

The Magic of Gratitude



Dear friends,

Thank you from the bottom of my heart for participating in the Magic of Gratitude Challenge!

The challenge is divided into 10 days. Each day has associated activities to help you appreciate and be grateful for everything you have.

I hope you enjoy participating and learning just a little more each day how to incorporate a healthy practice of gratitude into your life.

All the best,



Lynn



Day 1

Gratitude Journal

"When I started counting my blessings, my whole life turned around."
~ Willie Nelson

You will have heard people say to count your blessings, and when you think about the things you're grateful for, that's exactly what you're doing. But what you may not have realized is that counting your blessings is one of the most powerful practices you can ever do, and it will magically turn your whole life around!

When you're grateful for the things you have, no matter how small they may be, you will see those things instantly increase. If you're grateful for the money you have, however little, you will see your money magically grow. If you're grateful for a relationship, even if it's not perfect, you will see it miraculously get even better. If you're grateful for the job that you have, even if it's not your dream job, things will begin to change so that you enjoy your job more, and all kinds of opportunities for you work will suddenly appear.

The flipside is that when we're not counting our blessings, we can fall into the trap of unintentionally counting negative things. We count negative things when we talk about the things we don't have. We count negative things when we criticize or find fault with other people, when we complain about traffic, waiting in lines, delays, the government, not enough money, or the weather. When we count negative things they increase too, but on top of that, with every negative thing we count, we cancel out blessings that were on their way. I have tried both - counting my blessings and counting negative things - and I can assure you that counting your blessings is the only way to have abundance in your life.



Day 1 Activity

Gratitude Journal (perform anytime today)

Take a few minutes and simply write down people, places, objects, memories, or events you're grateful for. The things you write down can range from the mundane (you got a lot of work done today, your husband cooked for you, or your flowers are finally in bloom) to the magnificent (your book getting published or your child's first steps). Also write why you're grateful for them. When you think about the reason you're grateful for a particular thing, person, or situation, you will feel gratitude more deeply. The magic of gratitude happens according to the degree of your feeling.

Here are some ideas for writing your list:

- I am truly blessed to have ___ what ___? because ___ why ___?
- I am so happy and grateful for ___ what ___? because ___ why ___?
- I am truly grateful for ___ what ___? because ___ why ___?
- With all my heart, thank you for ___ what ___ because ___ why ___?

After you've finished making your list, go back and read each one, either in your mind or out loud. When you get to the end of each blessing, say the magic words three times, "*thank you, thank you, thank you*" and feel the gratitude as much as you possibly can.

"Dear world, I am excited to be alive in you, and I am thankful for another year."



Day 2

The Magic Rock!

"Reflect upon your present blessings of which every man has plenty; not on your past misfortunes of which all men have some."

~ Charles Dickens

In the beginning of working with these practices, it takes concentrated days in a row to make gratitude a habit. Anything that reminds you to be grateful is helping you turn your life into gold with gratitude, and that's exactly what this magical practice is about.



Day 2 Activity

Step 1: Gratitude Journal (morning)

Make a list of the things you are grateful for today. Write why you're grateful. Reread your list, and at the end of each blessing say ***thank you, thank you, thank you***, and feel as grateful for that blessing as you can.

Step 2: The Rock! (anytime)

- First, find a rock or a stone or something small that's available in your house. Choose a small size that fits in the palm of your hand and that you can close your fingers around. Choose an object that is smooth, without sharp edges, nor too weighty, and that feels really good in your hand when you hold it
- When you found your magic rock, put it by your bedside, in a place where you will definitely see it when you go to bed. Clear some space if necessary so that you can easily see your magic rock when you go to bed. If you use an alarm clock, put it next to your alarm clock
- Tonight, just before you get into bed to go to sleep, pick up your magic rock hold it in the palm of one hand, and close your fingers around it. Think back carefully through all the good things that happened during the day, and find the best thing that happened that you're grateful for. Then say the magic words, *thank*

The Magic of Gratitude



you, for the best thing happened. Notice and appreciate for all the good things that happened in your day

- Return the magic rock to its place by your bed. And that's it! The count your blessings and magic rock practices will ensure that you begin and end your days in a state of gratitude

Step 3: Nighttime

Just before you go to sleep tonight, hold your Magic Rock in one hand, and say the magic words "Thank you!", for the best thing that happened during the day.

