HARNESSING GRATITUDE
SECTION SUMMARY

If there's any one common theme among the many topics covered in Z-isms, the power of gratitude is a good candidate.

One of the first things you can do to get to this place is to be grateful for what you already have in your life. This is why we'll begin with your Gratitude Inventory.

Think of gratitude as a force of nature that begins within you. It's a conscious experience that captures the moment. As enriching and fulfilling gratitude can be in our lives, the challenge is akin to mustering the motivation and consistency to maintain an exercise routine. We'll explore a number of approaches with your Gratitude Practicer so you can experience it in different ways.

It's kind of like choosing which instrument to learn as a new hobby that soon becomes part of your identity and sources of joy. If that's a guitar, you have to learn the chords before attempting to read and play music. But, in this case, you have to be in the habit to put yourself in the position to experience gratitude.

Your personal enrichment may be more than enough motivation to keep at it. And then there's the role of gratitude among the possibilities of the Law of Attraction and natural forces of Universal Energy.

Whether you are aware of it or not, you are attracting people, situations, opportunities and much more into your life. Hopefully, once you are more mindful of this Law and how it works, you can start to use it to intentionally attract what you want into your life.

As you begin to see the link between your thoughts and your experiences, you become a deliberate thinker. You no longer think negatively, cast doubts or hold rigid preferences. You focus on your desires, become more aware of your expectations and zero in on them. Can you really control your personal destiny? Let's find out.

DAY 22 Activities

- Harnessing Gratitude Video
- Harnessing Gratitude Section Summary (you are here)
- Gratitude Inventory
- Gratitude Practicer

DAY 23 Activities

- Gravity Connector
- Mindfulness Amplifier

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