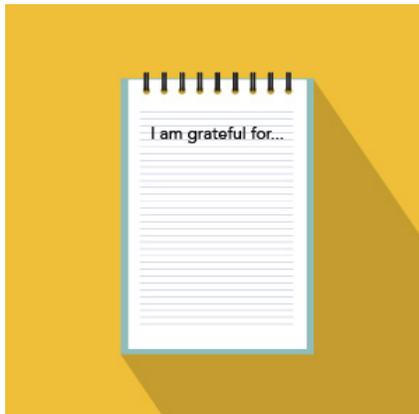


An Attitude of Gratitude

BY KAREN ELMHIRST



One of the most powerful ways I have found to help clients get unstuck is to invite them to dwell in the abundance of now. We are sometimes so busy focused on the lack in our lives that we fail to sink into all that is good, or great, maybe even glorious in our current experience.

Try this exercise. Find a little notebook that is empty and lying around, or, if you prefer to type, as I do, start a new folder called For This I am Grateful. Then, for one week, make a point of starting each day writing down the first few thoughts that come to mind; aspects of your life that you appreciate and feel thankful for. Be specific. Spend enough quiet time to feel that

you are complete, and then put it away until the next day. Each day, read over what you have written the day before, and then provide your new entry.

In support of getting more of the life you love, take the last few pages of your notebook to write down My Best Life. In this section, begin to describe your desired life – **the juiciest one you can imagine** – from as many dimensions as you can – work, home, health, spiritual, etc. Write this description in the present tense, as if you are already living it. For example, it might start out, I am in great health, running and playing tennis on a weekly basis and feeling good and energized. I love my work and the people with whom I collaborate. On a daily basis I am(insert the juicy details of your best life here). Take as much space as you need to write a description of your life that gets you really fired up. Then, read it over on at least a weekly basis and send me an email when it manifests right before your very eyes.

Thankfully,
Karen