

# Develop an Attitude of Gratitude

## Self-Help Script

**User Guide:** When you first start saying your [positive affirmations](#), they don't necessarily have to be true, but as you continuously repeat them, they begin to sink into your subconscious mind, you really start to believe them, and eventually they become your reality. This is because; by time, your positive affirmations will replace any limiting or negative beliefs you may have had about yourself. In effect, positive thoughts and beliefs enable you to reprogram your mind and instill behaviors like confidence, positivity, and control over your life; allowing a real transformation to happen.

### How to Get Started:

- Print this page and put it in a place where you can see it every day, e.g., on your mirror, on your desk, next to your bed, etc.
- Put yourself in a quiet and relaxing environment, shut out any source of noise or distraction. Seat or lay yourself in a relaxed position.
- Take your time to get into a deeply relaxed mode, you can start to take deep, slow breaths and may want to close your eyes for a little while. Focus on your breathing pattern and slow down your thinking.
- Have your affirmations in front of you, written down or printed out – especially if it is a new set. Say your affirmations one by one. Say them in a loud voice or in your head. If you read them aloud keep a slow, confident tone of voice. Read each affirmation as if it is actually real or is already happening. Repeat the -ones that stir positive ideas or feelings in you. You can record your voice and listen to yourself when you are practicing.
- Try to visualize what you say.
- Schedule time in your agenda (5- 10 minutes), preferably daily, to do this. Best times are right before you go to bed or right after you wake up; this is when your subconscious mind is mostly alert while your conscious mind would be too tired to resist or debate your positive suggestions.

You will notice a great improvement in your mood, self-belief, and determination to make positive changes *happen* in your life. Before you can change your life, you need to change how you think. It's up to you and no one else.

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I am so thankful for today

I am grateful for everything I have

I am thankful for all the good in my life

I am grateful for the positive influence I have on the lives of people around me

I appreciate all that I have experienced in my life

Simply being alive gives me countless opportunities and I am grateful for that

I am grateful for all the love I receive

I am thankful for all the love I am capable of giving

I am able to heal myself and others with the power of appreciation

The universe pours joy into me every day

I am deeply grateful for the small acts of kindness given to me

I am eternally grateful for all the pleasure my senses bring me

I am eternally grateful for all the lessons life teaches me

I am grateful for having a mindset that attracts positivity into my daily life

I am continually amazed at how my life is abundant already!

I am profoundly thankful for life's endless treasures