



**DAILY GRATITUDE PRACTICE**  
**Prime your brain for gratitude.**

*"Never go to sleep without a request to your subconscious."  
~Thomas Edison*

As you lie in bed, before you fall asleep, direct your thoughts to **five things (or more) that you are grateful for**. Do the same thing first thing in the morning as soon as you are aware that you are awake. This is called "cognitive priming."

When you seed your subconscious mind with gratitude – by recalling things you are grateful for -- you teach your subconscious to go look for more things to appreciate. Your conscious mind starts seeing more things to be grateful for. Pretty soon your conscious mind is constantly in a state of gratefulness. This creates an upward spiral of gratitude that soon becomes an automatic habit. What you appreciate appreciates.

The **frequency of gratitude** unhooks us from toxic emotions and negativity. It strengthens areas in the brain associated with learning and decision making. Research shows that when you **consistently create an internal environment of gratitude**, you build a stronger immune system, experience less pain, and enjoy better sleep.

A daily gratitude practice also results in feeling **more joy, more pleasure, more optimism, and more happiness**. You feel less lonely, less isolation, and more connection to yourself, your community and the Earth.

You cannot be in gratitude and lack at the same time. Choose to end and start each day with gratitude and watch what shifts.

I AM GRATEFUL FOR....

1.

2.

3.

4.

5.

### **Advanced Gratitude Practice**

Be grateful for things that are on their way to you.

Intentionally direct your mind to think in a Certain Way, understanding that everything is on its way to you already. It's coming and will arrive at any moment.

Be grateful for things about yourself that you appreciate and value.

I'm grateful that I am...

I'm grateful that I have...

I'm grateful that I can...

I'm grateful that I feel...

Etc.

Be grateful to who you are becoming – be grateful for your future self, how she thinks, walks, talks, etc.