of what you do not have. Make a list of what you have in your life. Then give thanks.

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## Exercise 2

### The Street to Success

1. Knowing that failing is the first step to succeeding and being thankful for the **experience** we have.
2. Knowing to never, never, never give up and being thankful for the **determination** we have.
3. Knowing that the bamboo plant is the strongest because it knows when to stand strong and when to bend and being thankful for the **flexibility** we have.
4. Knowing that success is a matter of the mind, not the pocket book and being thankful for the **mindset** we have.
5. Knowing that we are living our full potential and being thankful for the **courage** we have.
6. Knowing that life is not worth living if we make a living not worthy and being thankful for the **integrity** we have.
7. Knowing that our purpose and prosperity marry each other well and being thankful for the **abundance** we have.
8. Knowing that success is not what we make externally, but who we are internally and being thankful for the **insight** we have.
9. Knowing that at all times, it is imperative to view the glass as half full, rather than half empty and being thankful for the **inspiration** we have.
10. Knowing that control is but an illusion and being thankful for the **higher intelligence** we have.
11. Knowing that peace comes from detachment and being thankful for the **enlightenment** we have.
12. Knowing that success is a feeling - not a fact and being thankful for the **knowingness** we have.

1. From the list of 12, state where you feel you fall short and how you will strengthen yourself.

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2. From the list of 12, state where you stand tall and be grateful for your gifts.

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# Exercise 3

## The Throughway to Truth

We need to be authentic in order to create positive change. We should not pretend to be grateful, if indeed we are not. As well, we should not pretend to be happy, if indeed we are not. Truth will always lead us to a better life. However, truth is usually something most people want to avoid. It is painful, but it will lead to the promise we promised ourselves. It is uncomfortable but it will lead to more serenity. It is sometimes ugly, but it will ultimately lead to beauty. This is not an easy exercise, but it is a necessary one.

### 1. Denial leads to destruction and clarity leads to creation.

List three things you feel you are in denial about. Then list how you will handle it in order to bring better clarity to the situation or relationship.

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2. In order to fly, we must clear the air.

List three people you have not been honest with. Then list how you are going handle it in order to bring more purity to the relationship.

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### 3. Driving does not always get us to our destination.

List three places where you try to control things instead of letting it unfold the way it needs to. Then list how you are going to let go of the reins in order to bring more flow and peace to your life.

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# Exercise 4

## The Pathway to Positive Thinking

1. Do you watch TV a lot and if so do you watch violent or negative programs? Are you willing to change that potentially harmful habit? If not, why?

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2. Do you play video games and if so are they violent or negative? Are you willing to change that potentially harmful habit? If not, why?

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3. Do you read the newspaper and if so, do you read the violent or negative news? Are you willing to change that potentially harmful habit? If not, why?

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4. Are your relationships based on a foundation of something negative? Are you willing to change or leave that relationship? If not, why?

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# Beginning Positive Transformation

1. Make a list of positive programs and watch them.

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2. Make a list of positive video games and play them.

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3. Make a list of positive news articles and read them.

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4. Make a list of positive people that you would like to get to know better or already know and thank them.

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5. Make a list of positive books and study them.

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# Exercise 5

## The Highway to Happiness

It is a sad fact that we cannot escape problems while living in this world. It certainly is not heaven or utopia. However, we can make our own little heaven and utopia. Happiness is not rooted in the absence of problems, it is rooted in the ability to deal with them. All painful emotions have within them an ingredient of strength and power. As example, most non-profit foundations are started as a result of someone getting angry enough to do something about it. Grief is the ocean that tosses us about, throwing us up on the beach...three feet taller. Sadness is birthed from our giftedness to be sensitive. And remorse is the most powerful emotion that can create positive changes within ourselves.

1. Make a list of where you feel or felt **pain** and how it has or is helping you.

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2. Make a list of where you feel or felt **grief** and how it has or is helping you.

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3. Make a list of where you feel or felt **remorse** and how it has or is helping you.

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4. Make a list of where you feel or felt **sadness** and how it has or is helping you.

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5. Make a list of where you feel or felt **anger** and how it has or is helping you.

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# Exercise 6

## The Concourse to Completion

1. What do you feel you learned from this guide that you will incorporate into your work life?

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2. What do you feel you learned from this guide that you will incorporate into your personal life?

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3. Which exercise did you like the best and why?

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