

The Grateful Life

LIVING WITH JOY
AND THANKFULNESS



ALL RIGHTS RESERVED. No part of this report may be modified or altered in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without express written, dated and signed permission from the author.

AFFILIATE DISCLAIMER. The short, direct, non-legal version is this: Some of the links in this report may be affiliate links which means that I earn money if you choose to buy from that vendor at some point in the near future. I do not choose which products and services to promote based upon which pay me the most, I choose based upon my decision of which I would recommend to a dear friend. You will never pay more for an item by clicking through my affiliate link, and, in fact, may pay less since I negotiate special offers for my readers that are not available elsewhere.

DISCLAIMER AND/OR LEGAL NOTICES: The information presented herein represents the view of the author as of the date of publication. Because of the rate with which conditions change, the author reserves the right to alter and update his opinion based on the new conditions. The report is for informational purposes only. While every attempt has been made to verify the information provided in this report, neither the author nor his affiliates/partners assume any responsibility for errors, inaccuracies or omissions. Any slights of people or organizations are unintentional. If advice concerning legal or related matters is needed, the services of a fully qualified professional should be sought. This report is not intended for use as a source of legal or accounting advice. You should be aware of any laws which govern business transactions or other business practices in your country and state. Any reference to any person or business whether living or dead is purely coincidental.

Copyright ©

“Gratitude is the sweetest thing in a seeker’s life – in all human life. If there is gratitude in your heart, then there will be tremendous sweetness in your eyes.”

SRI CHINMOY



Table of Contents

Introduction	4
Chapter 1: What Is Gratitude?	8
Gratitude Is A Way of Living	9
A Recognition of Receiving	11
Gratitude Is an Affirmation of Goodness	13
The Opposite of Gratefulness	14
Chapter 2: The Power of Gratitude	16
You Attract Good Things	18
You Experience Greater Happiness	20
Gratitude Deepens Your Relationships	21
You Become Healthier	22
You Are More Optimistic	24
You Strengthen Your Mental Health	25
You Enhance Your Personality	26
You Become Less Materialistic	28
You Become More Spiritual	30
The Power of Gratitude	31
Chapter 3: Cultivating Gratefulness	32
Practice #1: Keep a Gratitude Journal	33
Practice #2: Recite Gratitude Affirmations	36

Practice #3: Constantly Say, "Thank You."	38
Practice #4: Always Find Reasons to be Grateful	39
Practice #5: Develop an Abundance Mindset	41
Practice #6: Live in the Moment	42
Practice #7: Regularly Write Thank You Notes	44
Living the Grateful Life	45

Introduction

What is the difference between someone who is full of joy, has a zest for life, and always seems to have a smile on their face, and someone who is grumpy, grouchy, and a total drain to be around?

Is it the amount of money they have?

Is it simply their personalities?

Is it the circumstances they're going through?

Nope.

While all those things certainly can play a role in the amount of joy a person experiences, they're not the primary factor.

The primary factor is gratitude.

Gratitude has the power to change any situation. Actually, a better way of putting it is that gratitude has the power to change the way *we experience* any situation.