When you have a strong magnetic force of gratitude, like magic, you automatically magnetize everything you want and need to you.



"Gratitude is a vaccine, an antitoxin, and an antiseptic."
~ John Henry Jowett

Health is the most precious thing in life, and yet more than anything else, we can take our health for granted. For many of us, the only time we think of our health is when we lose it. Then the realization hits us: without our health, we have nothing.

There's an Italian proverb that speaks the truth about health for many of us: "He who enjoys good health is rich, though he knows it not." While we rarely think of our health when we are well, you will have felt the truth of those words even when you had something minor like a cold or the flu, and you were bedridden. When you are not well, all you want is to feel better, and nothing else matters other than having your health back again.

Health is a gift of life; it is something you receive and continue to receive, each day. In addition to everything else we do to be healthy, we have to be grateful for our health to continue to receive more health!

You may know of people who chose a healthy lifestyle and yet still lost their health. Giving thanks in return for the health you are receiving is vital. When you are grateful for your health, you will not only maintain your current health, at the same time you will set the magic into motion to increase the flow of health to you. You will also begin to see the improvements to your health happen right away. Little aches and pains, moles, scars, or marks will start to magically disappear, and you will notice your energy, vitality, and happiness increase markedly.

Through the daily practice of gratitude for your health, you can improve your eyesight (I have!) hearing, and all of your senses, along with every function in your entire body. And all of it happens like magic!

Being grateful for your health ensures that you will continue to receive more health to be grateful for, and at the same time it eliminates stress and tension in your body and mind. Scientific research studies have shown that stress and tension are at the root of many diseases. Studies have also revealed that people who practice gratitude heal faster, and are likely to live seven years longer!



Day 3 Activity

Step 1: Gratitude Journal (morning)

Make a list of the things you are grateful for today. Write why you're grateful. Reread your list, and at the end of each blessing say **thank you, thank you, thank you**, and feel as grateful for that blessing as you can.

Step 2: The Card (morning)

Take a piece of paper or a card, and write on it in big bold letters:

THE GIFT OF HEALTH IS KEEPING ME ALIVE!

Take the card with you today, and put it in a place where you know you will see it often. If you work at a desk, you can put it right in front of you. If you're a driver, put it in a place in your car or truck where you will see it often. If you're at home most of the time, you can put it where you wash your hands, or near your phone. Choose a place where you know you will see the words you've written often.

Today, on at least four separate occasions, when you see the words read them very slowly, one word at a time, and feel as grateful as you can for the gift of health.

Being grateful for your health is essential to keep your health, but also to guarantee that it continues to get better, with increasing energy and zest for life. If gratitude were used in conjunction with conventional medical treatments, we would see a health revolution, and recovery rates and miracles like we've never seen before.

Step 3: Magical Health Practice (anytime)

The Magical Health practice begins with reading through the following paragraphs about the health of your body. Remember that when you think about why you're grateful, it will help you feel gratitude more deeply, and the deeper you feel it, the faster you will feel and see the amazing results in your body.

- o Think about your legs and feet; they are your main form of transportation in your life. Think about all the things you use your legs for, like balancing, standing up, sitting down, exercising, dancing, climbing steps, driving a car, and, most of all, the miracle of walking. Your legs and feet allow you to walk around your home, walk

The Magic of Gratitude



to the bathroom, go to the kitchen to get a drink, and walk to your car. Your legs and feet allow you to walk around stores, down the streets, through an airport, and along the beach. The ability to walk gives us freedom to enjoy life! Say thank you for my legs and feet, and really mean it.

