

## *Gratitude Writing*

Take out your journal and set a timer for 10 minutes. If you don't have a timer go here: <http://www.online-stopwatch.com/>

You are going to do some spontaneous writing. Make a list of everything you are grateful for in your life. This means everything that you have experienced in the past, everything that you are experiencing currently and anything that is coming up for you in the future. As you are making this list, pay attention to how you feel in your body and your heart. Doesn't this feel good? This feeling good is very attractive! Remember that feeling good is your point of attraction.

Now you will run out of things at some point. Now is the time to reach for even more things you are grateful for. You'll be amazed at the things that end up on this list. The important thing is to keep writing for the whole 10 minutes and don't worry about what get down on the paper. (I remembered some old boyfriends, and even my dentist made the list!)

You should feel really good when that timer goes off. You are flowing the good energy now. When you are in this energetic state of feeling good, you are opening yourself to experiencing the magic of the unseen forces of the Universe.

Any time you are experiencing feelings that don't feel good, you can consciously use gratitude to shift your emotional energy. Not only that, but gratitude speeds up the creation process as well.

To continue the practice of gratitude, add 5 items per day to your list. It is a sad day indeed that we cannot find 5 things to be grateful for. Make it your mission to always find 5 in your day.