

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.

Following are some examples of my *gratitude now* and my *gratitude intentions*. These examples are by no means exhaustive.

Example One: My Beautiful Son, Ryan

Gratitude Now

I'm so proud that Ryan...

Is so joyful

Is so clever

Has found so many things to love

Expresses himself so well

Has wonderful friends

Attends a really great school

Has fantastic teachers

Sleeps well every night

Is incredibly healthy

Has a wonderful appetite

Loves to learn about most things

Has a beautiful smile

Is tall and handsome

Will try new things

Enjoys sport

Loves me

Understands life

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: 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 lavish 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 that 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 bring to others

The fun my millions allow me to enjoy

The joy I feel 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 manage

The successful businesses 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: The Things I Love

Gratitude Now

I love...

That I feel love

The excitement and anticipation I feel

The deep knowing I experience

The peace I experience

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 in 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 life

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 have on others

The knowledge I have that I can share with
others to benefit them

The work I do every day

My life's work