o Think about your arms and hands and how many things you pick up and hold in one day. Your hands are the major tools of your life, and they are in nonstop use all day long, every day. Your hands allow you to write, eat a meal, use a phone or computer, shower, get dressed, use the bathroom, pick up things and hold them, and do everything for yourself. Without the use of your hands you would be dependent on other people to do things for you. Say thank you for my arms, hands, and fingers!

o Think about your amazing senses. Your sense of taste, smell, touch, hearing and sight.

o Your senses would be impossible without your brain, which processes over a million messages a second through all of your senses! It is actually your brain that enables you to sense and experience life, and there is no computer technology in the world that can duplicate it. Say thank you for my brain and my beautiful mind!

o Think about the trillions of cells working unceasingly, 24/7, for your health, body, and life. Say thank you cells! Think about your life-sustaining organs, which are continuously filtering, cleaning, and renewing everything in your body, and think about the fact that they do all their work automatically without you even having to think about it. Say thank you, organs, for working perfectly!

o But more miraculous than any sense, system, function, or other organ in our body, is the organ of your heart. Your heart governs the life of every other organ, because it is your heart that keeps the life flowing to every system in your body. Say thank you for my strong and healthy heart!

Step 4: Nighttime

Just before you go to sleep tonight, hold your Magic Rock in one hand, and say the magic words "Thank you!", for the best thing that happened during the day.

Whoever has gratitude (for health) will be given more, and he or she will have an abundance. Whoever does not have gratitude (for health), even what he or she has will be taken from him or her.



Day 4

Appreciate YOU!

Imagine what life would be like if we stood in front of the mirror and focused on what we love about ourselves instead of what we wish we could change?

It seems instead that a majority of us veer toward thinking negatively, giving attention to our so-called flaws. We are bombarded with images of beautiful celebrities and models on television, in magazines, and on billboards. Even our own cell phones — Instagram, I'm looking at you — can be culprits, inundating us with photographs of people who have likely slapped on a filter and Facetuned themselves to "perfection." What's the result? A never ending supply of edited images and a lots of viewers feeling inadequate and uncomfortable in their own skin.

Comparing ourselves to others is the root of all evil when it comes to negative body image. Every single one of us is beautiful in our own way, and yet we are always looking at others and coveting something that they have and we don't — or think we don't have. We look at ourselves and think that we aren't good enough the way we are. Why is it so hard to just accept ourselves?

On top of this, many of us have internalized negative comments from our past that we're unable to shake. We're more likely to remember one cynical comment from a peer than we are to remember all of the compliments from friends. For example, I've had several cosmetic doctors comment that they would love to "fix" my thin lips.

Of all the inner work practices available to us in the 21st century, mirror work is one of the simplest and most powerful.

No, you don't have to go out and splurge money on loads of spiritual or self-help paraphernalia (thank god) — all you need to do mirror work is a mirror — that's it! And nearly all of us already have access to one.



Day 4 Activity

Step 1: Gratitude Journal (morning)

Make a list of the things you are grateful for today. Write why you're grateful. Reread your list, and at the end of each blessing say ***thank you, thank you, thank you***, and feel as grateful for that blessing as you can.

Step 2: A Mirror-Gazing Routine to Inspire Fierce Self-Love (anytime)

1. Pick a time when you can spend a few minutes by yourself and not be interrupted. Ideally, I would like you to use a full-length mirror where you can see your whole body (and preferably naked) but a bathroom mirror will do.
 - Look into your own eyes and begin to compliment yourself. Start with the things that you love about you from time to time: Notice your face. Notice your body. Notice your personality. Compliment yourself freely and let each compliment sink in for a second and keep it going.
 - Write down as many compliments as possible. When you're feeling bad about yourself, revisit the list to remind yourself of all your positive attributes. As your self-esteem improves, you may find even more parts of yourself that you love. Add them to the list!

Step 3: Nighttime

Just before you go to sleep tonight, hold your Magic Rock in one hand, and say the magic words "Thank you!", for the best thing that happened during the day.

Mirror work is strangely confronting, undeniably intimidating, a little embarrassing ... but also profoundly healing.



