

# 10 WAYS TO PRACTICE GRATITUDE

One of the most impactful tools we can use each day is that of giving thanks.

**I believe that gratitude is the bridge between our human condition and operating from our highest good.**

When all else goes wrong, stop to count your blessings. It is a surefire way to transport you into a better place. Try practicing gratitude each day.

Below are 10 ways to use gratitude in your daily life.  
You can use these whether or not you're having a rough day!

- 1. Find a beautiful and small journal** and create a habit of recording at least one thing you're grateful for each morning and each night. Add one gratitude per day for something you want but don't yet have. Do this for 30 days and expect something wonderful to happen!
- 2. Think of someone you're grateful for each day.** Someone in your life, now or in the past that you are grateful for... someone who has made your life better... someone who you truly appreciate. Give thanks and, if you can, reach out and let them know they are important in your life and you're so appreciative of them. It'll make their day (and your day too)!
- 3. Pause at some point during the day and take a gratitude inventory.** If you're at home, look at each and every item around you. Someone either gave it to you, or you bought it yourself, but everything you see came from somewhere. Someone made it. Resources were gathered to create it. Think about all that went into producing whatever item you see: A coffee cup. A vase. A picture frame. A piece of pottery. A candle. Take inventory. Connect to why each item brings you joy and have gratitude for all the happy blessings in your home!
- 4. Let Gratitude bring you joy!** Think of your favorite vacations or trips. Give thanks for the memories and stay connected to the best parts of those memories. Bask in their energy with gratitude!
- 5. Give thanks for the amazing, miraculous body you inhabit.** Your body supports you every day in so many ways. Give thanks for the 100,000 times your heart beats every day. Give thanks for the 22,000 breaths you took today! Give thanks for how your body regulates itself without you having to do anything at all! We truly are a living miracle.
- 6. Give a gratitude blessing to the foods you eat.** Did you know giving thanks to your food actually improves the quality of the molecules in everything we eat? That includes the water we drink. So many people in our world go hungry or are without clean water. If nothing else, give thanks that you have nourishment and clean water.
- 7. Have gratitude for the experiences that provide growth and healing.** It can be really hard sometimes to find the blessing in situations that lead to pain and heartbreak. But if you let them help you heal and grow, you step out of victimhood and claim the prize! So do the work, and then have gratitude for whatever motivated you to heal your heart.
- 8. Each and every day we should be grateful for our freedom.** We are not blind to what is happening in our world. And, for today, we are exercising so many freedoms. Be grateful for all of them. Make a list of the freedoms you enjoy and give thanks for each and every one of them.
- 9. Give thanks to Mother Earth and all the living beings who live here.** Give thanks for the plants, the animals, the oceans, the forests, the winds, and the sun. Give thanks to it all, for without them, we would cease to exist.
- 10. Appreciate the gift of life. Not just your life, but the lives of people you love.** Cherish each day. Connect to people who matter to you. Honor yourself and the life you are living. We are given one life to live...let's make it count.

## MORE THAN A COACH



*“I have a deep passion for coaching and mentoring clients. My goal is to have their inner values align with their outer world. I work with clients who are open-minded and are seeking personal development and a deeper understanding of their challenges in ways that allow change, integration, and growth. Through listening and supporting each client with compassion and insights, I create a safe environment that allows them to embrace the deep work that comes with transformative growth.”*

*With Love, Jenny*

## PRAISES

*I have been working with Jenny as my life coach for over 4 years, and I have attended 2 of her retreats with major healing breakthroughs both times. I can't say enough about how much she has changed my life!*

Kristin G.

*In a few short years, Jenny has helped me identify subconscious behavioral patterns I've used to self-sabotage and remain stuck. She's helped me make sense of why I am the way that I am. I understand myself better because of our work together. I have a sense of clarity about my future that I didn't have a few years ago. If you feel stuck, just give her a call, and go from there. You won't regret it!*

Justin P.

*I have been in therapy my entire life, while I was functioning dealing with all the trauma I have went through I was never free of it. A lot of unfortunate circumstances came to a head and sent me whirl winding into my past, that is where I found Jenny. My mind and body were literally shutting down and I was drowning in depression. I went to her weekend retreat, and I cannot even begin to put into words what she did for me, she literally saved me.*

Geena S.