

Gratitude Walks

Every morning (Yes, I said 'every') take at least five minutes and get outside to breathe the air, greet the day and spend some time in gratitude. Initially, this is easy - being thankful for your home, the beauty of the day, your pets, loved ones... the sound of the birds, etc. Soon though, you'll find yourself being thankful for the challenges you've encountered or the contrast you find in your closest family ties - these things all demonstrate what you've learned in your life and perhaps even how far you've come. I once had a client say to me, "So, is the whole point of the Gratitude Walk to be thankful for everything?" Answer: Yes! When you begin the day with a positive attitude, it's that much more difficult to be thrown off your stride by a difficult moment. Then, you'll be able to see objectively and accelerate the lesson.

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