

I deserve a healthy happy, fulfilled life, filled with good people, love, help when I need it, abundance, giving and receiving. I am grateful for all I receive.

*I Thank Goodness.
I Receive Goodness.*

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Get Attract It. *Beyond* Positive Thinking at www.womens-law-of-attraction-solutions.com .

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The Power of Gratitude

The law of Attraction is at its most powerful in your life when you are in the habit of recognizing that it is at work. One of the most effective ways to apply the law of Attraction and to ensure constant improvement in your life is to *express gratitude, acknowledgement and appreciation about the good things in your life*. Begin to notice and acknowledge the good things, people and events all around you and in your day-to-day life and these will multiply exponentially. This is a wonderful feature of Law Of Attraction, which will contribute greatly to bringing you more of what you truly want in life.

What you are really doing by acknowledging or noticing the “good stuff”, is giving it positive *attention, energy and focus*. And what happens when you do that? You get more of it! (1)

This is your journal. Here is how some women use journaling:

- Daily: Writing down a minimum of five aspects of your life for which your are grateful
- When the spirit moves you: write, free form, any aspects of your life which are positive, in the slightest
- Chronicling in Diary form, their day to day lives... events, people, thoughts, things, any and all aspect you are moved to script about

Print off the pages, pop them into a loose leaf binder, grab your favorite pen and enjoy!

Whatever you chose to do, remember,

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(1) From *Attract It. Beyond Positive Thinking*, by Gisele Guenard.

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