

# Gratitude List

## **EXERCISE:**

Take 5 minutes to create a gratitude list. Think of all of the things that bring you health, peace, and love. List both big and small things in life from your home appliances to your relationships with others. If it feels right, acknowledge the things that brought you pain in the past but have taught you patience and healing. When your list is complete take a moment to say "thank you" to each one for existing and making you who you are.

## **WHY:**

Neuroscientist Dr. Rick Hanson suggests that the brain takes the shape of the state of mind we rest upon. If we rest upon doubt, sadness, and irritability, it may bring more anger, anxiety, and depression into our lives. And if we rest upon joy, contentment, and love, we may bring more abundance, and peace into our lives. Gratitude is a wonderful way of improving your life and creating more abundance by appreciating what you currently have.

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We as humans have a conscious mind and a subconscious mind. Most of us are only aware of our conscious minds, however, because that's where we process all our information. It's where we figure things out, judge, obsess, analyze, criticize, worry.

Our subconscious mind, on the other hand, is the non-analytical part of our brain. It's all about feelings and instincts. It's running the show based on the unfiltered information it gathered when we were kids, otherwise known as our "beliefs."

I can pretty much guarantee that every time you tearfully ask yourself the question, "WTF is my problem?!" the answer lies in some lousy, limiting, and false subconscious belief that you've been dragging around without even realizing it. We are, for the most part, completely oblivious to these subconscious beliefs that run our lives.

**Our conscious mind thinks it's  
in control, but it isn't.**

**Our subconscious mind  
doesn't think about anything  
but *is* in control.**





