



*Both abundance and lack exist simultaneously in our lives, as parallel realities. It is always our conscious choice which secret garden we will tend... when we choose not to focus on what is missing from our lives but are grateful for the abundance that's present -- love, health, family, friends, work, the joys of nature and personal pursuits that bring us pleasure – the wasteland of illusion falls away and we experience Heaven on earth.*

*~ Sarah Ban Breathnach (Author of Simple Abundance)*

*Print as many of the worksheets as you desire and keep them in a loose leaf binder where you can readily access and add to them every day. Keeping your notes together will also make it easy to go back through your entries in the future—a wonderfully effective way to pick yourself up when you are feeling stressed or depressed.*

## **Law of Attraction**

Gratitude is an integral part of The **Law of Attraction**, a metaphysical belief that "like attracts like." Thus if you are perpetually dissatisfied and ungrateful, you will keep attracting more reasons to be ungrateful and dissatisfied. Conversely, if you look for the good in your life and regularly express your gratitude for it, you will continue to attract more for which you can be grateful.

To use the Law effectively it is not only important to express gratitude but to phrase what you want in a positive manner. You must focus on what you want, **not what you don't want!** For example, the phrase "I need more money" simply sets up a situation where you will continue to "need more money". To change this, it is necessary to focus on the goal of having more money. Instead of focusing on the, change your thought (and what you write) to phrases such as "I have more money than I could ever need," Or, "I am so grateful for the unending supply of money that flows easily to me."

### **Tips:**

Gratitude journals tend to be most effective when you write your entries at the end of the day. This is a good exercise to calm and relax you before going to sleep, and no matter how stressed your day was, you will end it on a positive note.

Vary what you write—family, friends and good health are obvious choices, but look around you and stretch your mind. We can be grateful for even the smallest things and it is important to acknowledge them. For example, "I am grateful for my good eyesight," "I am grateful for the sun shining in my window this morning," or "I am grateful for finding the new shoes I have been searching for." If we truly feel grateful, nothing is too small or trivial to write about.

Expressing gratitude should not be limited to simply writing about them on your worksheets. Remember to tell the people in your life how much you love and appreciate them. Acknowledge and express your appreciation to everyone you encounter—from people in your family to sales clerks, restaurant servers, postal workers or whomever—they all need to know that their services are appreciated. Their positive reactions will no doubt come back to you as added blessings!

