

UNLIMITED MIND online course

GRATITUDE PRACTICE

Gratitude is one of the simplest yet most powerful tools to shift your energy, rewire your brain for positivity, and attract more of what you want into your life. When practiced daily, it trains your mind to focus on what's working rather than what's missing - helping you feel calmer, happier, and more abundant.

Here's how to begin:

1. Start small

Each morning or evening, write down 3–5 things you're grateful for. They can be simple—like a warm cup of coffee, a kind word, or your health.

2. Feel it

As you list each thing, take a moment to *feel* genuine appreciation in your heart. The emotion is what creates the change.

3. Be specific

Instead of writing "I'm grateful for my family," say "I'm grateful for the laughter we shared at dinner tonight."

4. Include the future

Be grateful not only for what you have now, but also for what you *desire*—as if it's already happened.

5. Practice daily

Gratitude grows with consistency. A few minutes each day can shift your mindset, improve your relationships, and increase your overall sense of fulfillment.

Remember: What you focus on expands. The more you express gratitude, the more reasons life will give you to be grateful for.