

# My Gratitude

It is explained in The Secret Gratitude Book the best way to use the book.

The first step is to write what you are grateful for NOW and the second step is to write what you want to come into your life – this is called your gratitude intentions.

Here's some examples of my gratitude now and gratitude intentions.

Example One – This is about my beautiful son, Ryan.

## Gratitude Now

I'm so proud that Ryan...  
Is so joyful  
Is so clever  
Has found so any things to love  
Expresses himself so well  
Has wonderful friends  
Goes to a really great school  
Has really great teachers  
Sleeps well every night  
Is incredibly healthy  
Has a healthy appetite  
Loves to learn about most things  
Has a beautiful smile  
Is tall and handsome  
Will try new things  
Enjoys sports  
Loves me  
Understands things  
Is so easy to be with  
Is such a delight to have in my life

## **Gratitude Intentions**

I'm so proud that Ryan...  
Really loves school  
Has made great friends  
Is liked by his teachers  
Is loved by his friends  
Knows his own mind  
Is happy to try new things  
Is independent  
Has learnt SO much  
Is recognized for his bright mind  
Is inventive  
Is happy in himself  
Makes the best out of all situations  
Endeavors to have fun even if the activity isn't really his thing  
Has grown into a wonderful man  
Is handsome  
Is respectful and respected  
Enjoys life very much  
Is interested in all that life has to offer

Example 2 – This is about my prosperity.

## **Gratitude Now**

Thank you for...  
The prosperity I feel  
The properties and shares we own  
The prime real estate we have  
Our beautiful home  
Our beautiful cars  
All the fantastic things we have that make our life easy and fun  
The ability to focus on what I want  
My bank account  
My bills  
The ease and flow of my life

My feeling of ease about money  
The ability to be thankful for my prosperity  
The knowledge that millions of dollars are making their way to me.  
Always doing work I love

### **Gratitude Intentions**

Thank you for...  
The prosperity I consistently feel  
The unlimited abundance I feel  
The money that flows to me  
The ease with which money manifests  
My multi-million dollar fortune  
The good my millions brings to others  
The fun my millions allow me to enjoy  
The joy I felt in making money  
The knowing that it's ok to be rich  
The admiration I receive from people that are important to me  
My ability to teach others how to manifest millions through mindset  
The phenomenal properties I own  
The brilliant share portfolio I run  
The successful business I have  
The consistent, unlimited, joyous income that flows abundantly to me  
the unexpected money and possessions that consistently flow to me  
The massive fortune that I amass always

Example Three – This is about the things I love

### **Gratitude Now**

I love...  
That I feel love  
The excitement and anticipation I feel  
The deep knowing I'm experiencing  
The peace I experience  
That I understand how I'm attracting  
My emotional guidance system

The way I feel about myself  
The way my body looks and feels  
My great health  
The wonderful relationships I have  
That I dream so vividly  
The abundance I experience  
The abundance of money in my world  
That I have great things to observe  
My life  
My gratitude journal

### **Gratitude Intentions**

I love...  
My ever-changing life  
My secure life  
My fun life  
The excitement I feel every day  
The newness of everything  
The abundance I feel  
The prosperity I feel  
My perfect health  
My home  
My calm, peaceful relationships  
The ease and comfort I am surrounded with  
The passion and drive I have  
The inspiration I provide to others  
The positive influence I provide to others  
The knowledge I have that I can share with others who will benefit  
The things I do every day  
My life's work

I could go on forever, if you'd like more examples, [contact me](#).

[Purchase](#) books by Rhonda Byrne including:

[The Secret](#)

[The Secret Gratitude Book](#)

[The Secret Daily Teachings](#)

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