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HAPPY2SUCCEED

## GRATITUDE ATTITUDE HACKS

### + 10 BEST BENEFITS + 12 ONE-OF-A-KIND AFFIRMATIONS CHECK-LIST

DAILY ROUTINE = WATCH YOUR LIFE, WELLNESS, HEALTH, ABUNDANCE, GROW BY LEAPS & BOUNDS

'Gratitude Attitude' or the attitude of gratitude is a hot term in the Mindfulness Community, and billions of people are unaware of the process and the impressive benefits.

Gratitude is the quality of being thankful and showing appreciation. It is a mindful acknowledgment of all the good that we receive in our life. When we focus on the abundance in our lives, we discover a greater desire for generosity, joyfulness, and contentment.

Expressing gratitude is a rewarding habit that comes back to you multiplied.

Moreover, Gratitude opens our hearts, encourages us to savor each good that comes our way. Additionally, Gratitude enables us to be present in the moment and aware of our Life. With the attitude of Gratitude, we monitor and are in control of our thoughts.

For your information, Harvard Psychology Research shared their results in 2012: "What we found was something as simple as writing down three things you are grateful for every day for 21 days in a row significantly increases your level of optimism, and it holds for the next six months. The research is incredible. It proves we actually can change."

**Here are the 7 best Gratitude-Attitude Hacks to cultivate daily in your life:**

#### 1. **Begin your day with Gratitude and Joy**

When you wake up and even before getting out of bed, monitor your VERY FIRST thoughts. Keep a positive thought like: "Thank you, thank you, thank you, for this beautiful day coming!" Avoid as much as possible to let all your worries disturb the peaceful mind at raise, like clouds in a blue sky! Remember that! Positive thinking and grateful thought will be immensely beneficial to your health, immune system.

## **2. Still in bed or while getting ready**

Follow this mood booster: mentally pick only ONE thing that you are thrilled about and say the grateful sentence: 'I am so happy and grateful now for that .... ' This will unquestionably put a smile on your face! Moreover, boost your mood and your drive for the day ahead.

## **3. Count your blessings**

While getting your morning routine; include Attitude of Gratitude along the way! Count your blessings mentally or write them down in a Gratitude journal: Like the home where you live, the hot shower: be grateful to have that warm water ready to refresh and to stimulate you every morning! Also, your coffee or favorite tea to enjoy and pump you up!

## **4. Your Magical Day ahead**

While commuting or during the morning while taking a short-break, sit down 2mns to write down the things for which you are grateful for in your day ahead, with all the activities which you thank already for being great, fun and beneficial for you and all concerned people.

## **5. Think of What Others do for you**

In your mind, while getting ready or during your commute: think of 3 people that you are really grateful for and why? Like your family, your friends, an acquaintance you may think of who makes your life magical! Writing and delivering them a thank you note can actually make you happier. Also, say more than often 'thank you' to your Loved ones when they do something so normal.

## **6. Practice with your human senses**

More than 70% of people say they are thankful for their health. If so, then get back in touch with the simple human fact of being able to sense what is out there for you: use your vision, touch, taste, and smell to experience the world around you, and be thankful you can. It lets us celebrate today. It is a reminder that one can always find a reason to be glad.

## **7. Use visual reminders**

With our busy schedules, we all know that the attitude of grateful takes time to become a habit. Moreover, it takes practice to make it an active routine. We are often forgetting and failing to be mindful, the best is to leave yourself a note. It could be a post-it, or even better a small object in your home. Like a beautiful beach shell, you have a sentimental feeling, a mini-stone, or a piece of jewelry next to your nightstand and on your desk. You may carry it with you in your purse or wallet.

## **BENEFITS CHECKLIST**

Communicating Love, friendship, peace and, of course, gratitude every day of your life is essential to reach more happiness and more success. Moreover, turns out, there are a lot of good reasons to feel, and express, thanks — many of which benefit you.

Below are some things you may not have realized about gratitude, from its health benefits to need-to-know tips to maintaining a positive attitude. We hope they will inspire you to say "thank you" to a loved one today!

Additionally, scientists are conducting extremely focused, cutting-edge studies on the nature of gratitude, its causes, and its consequences,

They are focusing on developing methods to cultivate gratitude in daily life and assess gratitude's effect on well-being.

**Find below the 10 BEST BENEFITS of Being Happily GRATEFUL every day:**

- \* Gratitude opens the door to more relationships
- \* Gratitude helps to maintain intimate relationships.
- \* Gratitude has the power to deepen our networks with others.
- \* Gratitude improves physical health
- \* Gratitude improves psychological health
- \* Gratitude promotes empathy and reduces aggression
- \* Gratitude frees us from jealously guarding our possessions
- \* Grateful people sleep better and feel better rested when you wake up.
- \* Gratitude improves self-esteem
- \* Gratitude increases mental strength and resilience

One important thing is that Gratitude is making you appreciate your journey along your life. '*Being happy and satisfied when...*' is not an option.

Being happy and satisfied NOW is the way!

So, to help you with the best way to use the Attitude of Gratitude, please find below the

**12 One-of-a-kind outstanding Affirmations to tell yourself with a deep feeling 😊**

1. I feel an abundance of gratitude for everything I have and receive every day.
2. My needs and desires are generously met. For this I am thankful.
3. I am grateful for all the great health, love, and goodness that my life has available for me.
4. I am continually amazed at how abundant my life is already!

5. I am grateful for everything I experience in my life. I overcome, I grow, and I prosper all the time.
6. My abundant blessings, as well as my difficulties, all make me better, stronger, and more alive.
7. I am so grateful for every person and everything in my life.
8. I appreciate everything I have, and I show my sincerest gratitude to my loved ones.
9. The universe pours joy into my life every day. It has my cup overflowing with wealth, health, and love.
10. My life is extraordinary, unique and wondrous. For this, I am profoundly thankful.
11. I undoubtedly see the beauty of life that flourishes around me. I give gratitude for God's endless treasures.
12. I am happy and grateful today that I choose my positive thoughts

I recommend that you use the above affirmations daily, and you will notice a growing feeling of happiness, satisfaction, joy, and confidence in your New Life!

Positive and Gratitude Affirmations are the most efficient and easiest "pain-reliever" you may find! Furthermore, affirmations do not cost money!

Have a wonderfully happy day!

With Love,

Elisa

**WANT TO READ ELISA'S FULL POST ABOUT  
7 Best Gratitude-Attitude Hacks + Benefits that  
Continuously Deliver Incredible Results In your Life!**

**CLICK HERE!**

**Link to the blog post**