



101 Ways To Be Grateful: Accepting the gifts is OK, just say ?Thank you?

Claire Saunders

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This book will guide you to find out 101 ways that you can turn your life around, and before you know it, the gratitude success secret is all yours, forever. Keep your happiness and gratitude journal together. Boosts your daily mood and it will inspire and motivate you to change your life forever. Gratitude is often something that we expect 'other' people to show. We are very quick to judge them when we go out of our way to help them, and put all our own needs aside. Right? Well, let's see it from their side too. Often the other people never asked for anything from us. We chose to help them from the goodness of our heart. Newsflash! Get with the program, and start to see things from a totally different perspective from this point onwards. We must start to say Thank you, and appreciate that there are so many things in this world that we take for granted. Like, when was the last time that you even wrote a real handwritten "Thank you note" Not a short SMS on your phone, because you had to, but a honest from the heart thank you letter. We will work through this lesson and start to take cogniscence of this fact from this point onwards. Truthfully, I cannot tell you how much a genuine "Thank you" letter means to me. I treasure it, and put it into my keepsakes folder, and ever so often it pops out and reminds me of something really special that happened. Yes, there are always going to be uncertainties and challenges, and that we have been un-programmed with all the short code and social media interactions of late to know how to say "thank you". Also, will the person think that we are woosies, or become somewhat delirious? Jokes aside, it really makes a world of difference to learn how to say "Thank you" and to make mental and physical notes on a conscious level every day, and in every way. When you do this you will start to see the good in this world. By you learning to accept the gifts, and be grateful only starts out to be challenging, but if you keep with it, truthfully it just gets easier and easier. When you start to realise that being grateful opens up a whole new thought pattern; you will realise that your attitude towards life also changes, and the happiness and peace of mind sets in with it. Yes there will always be setbacks to any mind set, but let's face it, once you start to feel blessed, it really becomes so much easier to accept the gifts and gratitude handle the little challenges much better than when we had this though that the world owes us. The secret to this gratitude lesson, is that being conscious of it, makes us so much more giving within ourselves, and towards ourselves as well. The laws of attraction for those people who give, is that they will always receive, no matter what happens. So let's get started on this journey of 101 ways to be grateful, and see what an amazing impact it has on your life.

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