

Title:

Gratitude: 10 Practical Steps

Word Count:

941

Summary:

This article discusses the perspective of practicing gratitude as a pathway to inner peace. C

Keywords:

gratitude, thankfulness, Law of Increase, existential despair, gratitude journal, gratitude ex

Article Body:

Do you get up in the morning determined to have a good day and before you know it, you find yo

Thousands of people just like you are asking these same questions. These are the peop

Existential Despair

Existentialism is a philosophy centred upon the analysis of existence and stressing the freedo

This sense of loss or the absence of meaning in one's life is the common denominator

Making Peace with Ourselves

Making peace with ourselves involves changing the way we habitually focus our energy. What th

One of the universal laws is the Law of Increase. This law ensures that whatever you

What is Gratitude?

Gratitude is the state of being grateful: thankfulness. What does this mean in terms of our li

Gratitude as a Way of Life

How many of us live our lives being grateful for the many blessings we have? How many times a

What would your day look like if you lived your life as if everything was a gift to you? How

Practical Steps to Practicing Gratitude

1. Start a gratitude journal. Depending on which author you read, suggestions range from 5 -
2. Remember: Meister Eckhart's saying, "The most important prayer in the world is just two wo
3. Do a gratitude alphabet exercise. In your notebook, write the letters from A - Z. As fas
4. Start your day by being thankful for all the blessings you have.
5. Practice an 'Act of Kindness' everyday.
6. Look for ways you can genuinely praise your partner, your child, your colleague, your empl
7. Thank the earth for sustaining your life by providing food, air, and water.
8. Write a letter to the Universe expressing gratitude for all your blessings.
9. Thank your parents for giving you life.

10. Thank the Universe for all the lessons you have received.

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