

Attitude of Gratitude

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By developing an attitude of being grateful you'll be opening up yourself to receiving more of what you're grateful for within your life. Focusing on positive things attracts more of what you desire.

Script Begins Here:

I'm going to have you make a mental list of the top three things you're grateful for in your life right now... Take a moment to think about them and in just a moment, I'll ask you what they are and have you focus on each one individually...

Your list can consist of people, things, opportunity, health or anything else that you'd like to attract more of in your life...

Keep in mind that you can come back to this exercise and I do it with other items as often as you like...

So right now, think about the first item on your list of what you're grateful for. Focus on that thing right now and imagine clearly in your mind whatever this topic is that you're grateful for...

During this session we'll call this item number one... What is it about number one that makes you grateful?... How do you feel when you think of number one?... Allow that emotion to swell within... stronger as you focus on it...

As you allow your emotions to grow stronger, you're attracting more of what you're grateful for...

Now think of the second item that you're grateful for which we'll call number two... What is there about number two that makes you grateful?... Get it clear in your mind... imagining what number two is... and how it makes you feel...

Once again allow that gratitude to grow even stronger... realizing that the stronger it grows the more you're attracting similar vibrations to you...

Keep in mind that gratitude is the strongest of all emotions ...

And now finally, think about the third item that makes you grateful... which we'll call number three... Imagine every detail about number three that you can and think about that makes you grateful...

Allow that feeling of gratitude to swell and grow within you... Allow it to attract more of itself...

Now one more time I'd like you to think of all three things that make you grateful beginning with number one... and how it makes you feel...

And now number two... and the wonderful feelings of gratitude associated with it...

And finally, number three... allowing you gratitude to grow even more...

In just a few moments you'll open your eyes and go about your day... Be sure to continue to feel grateful often... allowing yourself to contemplate on these three things that bring you happiness...