



THE  
*Gratitude*  
PLAN

*Your Step-By-Step Plan To Achieving  
Greatness Using The Power of Gratitude*

## Disclaimer

This e-book has been written for information purposes only. Every effort has been made to make this ebook as complete and accurate as possible. However, there may be mistakes in typography or content. Also, this e-book provides information only up to the publishing date. Therefore, this ebook should be used as a guide - not as the ultimate source.

The purpose of this ebook is to educate. The author and the publisher do not warrant that the information contained in this e-book is fully complete and shall not be responsible for any errors or omissions. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by this ebook.

# Table of Contents

<b>Introduction .....</b>	<b>5</b>
<b>Chapter 1 – Defining Gratitude .....</b>	<b>7</b>
Gratitude as a State of Being .....	9
Gratitude as an Emotion .....	10
<b>Chapter 2 – Finding Gratitude in Society .....</b>	<b>12</b>
Gratitude in Today’s Time .....	14
<b>Chapter 3 – Using Gratitude in Your Relationships .....</b>	<b>16</b>
Communicating Gratitude.....	17
<b>Chapter 4 – The Power of Positive Emotions and Gratitude.....</b>	<b>20</b>
Benefits of Gratitude .....	23
<b>Chapter 5 – Mindfulness, Meditation, and Gratitude .....</b>	<b>25</b>
Mindful Living Day-to-Day .....	28
Mindfulness Practice Through Meditation .....	28
Practicing Gratitude Mediation.....	30
<b>Chapter 6 – Unbalanced Gratitude.....</b>	<b>32</b>
Superficial Gratitude .....	33
Obligatory Gratitude .....	35
Reestablishing Balance.....	35
<b>Chapter 7 – How Gratitude Empowers.....</b>	<b>37</b>
Become More Optimistic .....	38

THE GRATITUDE PLAN

Become More Thankful ..... 39

Become More Energized..... 39

Find Meaning in Life ..... 40

Become More Sociable ..... 41

**Chapter 8 – How to Learn Gratitude ..... 42**

    They Have Realistic Expectations of Life ..... 43

    They Are Unconditionally Happy..... 43

    They Accept That the Good Comes With the Bad ..... 44

    They Are Optimistic..... 44

**Chapter 9 – Developing Gratitude Habits ..... 45**

    Developing Habits ..... 46

    Practicing Giving ..... 48

    Writing Gratitude ..... 49

**Chapter 10 – Cultivating Gratitude in Your Life ..... 51**

    Gratitude Meditation Practice ..... 52

    Gratitude Meditation Journal Practice ..... 54

    Gratitude Journal Practice ..... 55

    Gratitude Breathing..... 56

    Gratitude Reminders ..... 56

    Family Gratitude Practice..... 57

    Gratitude Letter..... 58

    Thank-you Notes ..... 59

**Conclusion ..... 60**

## Introduction

---



Author, William Arthur Ward, once said, “Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.” Gratitude is the unique quality of being entirely thankful for what you have, as well as always being ready to appreciate and help others. Gratitude is one of the primary keys to living a happy and prosperous life. For when you show gratitude for what you have, you are content with your life and positive about all that it has to offer.

If you feel a lack of gratitude in your life and are afraid that it may be creating a void, it is time for you to take action and learn how you can develop gratitude to live a happier life. If you are