

The Gratitude journal is a powerful tool that can transform your mindset and elevate your vibrations. Despite my tendency to cut corners, I gave it a



try and found it incredibly helpful. It has a way of lifting my mood and transforming my day.

In 2016, I lost my father to a long, debilitating disease. It was a devastating experience that left me broken and frozen. I went through a period of self-blame, feeling as though I could have done more. However, I eventually found gratitude in the three years I spent with him. I realized how grateful I was for the time we had together and all the things he taught me.

My father had many talents that I never knew about, including lyric writing. I came across a poem of his that left me shocked at the beauty of his words. Even though his will caused some issues within the family, I was content to have spent time with him. Despite the tragic loss of life, I was able to find gratitude in my heart.

Every day, if you have time, write down all the situations you are facing and remind yourself of how much there is to be grateful for. As I create a list, I realize that all the negative things in my life are just not that significant. Here are a few ideas: I am grateful for my senses - to smell, hear, and see. I am grateful for my feet and legs, which allow me to walk. I am grateful for running water so I can drink and replenish. "The Secret," by Rhonda Byrne, is a great book to read about gratitude. With love and light, always. Wu Wei Warriors.