Day 5

A Meditation on Loving Kindness

It is a fact of life that many people are troubled by difficult emotional states in the pressured societies we live in, but do little in terms of developing skills to deal with them. Yet even when the mind goes sour it is within most people's capacity to arouse positive feelings to "soften" it. Loving-kindness is a meditation practice taught by the Buddha to develop the mental habit of selfless or altruistic love. In the Dhammapada can be found the saying: "Hatred cannot coexist with loving-kindness, and dissipates if supplanted with thoughts based on loving-kindness."

Loving-kindness is a meditation practice, which brings about positive attitudinal changes as it systematically develops the quality of 'loving-acceptance'. It acts, as it were, as a form of self-psychotherapy, a way of healing the troubled mind to free it from its pain and confusion. Of all Buddhist meditations, loving-kindness has the immediate benefit of sweetening and changing old habituated negative patterns of mind.

This meditation uses words, images, and feelings to evoke a lovingkindness and friendliness toward oneself and others.

With each recitation of the phrases, we are expressing an intention, planting the seeds of loving wishes over and over in our heart.

With a loving heart as the background, all that we attempt, all that we encounter will open and flow easily.



Day 5 Activity

Step 1: Gratitude Journal (morning)

Make a list of the things you are grateful for today. Write why you're grateful. Reread your list, and at the end of each blessing say **thank you, thank you, thank you**, and feel as grateful for that blessing as you can.

Step 2: Loving Kindness Video Meditation (anytime)

There are **four people** to acknowledge during this video meditation. You will develop loving-kindness towards:

- Yourself
- A dearly beloved - which could be a close family member or friend
- A neutral person - somebody you know, but have no special feelings towards, e.g.: a person who serves you in a shop
- A hostile person - someone you are currently having difficulty with

Starting with yourself, then systematically sending loving-kindness from person to person in the above order will have the effect of breaking down the barriers between the four types of people and yourself barriers between the four types of people and yourself.

Find a quiet place where you won't be disturbed. Take a very comfortable posture. One of the aims in this meditation is to feel good, so make your posture relaxed and comfortable. Begin to focus around the solar plexus, your chest area, and your "heart center". Breathe in and out from that area, as if you are breathing from the heart center and as if all experience is happening from there. Anchor your mindfulness only on the sensations at your heart center.

The video for use during this mediation is here:

<https://youtu.be/sz7cpV7ERsM>

Step 3: Nighttime

The Magic of Gratitude



Just before you go to sleep tonight, hold your Magic Rock in one hand, and say the magic words "Thank you!", for the best thing that happened during the day.



Day 6

An Appreciation Walk

In our daily lives, we don't always notice or acknowledge the pleasant and positive things around us. We may be in a rush, distracted by other thoughts, or busy checking our phones. As a result, we miss opportunities for positive experiences and positive emotions—the building blocks of long-term happiness.

Daily life offers countless little things to be grateful for—a morning cup of coffee, the sun shining, lilies blooming, birds tweeting, and so on. Unfortunately, we rarely take the time to notice and acknowledge these gifts, blessings, and wonders of life.

Instead, we're lost in our thoughts, busy checking our phones, or simply rushing to get to the next task, meeting, or appointment. We miss opportunities to appreciate the beauty and life that is all around us. This exercise aims to change that.

So-called "savoring walks" have been shown to increase people's levels of gratitude and happiness in multiple experiments. In one such study, people were asked to take daily twenty-minute walks for a week. Participants were randomly assigned to one of three groups:

- **"Positive focus" or savoring group:**
They were asked to consciously notice and acknowledge as many pleasant things as possible—smiling strangers, a cat walking across the street, wind stroking their face, friends laughing together, and so on.
- **"Negative focus" group:**
They were requested to notice as many unpleasant things as possible—trash, traffic noise, bad weather, grumpy strangers, and so on.
- **"Normal focus" group:**
They acted as the control group and were simply told to go for a walk without any specific instructions.

As expected, the people who were asked to focus on savoring the positive experiences were significantly happier after the walk, compared to the other groups. They also felt a greater sense of appreciation and gratitude for the world around them.

