



ACTION GUIDE

November 18, 2021

Gratitude Experiment

Transformational, life-giving gratitude is a chosen, cultivated way of living life. Choose to generate gratitude in this moment, because the only place of transformation is in the now.

1. Describe a time when you experienced a reactive gratitude, when you were grateful "if or when" something happened. What can you do to shift that to a proactive response next time?

2. Describe a time when you experienced being grateful FOR something in your life. What can you do to amplify that gratitude to be expressed unconditionally next time?

3. Describe a time when you experienced being grateful IN whatever condition you find yourself. What do you notice about that level of gratitude in light of the if/when and for gratitude?



4. At what time in the morning and evening do you plan to engage in the Gratitude Experiment?

5. After 7-days of practicing gratitude in the morning and evening, what do you notice about the level of your vibration and abundance?
