



Gratitude Template Example

Adjust and use for your own language for your purpose and life.

Using what feels aligned for you.

Using I AM statements is the most powerful way to manifest now. So you can add these in with something that is not manifest in your life yet.

E.G. You are single – I am so grateful for my perfect soulmate

A new Job – I am so grateful for my work in the world that gives me pleasure and abundant finances

Health – I am so grateful for my healthy flexible body that allows me to experience the world.

I split this up into three sections

(You don't need to do this, and it can be a bit more of flow or story)

SELF – GOD, MYSELF, SELF LOVE, RELATIONSHIPS

WEALTH – MONEY KNOWLEDGE, WISDOM, EXPERIENCE

HEALTH – BODY MIND, SOUL

Self

Good morning and thank you mother Gaia Father Sky and Divine spirit inside for this new day of opportunity love joy and peace. Every Moment I am reborn anew and co-create reality with thought word and action and emotion. I am a free clear and open willing channel for source energy love light and wisdom to flow to me and through me for the good of all beings. I am patient understanding and compassionate. I am free from judgement of myself and others. I am my truth at all times with all beings. I am so grateful for each new sunrise heartbeat and breath. I am so grateful to be alive and able to experience this beautiful world. I am so grateful for my soul mate, twin flame, mentor guide, lover, wife and best friend Elis the Angel together with our baby Angelo, family friends and network, we create heaven Earth and change the world. I am so grateful for all other beings who mirror and reflect my true self everyday.

Wealth

I am Abundance it is my true nature, all exists here and now within and I call forth all money, resources, opportunities, connections, knowledge and wisdom now. I manifest and create in my life with ease and grace and everything is provided at all times for my highest good. I am so grateful for all my coaching, channelling, yoga and breathwork participants for saying YES to their transformation and allowing me to serve and grow with them. I am so

grateful for the abundance of clean water, food and resources that are available to me always.

Health

I am perfect balance of body mind and soul and feed all three daily, with movement, challenge and expression. I am so grateful for my healthy, fit, flexible, strong and beautiful body, for all its miraculous functions that happen automatically even when I sleep. I am so grateful for my healthy mind which allows me to live practically and safely in the world. I am so grateful to my soul which guides me always with the truth in my heart.

I am all that is, so be it so it is. It Is Done It is Done IT IS DONE! THANK YOU THANK YOU THANK YOU All my love Martin

Here are some further suggestions from my online course Activate Your life



Action

- **MORNING & EVENING GRATITUDE**
 - As soon as you wake up and before you go to sleep think about the things you are grateful for. Simple things Like breath, heartbeat, a new day, family food, shelter, People.
 - Do this morning and evening

- **JOURNAL GRATITUDE**
 - Write a minimum of three things you are grateful for
 - Do this morning and evening

- **MENTAL GRATITUDE**
 - Give thanks and gratitude morning and evening and anytime throughout the day
 - As much as possible

- **30 DAYS OF GRATITUDE**
 - Use social media to share one thing you are grateful for everyday
 - Once a day for 30 days
- **GIVE THANKS TO SOMEONE WHO HAS INFLUENCED YOUR LIFE**
 - Meet or call or someone who you need to say thank you to and tell them
 - Once a day for 3 days and continue forever

- **FOOD GRATITUDE**
 - Give thanks mentally for every meal and thank all the people involved in bringing the food to your plate
 - Every meal for the rest of your life 😊

Mantra

**THANK
YOU!**