The researchers concluded: "Specifically, nearly two thirds of the participants in the 'positive focus' condition spontaneously mentioned they felt a greater sense of appreciation for the world around them (e.g., nature, flowers, architecture) as a result of participating in the study, whereas none of the participants in the 'negative focus' condition or 'no instruction' control group reported such feelings."

The Magic of Gratitude



If you want to try it for yourself, the instructions are simple: As you walk (preferably in a natural setting), notice as many pleasant things around you as possible—the smell of grass, the sound of dogs barking, the rays of the sun, and so on. Try to really take in and savor those pleasures. Walk for as long or short as you like.



Day 6 Activity

Step 1: Gratitude Journal (morning)

Make a list of the things you are grateful for today. Write why you're grateful. Reread your list, and at the end of each blessing say **thank you, thank you, thank you**, and feel as grateful for that blessing as you can.

Step 2: Appreciation Walk (anytime)

Take a walk outside or in your home and bless appreciate or acknowledge all that is nice, well done, well-crafted, loving, beautiful and representative of abundance and beauty.

- Deliberately bless appreciate or acknowledge specific objects, people, places, parts of nature, scenarios, events, landscapes, buildings, pictures, cars etc. take special note of nice sounds, colors, shapes and textures
- Hold them in observation for more than only a glance the more you do this walk the more your personal energy field and aura expands
- Appreciate what you have where you are and who you are with in this moment and don't forget a person's greatest emotional need is to feel appreciated

Step 3: Nighttime

Just before you go to sleep tonight, hold your Magic Rock in one hand, and say the magic words "Thank you!", for the best thing that happened during the day.

"If you ever feel gloomy lift your eyes. Stand on your feet. Say a few words of appreciation and love; by doing so your energy will instantly increase and you will feel positive."

The Magic of Gratitude





Day 7

Mental Removal of Blessings

“Do not dream of possession of what you do not have: rather reflect on the greatest blessings in what you do have, and on their account remind yourself how much they would have been missed if they were not there.”

This advice comes from Roman emperor Marcus Aurelius, who jotted it down in his diary two thousand years ago. It’s this type of thinking that lies at the core of this exercise, and it’s supposed to help us value events and people we usually take for granted.

Research shows that contemplating how fortunate one’s condition is and how it could’ve been otherwise elicits an element of surprise and feeling of gratitude.



Day 7 Activity

Step 1: Gratitude Journal (morning)

Make a list of the things you are grateful for today. Write why you're grateful. Reread your list, and at the end of each blessing say ***thank you, thank you, thank you***, and feel as grateful for that blessing as you can.

Step 2: Mental Removal of Blessings (anytime)

Go through an old photo album, or a collection of photos and think about a positive event in your life, such as the birth of a child, a promotion at work, or a special trip to the Rocky Mountains you took. Mentally go back in time and contemplate the circumstances which made this event possible.

Now consider ways in which this event may never have happened—for example, if you hadn’t read about the Rocky Mountains in a newspaper at random. Write down possible events or decisions that could have happened and would have prevented this event from occurring. Imagine your life right now if you hadn’t enjoyed this positive event.

The Magic of Gratitude



Alternatively, think about an important person in your life, such as your best friend or your spouse. Think back to when and where you met this person. Consider ways in which you might never have met this special person and never formed a relationship. Ask yourself, "What would have happened if I had never met my spouse?"

Step 3: Nighttime

Just before you go to sleep tonight, hold your Magic Rock in one hand, and say the magic words "Thank you!", for the best thing that happened during the day.

Mentally remove a good thing or person from your life, and you'll experience a renewed sense of gratitude and appreciation for them.



Day 8

The Smiling Experiment

A slight wrinkle in the cheek. A slight pull of the facial muscles. An upturn of the lips. A moment. Just a single moment. A smile.

The majority of the time, we do it without even processing it. It's automatic, directly correlated with our emotions and moods. But sometimes we have to try a little harder and dig a little deeper as we command our brain to tell our mouth to smile. And that's okay. But we should probably all smile some more, automatic or not.

