

## **The Gratitude Letter**

*By Rene Bastarache, CI*

You're going to write a gratitude letter to someone who made a positive impact in your life. By being grateful for people in your life you'll attract more people you can be grateful for...

### **Script Begins Here:**

I'd like you to use your imagination right now and think about who you're grateful for in your life... There may be many people but for this exercise just imagine one... You can do more later on if you like...

Just imagine one person that you're very grateful for and think about why it is that you're so grateful... What have they done to bring you such gratitude? ...

Now, I want you to imagine that you're writing a letter to them... and this letter will be different than writing most letters because a large part of it will be emotional... You'll be able to feel the emotions of gratitude as you're writing the letter...

So, while you feeling this gratitude... I'd like you to imagine writing your letter to the person that you're thinking of... and mention to them what they did and why you're grateful for them...

Write in the letter what it means to you or what "they" mean to you... It's important to let people know what they mean to you...

How do you feel as your writing this letter?... Can you feel the gratitude?... Do you feel happy?... Do you feel excited?... Think about your positive feelings and allow them to grow even more...

One of the major traits of the subconscious mind is that you always attract more of what you're focusing on... so by being grateful right now... while you're writing this letter... you're in fact attracting more positive things to your life...

So continue to write your letter and as you complete it, realize that you're attracting abundance to your life through your gratitude... Allow your emotions to continue... and be happy as you finish writing your letter... letting this person know why your grateful for them... how you feel about them... and be sure to thank them...