

Welcome to step 4, my favorite: gratitude!

It's so important for us to feel good on a daily basis. Now, I know we can't always feel fabulous all the time: we're human and things happen. But by paying some attention each day to what is wonderful in our lives--from the tiniest little budding leaf we might admire outside our window, to the bigger comforts and joys like family and the roof over our heads--we can capture emotional moments of bliss that, over time, will grow from moments to hours and from hours to whole stretches of days, and so on....eventually, we will become so adept at seeing the good all around us that only good will surround us!

Nothing will help you attract what you desire faster than the emotion of gratitude. And nothing will slow down the process faster than ingratitude. When we are ungrateful we turn up our noses at all the universe has provided for us. It's like getting a gift from someone and saying, "Well, what a crappy gift this is!" Do you think that person will want to give you another gift anytime soon? If, however, we start with an attitude of gratitude, saying, "Thank you universe for everything I have and for everything that I'm currently in the process of manifesting!" then the universe responds to our gratitude by providing us with even more to be grateful for.

This activity is about creating a visual reminder for yourself of all the things you have in your life to feel grateful for, no matter how small. Like going to the gym to build up a muscle, doing this activity each day will build up your ability to appreciate what you have and feel grateful for it. We are so conditioned to look for what's missing in our lives that I believe we all could use some "gratitude training."

ACTIVITY: Goodie groceries

So many people see the glass as being half-empty rather than half-full. Even worse, some people see just an empty glass! In order to get you out of this energy draining little habit, you are going to fill up not a glass, but a goodie bag.

Imagine this life like a giant supermarket, full of such variety, offering everything imaginable, and having well-stocked shelves. The idea of shopping has associations with abundance, and so in this activity you are going to provide yourself with a visual symbol of all the abundance that exists in your life right now.

You will need a grocery or department store bag, preferably a paper one that can sit upright on its own. You will also need some scraps of paper to write on.

Here is your assignment:

Every day you are to go on a virtual mini shopping trip, selecting at least 5 items, no less. You can select more if you feel like it, but you must have at least 5 items. You will be putting these items into your goodie bag on a daily basis, watching it fill up as you proceed.

To fill your bag, simply write on a scrap of paper one 'goodie' that exists in your life, something you are grateful for. This can be something you already have, or something that you have begun intending to have in your recent visualization work. In addition to writing the item on a piece of paper, you may also drop in photos, magazine cutouts, or other visual representations of the item.

When you have selected the item, put it in your goodie bag and say, "How rich I am, how full my life is becoming!" Or some similar phrase that works for you. Remember, the minimum is 5 goodies per day.

Do this daily until your bag becomes full. When that happens, pour out the contents and read through every single item. Talk about a shopper's high! You'll be buzzing with feelings of abundance and gratitude, sending out a beacon to the universe to bring you even more of the same! You can even go to your bag on low energy days and pour through its contents as a pick-me-up.

When your bag is full and you have gone through every item in it, I recommend putting everything back in the bag and then starting a second bag to stand next to the first! Or, create an abundance scrapbook. Paste all of the scraps from your goodie bag into an album. On days when you're a little blue, looking through this album can be an excellent antidote!