

Gratitude Declaration

Abundance surrounds me everywhere. I am blessed with an abundance of all things good in my life. Just as there is an infinite supply of air for me to access, I also have access to an infinite supply of love, kindness, and the things of this earth. Gratitude is the key to unlock the abundance in my life. Gratitude is power. It is a power that can shift and change my life when I understand it and apply it correctly.

There are three levels of gratitude I practice daily. There is no simpler path to happiness than by living in gratefulness in every moment of every day. By working through these three levels of gratitude, I more easily see the abundance that surrounds me. I understand that the nearer I live to the Source of riches and abundance, the more riches and abundance I will receive. As more good things come to me, I gratefully acknowledge where they come from and I am able to receive more in my life. In short, my expressions of gratitude are simple acts that create mountains of good.

As thankfulness is the first level of gratitude, I have learned the necessity of flooding my mind with thankful thoughts. Each day I see more and more of what I am thankful for. I notice all the beauty that surrounds me. It is easy for me to recognize things to be thankful for. As I reflect every day, I see the goodness that surrounds me and acknowledge it by writing it down.

As I know that my feelings are born of thoughts, it is important for me to learn to move my thoughts of thankfulness into feelings of appreciation: that second level of gratitude. I have learned that I can appreciate all things that are present in my life. It is easy for me to appreciate things that I have taken for granted in the past. I appreciate my eyes for the beauties I see each day. I appreciate my ears for the amazing sounds I get to hear. I appreciate my limbs for the convenience they provide. I appreciate my friends for the support they give. I appreciate my family for the love that I feel. Most importantly I appreciate myself and the talents I possess. I am unique and I appreciate that uniqueness. I know there is no one else quite like me.

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My feelings of appreciation cause me to act in generosity, which is the highest level of gratitude I can live by. As I am generous I am always giving more than expected of me. I am mastering this art. As I truly give, I do so without expecting anything in return. I generously give of my time to those who need a listening ear. I generously give of my life for those hearts that need encouragement. I generously give compliments to uplift others. I generously give of my resources, for I know that there is an abundant supply. I generously express my appreciation towards others through the words I write and words I speak.

Most importantly I am very generous with myself. I am kind and nurturing with me, always giving myself the benefit of the doubt, and allowing myself to learn through failure. I enjoy winning, and learning. I am always generous with the kind words I speak about myself. I am generous in celebrating my successes in life and showing myself that I am enough. I am thankful. I live in gratitude. I see the best in all around me. I am appreciative. I am generous. I live an abundant life. I live in abundance. I am a giver and, because I give, I receive much. Thank you... I am grateful.