



START AND USE A DAILY GRATITUDE JOURNAL

A gift you can give yourself and the ones you care about
A Gratitude Journal

Gratitude is a powerful manifestation tool. What you focus on expands, therefore, if you wish to have “more” in your life, focus on and be grateful for everything you already have ...including those great memories that live in your personal memory book. Start viewing your world as an observer – knowing that your current circumstances are simply **your Thoughts in Form**.

Your current world is you, attracting what you are Thinking and Believing to be Truth. To change what your outer world looks like, you simply need change your inner world – and gratitude is one of the most powerful “change agents” that exist!

”Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. “ Melody Beattie – Author

Want to give yourself a great holiday gift? Or give one to someone you know? Start a gratitude journal. If you are giving one to yourself, begin NOW listing all that you are grateful for – and do it daily. If you are giving a gratitude journal to a friend or loved one, a good entry page might be you, the giver, telling this person how much you appreciate them!

"When you are grateful, fear disappears and abundance appears." Tony Robbins

"Montana, I did what you suggested. I started my own "Gratitude Journal," listing everything I am truly grateful for. When I started the journal, I was depressed and totally stuck in my quest for employment. Within a few days, I was "seeing" the world I live in through different eyes – and as I did so, things began to magically change. I have 3 job offers in the last week – more than I've had in a month! You're so right! Gratitude works!"
Linda Brown, California



A great gift idea! My friend Melissa purchased blank journals with beautiful covers and then created an individual one for each of her closest friends. She included photos, quotes, and memories of their friendship together – then wrapped them up and gave them as a present! She listed all the ways she was grateful for the recipient. That is a forever gift!

Keep it simple, but keep it going Create a special journal just for your gratitude! Make it a habit to write in it every day – if even for a few minutes. **BONUS!** And on days when you're feeling blue? Pull out the journal and re-read the list of your many blessings. This will change your energy immediately. Your Gratitude List has only one formula: Free flow with the answer to this question: "What am I grateful for?"

Examples:

Found a \$20 bill on the street.

Call from new job offer.

I got a raise at work!

My kids are happier.

I got 20% more off my purchase than advertised!

I'm so much more peaceful.

I won a contest!

I have a beautiful family who truly loves me

I have unlimited creativity

I have a great and mystical cat who truly understands me

I made the guy at the grocery store smile & he rarely does!

I have large dreams – and because I do, I know they can

I have large dreams – and because I do, I know they can happen!

It's a great and quick KEY to open up and keep the door open to your Attracting MORE good into your life 24/7.

DECLARE YOUR COMMITMENT THROUGH GRATITUDE

What is vitally important is that creating a Gratitude Journal tells the Universe that you are committed to this focus and practice.

Why? So that your higher frequencies stay out there longer and longer to match and align with “What Is” already waiting for you – your desires!

Remember, “What you seek, seeks you.” As you choose to Focus on Gratitude in every moment, the neural pathways in your brain are redirected to “seeing” the gifts in your life and you are sending out a Frequency to the Universe that will create MORE good in your life.

What you Focus on EXPANDS, and the Practice of Gratitude is a life changing experience.

“There is a calmness to a life lived in **Gratitude**, a quiet joy. “
Ralph H. Blum

Ready to train your consciousness? Visit <http://www.angelavatar.com> and take advantage of the E-books, Workbooks, CD's and MP3's and private intuitive or hypnosis sessions!

Learn to “Think Your Dreams into Being.”

[Montana Gray](#)

