

POWER OF GRATITUDE

Gratitude is not a new concept or one that appears radically revolutionary in nature, but we have dedicated an entire month to the exploration of gratitude because of its critical importance in implementing self-care in your life.

The simple dictionary definition of gratitude is a good place to start:

Gratitude: thankfulness, gratefulness, or appreciation – a feeling or attitude in acknowledgment of a benefit that one has received or will receive.

However, describing gratitude as a "feeling" or an "attitude" can be somewhat insufficient. When you have truly experienced a sense of gratitude it is more likely that you would identify it as a deeply spiritual experience.

Gratitude, as it relates to your own self-care, begins with you. When you are truly grateful for this life that you have been given, this deep sensation of gratitude invokes a new level of personal responsibility for the body, mind, and spirit that is uniquely you. With this new level of responsibility you make new healthy choices that propel your life forward in miraculous ways. We encourage you in this journal to delve deeply into your inner sense of gratitude and to truly discover what you are grateful for in your life.

Self-care becomes an effortless journey when it begins with a deep sense of gratitude. When you are truly grateful for your own life you make the self-care choices that are right for you. These choices influence all those that interact with you and encourages them to choose self-care for themselves.

We are truly grateful that you have chosen to embark on this journey of self-care with us, and we encourage you to use this journal to deepen your practice of gratitude every day.

In gratitude,
Robyn and Kevin and the Self-Care Revolution team

Questions:

Define what gratitude means to you

Is gratitude a way of life for you or an occasional act?

Identify three things you are grateful about your physical body.

Identify three people you are grateful to have in your life.

Identify three things that you will be grateful to have manifested in your life this month.

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