

BE *Where You Are*

writing | coaching | speaking

Why Gratitude?

Gratitude is a practice that will bring you more abundance than you can ever imagine.

Gratitude is one of the highest energetic frequencies you can practice. Keeping yourself in that high energetic frequency calls even more high energy moments into your experience.

Gratitude multiplies goodness exponentially.

Recognizing all that you enjoy now in life is literally the gateway to more abundance. Want more money, deeper relationships, more experiences of joy? Start by recognizing and honoring what you now enjoy and that energy opens up a gateway to attract more of what you desire to attract. Learn this and you will live in abundance forever.

More on Gratitude

If Gratitude isn't a word that resonates for you try Appreciation or Gratefulness. Thankful is another. Blessings is yet another. Some of these words are more passive than active.

Whatever word you choose welcome the energy that covers you when you sink into the feeling that you are here on this beautiful journey with so many opportunities for goodness surrounding you in every moment.

Is it the happy people who are grateful? Or is it the grateful people who are happy?




More on Gratitude

Which causes which? Look at the people you know. We all know someone who has everything we can imagine one needs to be happy. They have financial security, family support, talent and every opportunity and yet they are clearly extremely unhappy.

We also know people who've been thrown every tragedy you can imagine in their lives. By all definitions, they of anyone certainly have reason to be unhappy. And yet, they are one of the most uplifting, joyful people we know. Interesting.

So it can't be happiness that drives gratefulness. It is gratefulness that drives happiness.



More on Gratitude

So, what is gratefulness anyway? Two things must be present for you to feel that warm feeling of gratefulness rise up inside. **One**, you have to recognize something of value in your life. Something that is meaningful. **Two**, you realize that you did nothing to bring this about. You didn't earn it or buy it. It came from something outside yourself as a gift. So you recognize a valuable gift that came to you despite yourself.

We can experience gratefulness as a way of life once we realize each moment is a valuable gift. We did nothing to earn it or bring it about. It most certainly is valuable. It's the most valuable thing we have before us. Without this present moment in our lives nothing else would be possible to experience or enjoy. It is not just the current moment itself however that is so valuable, it's the opportunity in this moment.




More on Gratitude

It's the chance this moment gives us to be better, to find laughter, to experience joy and love.

And the best part is, when we screw it up and the moment passes us by without us recognizing this, what do we get in return? Since we are still here on this earth..... I can say with every moment each of us denied as a gift, we got in return....another moment! Ahhh.. what wonder there is in that!

You can't witness the moment when you are rushing about. Slow down. Find ways to put stop signs into your life. Look. Look with your eyes and ears, use all your senses to gather in the moment. Open your heart to the opportunity inherent in this moment.






Practice



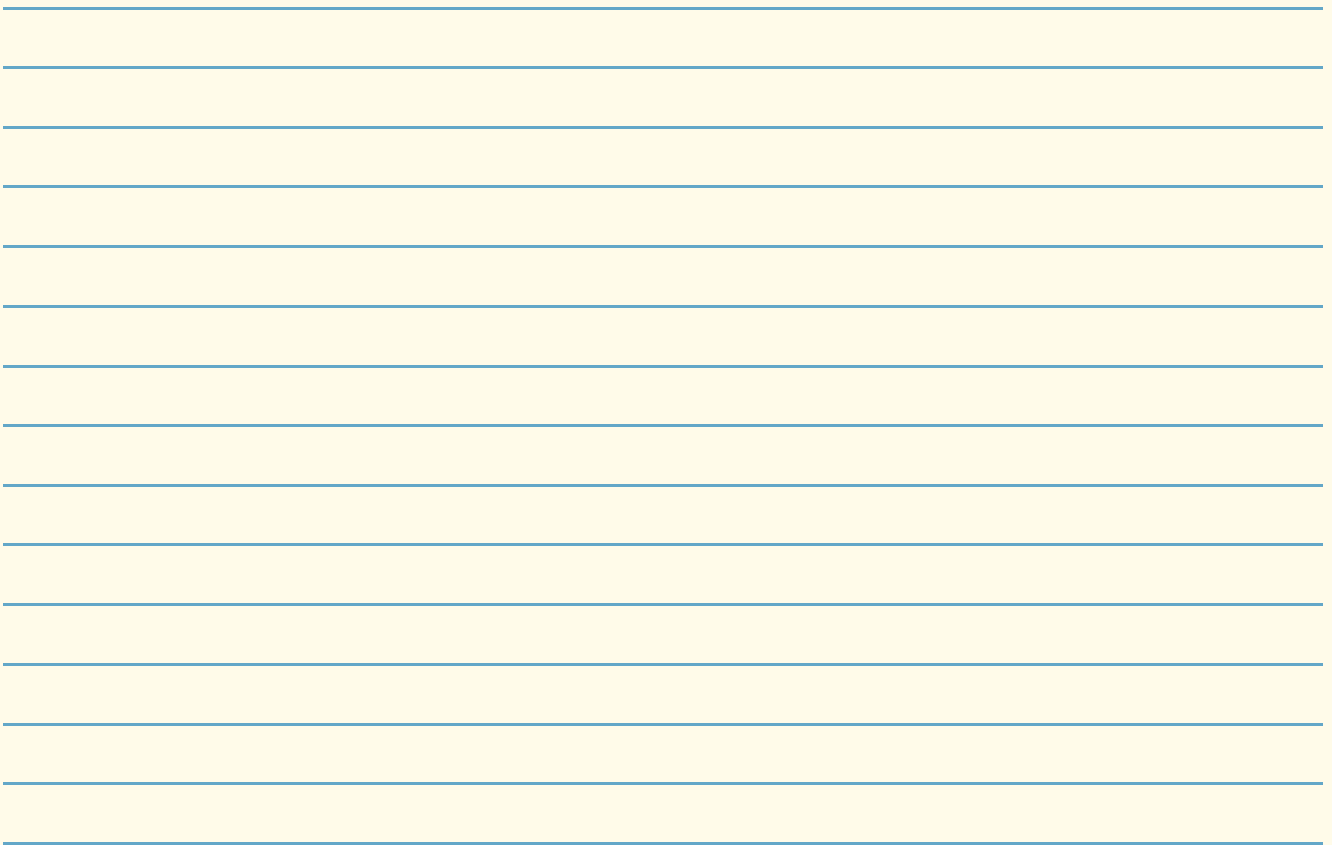
Write below three things you are currently grateful for:



Practice Take 2



Write the same three things you wrote about on the previous page, but this time be as specific as you possibly can. What feelings come up? What details? The more specific the more it will resonate and create high energy vibrations within you. Review the difference in your emotions when general vs. specific.





Gratitude Rampage



To really flex your gratitude muscle, do a Gratitude Rampage. Fill up the next three pages in full with all that you can think of you are grateful for. Don't stop until the pages are full.

When you are done return here to journal your feelings & observations afterward.






Rampage 1





Rampage 2



Inspiration + Ideas

1. When someone takes joy in just knowing there is giving and joy in the world. I explained Dress For Success to a gentleman at the book signing and his face was literally lit up and he said how happy it makes him to know that service exists for women in need. Cool to see just the idea of it light someone up.
2. That my sons still feel they can come to me in the middle of the night if the lightening is so close it jolts them out of bed or a dream really gets to them and they can't sleep.
3. Rainy mornings on a weekend so that you can decide to stay in bed as a treat.
4. Late night talks with my oldest son when he comes home at curfew time.
5. Brave people who speak out against hate.

Inspiration + Ideas

6. For the bullfrog in the pond that shouts Good Morning to me and Grace and her reaction to it.
7. For the way Gracie wags not just her tail, but her entire body when we jump out of bed. Reminds me to be joyous at the gift of another day.
8. Peanut Butter Protein Balls with cranberries or chocolate chips or chia seeds or pretty much any combination and a dark coffee. Yum!
9. Cream cheese frosting. Because cream cheese frosting. No matter what it's attached to, this time it was pumpkin bars.
10. Random meaningful conversations with complete strangers.

Inspiration + Ideas

11. Books so powerful I can literally meditate on a single sentence and ponder my purpose within that one sentence.
12. The sounds of crickets on morning walks. Peaceful. Reminds me of home growing up.
13. Watching the joyful dog in the pick-up truck in front of me bounce from one side of the truck to the other chasing the wind and the scenery. So wonderful to watch. It was the reason Ethan and I took the long way home to watch.
14. Fun day with the boys for school shopping. Just love to share time with them anytime we can. I cherish these moments knowing how few years they will be at home still.

Inspiration + Ideas

15. The awe I feel at the power of Mother Nature. The lightning and thunder last night was so powerful I questioned if it had something to do with the eclipse today. Our world is full of magic and powerful wonder that we often don't pay enough attention to.

16. The feeling of peace and connectedness at the end of a yoga session.

17. Seeing a couple walk off steps on an empty lot for sale at the lake. You could just see the dreams and determination on their faces. Dreams in motion. So cool.

18. Soft, peaceful rain as I fall asleep at night.

19. Jack Johnson tunes on shuffle with my 5:00 a.m. coffee.

20. Remembering my dreams, if only a sliver or flash. I seem so busy every night. Dreams fascinate me.

Daily Practice

Following are three pages for you to begin your daily gratitude practice. I'd LOVE to hear how your practice is going!

Want more tips on mindset and bringing more ease and flow into your life?

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www.dawnmhafner.com

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My Blessings





Grateful For