Have you ever had one of those days when absolutely everything is going wrong? The weather is awful, your coffee machine is broken, your car won't start, and you just sit there and contemplate what else could possibly go wrong? Maybe the love of your life broke up with you an hour ago, maybe you just lost your best friend, or maybe it's just an off day. But we've all been there. The last thing you feel like doing? Smiling. But then you find yourself out in our hectic world and a stranger is walking towards you and they throw a smile your way. Oh. What? Did that just happen? You have to stand there and think about it for just a moment. Because how could anyone possibly be happy on a day like this?

But alas, happiness is everywhere. We all have bad days, but we all have good days, too. That person who's smiling at you might have just secured their dream job, or maybe they just fell in love, or maybe they're just excited to be alive today. Who knows. But their tiny gesture of happiness instantaneously reminds you that the world is more than an accumulation of bad days. The world is random and it's scattered and it's entirely unpredictable. Your bad day is someone else's great day. Relish in that. Share that. That gentle smile is an offering: take some of my happiness, I can see that you need it, and it's the least I can do.

You're reminded, ever so slightly, how simple acts of kindness can be. You don't need to leave cheery notes in every book you rent from the library (although, that is an awesome pastime), you don't need to buy a coffee a week for a stranger, and you don't need to pay for someone's groceries. Can you? Sure. Should you? Personal preference. Is it wonderful and admirable and going to make you feel lovely? Absolutely. There are all sorts of random acts of kindness we can do. But there's one that so many of us tend to overlook: a smile.

Just smile. At a stranger. Not once a week or once a month. Every. Single. Day. Or maybe even more frequently than that. How many times have you been out at the grocery store and you notice that man or woman looking entirely defeated? Smile. Have

The Magic of Gratitude



you ever been at the doctor when someone walks out looking absolutely shell-shocked? Smile. It costs no money. It takes hardly any time. And it's good for our own souls as well as the souls of those around us.

So smile. Smile hard and smile often. You don't need to know everyone's story and you don't need to understand why someone's feeling the way that they are, all you need to do is remind them that there is still happiness in this world. It's still attainable. And one bad day is just that: one bad day. There are so many more great ones to come.



Day 8 Activity

Step 1: Gratitude Journal (morning)

Make a list of the things you are grateful for today. Write why you're grateful. Reread your list, and at the end of each blessing say **thank you, thank you, thank you**, and feel as grateful for that blessing as you can.

Step 2: Smile! (all times)

For the last three days of the challenge, smile at all kinds of people: Men, women, rich, poor, sad, happy, neutral...

It can be a big smile (not a cheesy salesman smile!), a soft smile, or if you don't want to smile openly, just a friendly glance with your eyes.

It's not a fake smile if your intention is goodwill. It's the smile of salesperson who only smiles because he believes he's going to get something in return. Deliberate smiling comes from positive intent. If you already smile a lot, extend your smile to others by mentally sending well wishes or blessings. The world is a mirror of you.

After three days, notice:

- What's changed?
- What are some of the things that happened to you that are different than your regular routine?

Step 3: Nighttime

The Magic of Gratitude



Just before you go to sleep tonight, hold your Magic Rock in one hand, and say the magic words "Thank you!", for the best thing that happened during the day.



Day 9

The Gratitude Letter

For day 9, you are going to find a picture of a close friend, family member or colleague who made a difference in your life (the person may be alive or passed away). Close your eyes and call to mind the event of when the person did something or said something that changed your life for the better. Someone you never properly thanked; someone you could meet face-to-face next week; someone you may not have thought about or seen for a while; someone who isn't always on your mind.



Day 9 Activity

Step 1: Gratitude Journal (morning)

Make a list of the things you are grateful for today. Write why you're grateful. Reread your list, and at the end of each blessing say ***thank you, thank you, thank you***, and feel as grateful for that blessing as you can.

