

## MORNING MEDITATION

### Step 1

- Take three deep breaths, drawing air in through your
- nose with your mouth closed.
- Hold each breath for four seconds,
- then exhale slowly through your mouth.

#### Use a breathing pattern as follows:

Inhale for 4 seconds, Hold for 6 seconds, Exhale for 8 seconds. Allow yourself to become more and more present and move into a deep state of thankfulness.

#### Then read this:

*Today, I make conscious choices.*

*I choose gratefulness and set aside jealousy.*

*I choose to create and set aside drama.*

*I choose to acknowledge my strength and  
set aside negative self-talk.*

*Today, I activate my ability to decide.*

*I have decided to be grateful for what I have.*

*I have decided to expect amazing results.*

*I have decided that I am unstoppable.*

*Today, I let go.*

*I let go of the need to control and embrace  
every experience the wisdom of th voice from my heart.*

*I let go and trust.*

*We are all connected, protected, guided and loved!*

*I commit to be more grateful today . . .*

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### Step 2

- **Reflect on the people, things, or circumstances that have**
- **been part of your past for which you are grateful.**

- What are the experiences - both the great ones and the tough ones - that made you the person you are today?
- Who are the people who've guided you? Who mentored you?
- Who tormented you - but as a result, pushed you to grow, stretch, get better?
- Who helped you set a new standard for your life?
- What in-born traits or qualities do you possess that helped make some things easy for you?

**Write one or more of your responses in your notebook.**

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### Step 3

**Reflect on the people, things, or circumstances for which you are grateful in your present life?**

- What can you be grateful for that is part of your experience right now, today?
- What makes your life amazing?
- What have you been taking for granted?  
*Hint: It's pretty cool that all you have to do is flip a switch on your wall to have light, music, heat or AC in your room.*
- What do you love about your career?

**Write one or more of your responses in your notebook.**

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### Step 4

Picture the things you want in your future. But instead of merely seeing them in your mind's eye, really feel the gratefulness.

Accept that your vision of the future is 100% possible and feel deep appreciation.

Remember: Gratitude transcends your mind. It's not a thought, it's an emotion. This is the secret to manifesting the life of your dreams. **See it and feel it.**

**Write in your notebook one or more things that will be in your future for which you feel grateful.**

Near the end of your life when all of the pressure is off, you may experience a sense of gratitude for the many beautiful experiences you had along the way. Doesn't it make sense to live each day with that energy of gratitude, rather than saving it all up for the every end?

**Gratitude is the foundation of bravery.**

**Once gratitude propels you, you become unstoppable.**

**Once gratitude fills your heart, fear is eliminated.**

Now, with this connection to gratitude in place, get in the game and build your day to your high standards!

Never settle!