DATE



Focusing our energy on what we are most thankful for allows us to vibrate on a level that attracts goodness.

THE GIFT OF GRATITUDE

Gratitude by definition is the quality of being thankful; readiness to show appreciation for and to return kindness. We often hear the word gratitude and fail to realize the transformative effect that it can have on our lives. By pausing and thinking of something that you are thankful for your entire mood can improve.

Gratitude shifts us out of the past and the future. It brings our focus to the present moment and allows us to see what is good, abundant, and meaningful in our lives.

What are you thankful for? Use are thankful for in your life.	Ise the lines below to write down everything that you
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Our lives can seem so complicated, and they get compounded by all the things that we think we need or should be doing. Heartbreak, failures, and traumas make life even more solemn. It is with gratitude that we can transcend the deepest pain. By acknowledging and magnifying what we are thankful for, we can shift out of darkness into an abundance of light.

Gratitude is the ultimate gift. It is the one that keeps on giving.