GRATITUDE INVENTORY

"Gratitude will accelerate you through your growth and amplify your success"

Gratitude is at the heart of life enrichment. It stops the many moving parts in our lives to be fully present and experience true joy. As amazing as that sounds and as simple as it is to do, gratitude somehow doesn't make it onto many to do lists. It has to be enough of a priority to create the time and space to make the conscious effort it takes.

Gratitude is also the common thread for the other core facets of your Life Upgrade, including: self-discovery, mindset, mindfulness, purpose, personal growth and life enrichment. When you took your [External] Perception Snapshot, certain life circumstances likely found their way into the negative column - for now. Did you count your blessings too?

Whatever challenges you face, you're now able to assert your Earned Confidence, which you also know is grounded in your ability to deal with the real. Your ability to experience life in the moment can only happen by harnessing gratitude.

Practicing gratitude is also well-established as the force that drives the Law of Attraction. In short, everything is connected. We are living magnets. Like attracts like unto itself. Of course, you retain the free will to be a non-believer but that still won't change that this force is always at work. If you're among those who practice religious faith, this may be second nature. A lot of people pray which, by no coincidence, also mirrors practices that harness the Law of Attraction.

Accepted as fact, this also means the life circumstances that are occurring right now represent a residual reflection of our past thoughts and actions.

Even if this "energy-attraction stuff" doesn't resonate for you, a little bit of reasoning will show it is ultimately up to us to interpret our experiences. It doesn't matter if we see them as good, bad or something different. The truth is what it is.

The Law of Attraction indicates that whatever we expect has a greater tendency and likelihood to occur. You can shorten that by saying, "what we expect, tends to happen." If there is any single line to take away from our explorations overall - that could be it. The obvious thing to wonder is if it can be that simple.

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ACTIVITY: 1 – GRATITUDE INVENTORY (TIME: 5-10 MINUTES)

Some believe that "practicing gratitude" is simply about writing things down at the end of the day or just vocalizing what comes to mind. The reality is that solely acknowledging for what you're grateful is only the first part. That practice is incomplete. True gratitude happens in isolated moments that are fully experienced in alignment with yourself. This is why mindfulness is essential for harnessing gratitude.

To get you started is this menu of individual aspects of life in general. This is only Step 1. You'll want to customize what resonates and consider what more you want in your life.

PERSONAL	OTHERS	CONVENIENCES	EXPERIENCES
● Health	● Spouse/Partner	● Clean Air	● Nature
● Love	● Children	● Clean Water	● Sunrises/Sunsets
● Freedom	● Family	● Modern Medicine	● Sun/Moon/Stars
● Safety/Security	● Parents	● Vaccines	● The Seasons
● Shelter	● Lost loved ones	● Electricity	● Weekends
● Faith	● Your Higher Power	● Heaters	● Holidays
● Time/Energy	● Friends	● Air Conditioning	● Memories
● Money	● Pets	● Refrigeration	● Oceans
● Job	● Coworkers	● Indoor Plumbing	● Beaches
● Sex	● Neighbors	● Hot showers/baths	● Mountains
● Food	● Veterans	● Transportation	● Music
● Eyesight	● Active Military	● Computers	● Art
● Hearing	● Coaches	● Internet	● Travel
● Touch	● Teachers	● Smartphone	● Books
● Taste buds	● Doctors/Nurses	● Social Media	● Movies
● Smell	● Actors	● Cable	● Laughter
● Other Body Parts	● Comedians	● Cameras	● Games
● Sleep	● Musicians	● Live Video Calls	● Gardens
● Education	● Animals	● Restaurants	● Watching sports
● Literacy	● Trash collectors	● Gyms	● Playing sports
● Personal Growth	● Therapists	● Grocery Stores	● Fitness activities
● Clothes	● Dentists	● Personal Products	● Voting
● Waking up	● Politicians	● Remote controller	● History
● Your Bright Future	● All Quote Makers	● Any Technology	● Any Hobbies

Take nothing for granted. You woke up this morning. The rest is gravy.

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