“To get maximum value from this video, print this handout so you will be prepared to take notes on each point I reveal during the lesson”

Dave O’Connor

DAY 10 – SHOW YOUR APPRECIATION
The simplicity of gratitude and the powerful effect it has on our lives is unequaled by any other practice of its kind.

There is a special kind of magic in gratitude for it raises our __________, __________ our energy, __________ our self-worth, and __________ our mind, body and spirit.

It's possible to attain great __________, the best education, and an exceptional quality of life and still be unhappy.

This happens when people live with an __________ of gratitude.

All truly __________ people in life are continually grateful.

Gratitude is a __________ force that __________ in not only the good things you want but the gifts you are destined to receive....
Success is a process that contains both ______ and _________. However, the one ___________ in a truly successful life is gratitude.

A successful life requires ongoing ___________

And gratitude ensures ___________

There’s a saying...

Where attention goes energy _________.

To be grateful you must be focusing your mind on what’s great in your business and life

Every single thought you think sets up a magnetic force, good or bad, depending on the content of each ___________ – the choice is entirely up to you.

You can attract lack or ___________, ___________ or failure, ___________ or unhappiness.
Success creates more __________. Gratitude can set up a powerful chain of events and put you in a __________ to receive the things you really want.

Science proves that everything in our Universe is __________.

The law of vibration states that _____ vibrations attract each other – dissimilar vibrations repel.

Because of movies like The Secret more and more people are becoming acquainted with __________ __________ and The Law of ____________.

Now it’s no longer new age or wishful thinking.

It’s a scientific fact...

There is a __________ of energy that ____________all living things
This is often referred to as the _____ or The _____.

Gratitude can set up a powerful __________ of energy that can attract in what you want from the Quantum Field.

New research shows that by immersing ourselves in a state of gratitude in just a two-minute span of time done for ___ days in a row, we can actually __________ ourselves, allowing our brain to actually work more ______________ and successfully.

So make gratitude a daily practice. Finding something ________ in each and every day harnesses the power of gratitude.

So do you light a candle or do you curse the darkness?
Do you _______ everything that comes your way trusting that its __________ will become clear? Even if you cannot possibly see it in the moment.

Gratitude is one of our most important positive __________.

Practicing the fine art of gratitude links directly to physical and mental __________.

It's in our best interests to practice gratitude because it makes us _________ people.

**When we consciously practice grateful living, __________ follows along with an increased ability to withstand negative __________.**

An attitude of gratitude provides __________ to anger, envy, resentment.

Like other attitudes, gratitude can be __________.

We don't have to wait for someone to shower us with gifts before feeling thankful.
THERE ARE 3 LEVELS OF GRATITUDE:

1. The things you are grateful for in your _____.
   
   Both _________ and _________ events, these have made you into the person you are today.

2. The things you are grateful for ______.
   
   We can begin to develop gratitude by reflecting on the gifts that are already ours.

3. The things you are grateful for in the _____.
   
   It dosen’ take much character to be grateful when the finish line is in sight – true character is when you are grateful and you can’t yet see the light – yet you continue to _________.

   Gratitude in advance is true ____________.
Remember, entering into this state of gratitude will ensure your situation continues to get better and better.

You cannot think thoughts and be in a state of gratitude.

We can be because we are happy and be because we are grateful

Whatever you appreciate, .

Your mindset challenge for today is to

Work on the 3 Levels of Gratitude:

Write down 3 new things that you are grateful for everyday and for the next 21 days. And at the end of that, your brain starts to retain a of the world, not for the negative, but for the positive first.

Ideally choose one thing from your , and .