Step 2: A Letter of Gratitude (any time)

Write a letter of gratitude to the individual you chose using the following pointers:

- Address the person directly ("Hi _____").
- Be concrete. What exactly did this person do for you? How did it affect your life? Why are you grateful for them?
- Let the person know what you're doing now and mention how you often remember what they did.
- If the person is still alive, and you feel comfortable, you can deliver the letter. Call the person and tell them you'd like to visit, but be vague about the reason for the meeting; this works best when it's a surprise. When you meet the person, read the letter to them.
- It may help to tell the person not to interrupt you and be open about the experience. After you've read the letter, receive the other person's reaction and

The Magic of Gratitude



discuss your feelings together. In the end, give the letter to the person for them to keep it.

Step 3: Nighttime

Just before you go to sleep tonight, hold your Magic Rock in one hand, and say the magic words "Thank you!", for the best thing that happened during the day.

This exercise boosted people's happiness immediately after the intervention—and these boosts were maintained one week after the visit and even one month after. And don't feel bad if you don't want to deliver the letter. A follow-up study showed that merely writing the letter is enough to create a substantial increase in gratitude and happiness.



Day 10

The Magical To-Do List

"The world is full of magical things waiting for our wits to grow sharper."
~ Eden Phillpotts

Really, when you think about it, gratitude is your best friend. It is always there for you, always available to help you, it will never fail you or let you down, and the more heavily you lean on it, the more it will do for you, and the more it will enrich your life. Today's magical practice will show you how to lean on gratitude even more, so it can do far more magical things for you.

Every day there are little life problems that come up and that need solving. Sometimes we can feel overwhelmed if we don't know how to solve a situation.

Maybe your problem is that you don't have enough time for all the things you need to do, and you're at a loss because there are only twenty-four hours in the day. It may be that you feel overwhelmed from work, and you want more free time, but you can't see any way to have it. You may be at home taking care of children, and you're feeling frazzled or exhausted, but you don't have the means to get support to give you time out. You may be faced with a problem that needs fixing, but you have no idea which way to turn to fix it. You may have lost something and tried your best to locate it, but had no luck. Or you might want to find something, like the perfect pet, perfect babysitter, great hairdresser, or amazing dentist or doctor, and despite your best efforts, you haven't been able to find what you need. You could be in an uncomfortable situation because of something a person has asked you to do, and you don't know how to respond to them. Or you could be in some kind of dispute with someone, and instead of getting it resolved, things seem to be getting worse.

This Magical To-Do List practice will help you with any little day-to-day problems when you don't know what to do, or when you simply want something to be done for you. You will be amazed at the results!

When you combine gratitude's magical power with the law of attraction, people, circumstances, and events must be rearranged to do what you want done for you! You will not know how it will happen, or how it will be done for you, and that is not your job. Your job is simply to be grateful as you can be for what you want done right now, as though it were done. And then let the magic happen!

The magical power of gratitude is available for you to use as well, and it always has been - you just had to discover it for yourself, and learn how to use it!



Day 10 Activity

Step 1: Gratitude Journal (morning)

Make a list of the things you are grateful for today. Write why you're grateful. Reread your list, and at the end of each blessing say ***thank you, thank you, thank you***, and feel as grateful for that blessing as you can.

Step 2: The Magical To-Do List (any time)

- Create a written list of the most important things or problems you need done or solved. Title your list The Magical To-Do List.
- Choose three or the most important things from your list, and one a time, imagine that each thing had been done for you.
- Spend at least one minute on each thing, believing it is done, and feeling enormous gratitude in return.

Step 3: Nighttime

Just before you go to sleep tonight, hold your Magic Rock in one hand, and say the magic words "Thank you!", for the best thing that happened during the day.

The Magic of Gratitude



Conclusion

I hope you enjoyed participating in the 2018 Magic of Gratitude Challenge as much as I did creating it!

Please let me know how you did, what you liked and what you thought could be different.

I wrote much of the challenge, but also had help... I pulled information directly and indirectly from these locations:

- Intuition Training by Frederick Dodson, 2015
- The Magic by Rhonda Byrne, 2012
- The Internet... various locations!

Thanks again for experiencing this journey together. Happy 2019!



Lynn