

MODULE 02:

#6 Gratitude, Intention and Affirmation

Why Gratitude, Intention and Affirmation?

Through feeling gratitude, we attract more to be grateful for. Through clear intention, we strengthen ourselves against distraction. Through affirmation, we activate our intention.

Why is this important for all areas of life?

To dive into and create meaningful experiences in our personal lives, relationships, health, career and finances we need gratitude, intention and affirmation.

What struggles are we facing?

We live in an age where it's all at our fingertips (if we want it, we can get it) and this convenience has the potential to create in us an overdeveloped sense of entitlement and taking things for granted. The struggle with gratitude, intention and affirmation happens when we don't do our practice every day by taking 10 minutes out of our day to complete it. And once we have set our intention for the day, are we following through with it? This seems to be one of humanities greatest struggles: *To create what we have intended to create.*

What is my personal experience of this?

I find that when I stay comfortable for too long, I begin to stagnate and start to taking things for granted. I've learnt that remaining a little uncomfortable, stretches my attention. My intention affirms my personal growth and opens me up to the flow of life.

What can you expect at the end of this module?

By the end of this chapter you will be able to create your day consciously before it starts through activating gratitude, intention and affirmation.

Dos and Don'ts

- Remain as grounded as you can in your intention setting (strive to strike a healthy balance between being realistic and idealistic).
- This approach will support you in more likely achieving these things. Enjoy it! Allow yourself to really feel what you're putting down.
- Do not repeat what you thought of yesterday.
- Don't rush through the exercise.
- Don't take your intention too lightly – it is more powerful than you think!
- Don't make this a to-do list (we have enough of those in our everyday lives).

Resilience

If you forget to do it first thing in the morning – do it as soon as you remember or book it in your diary to complete as soon as you possibly can. Remember that the sooner in your day you complete this practice, the sooner you begin creating your day consciously. Priming yourself in gratitude, intention and affirmation increases the probability of you experiencing that which you set out to experience. Think of this practice as *“putting in the right lenses to see the life you want to see”*. And as for the days when you don't manage to achieve your set out intentions: *Breathe. Reset. Restart. You've got this.*

Case Study

In times when I've found myself 'flat lining', and taking it all for granted (living in ignorance and forgetfulness) this simple easy-to-do exercise has made all of the difference. We live in a world of more-better-faster and unless we take time out to feel content with what we are already gifted with, there will be no peace or fulfillment. Activating my heart with gratitude (by living with conscious intention) and affirming that to myself helps keep me on track.

Intention always holds the necessary tension needed for growth.

TOOL #6

EVERY MORNING:

I am grateful for ...

- 1 _____
- 2 _____
- 3 _____

What would make today great?

- 1 _____
- 2 _____
- 3 _____

Today I am ...

EVERY EVENING:

Three experiences (whether big or small) that made today great were ...

- 1 _____
- 2 _____
- 3 _____

Some lessons learned today were ...

What I would do differently next time is ...

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Tool

Practice to ignite your gratitude, intention and affirmation to create your day before it starts.

Be in gratitude. Set strong intention. Activate affirmation.

This practice is made up 2 parts: A morning and evening practice.

Early Morning.

To be in gratitude: As soon as possible at the start of each day, list 3 things that you are most grateful for in the moment.

I am grateful for ...

- 1 _____
- 2 _____
- 3 _____

To set strong intention: As soon as possible at the start of each day, list 3 things that you believe would make your today great. Be willing to stretch a little bit out of your comfort zone.

What would make today great?

- 1 _____
- 2 _____
- 3 _____

To activate affirmation: As soon as possible at the start of each day, affirm yourself by completing this sentence.

Today, I am ...

Late Evening.

To create reflection: At the end of each day, reflect on 3 things that made your today great and list them.

Three experiences (whether big or small) that made today great were ...

1

2

3

To integrate learning: At the end of each day, reflect on lessons learned and what you might do differently next time.

Some lessons learned today were ...

Regarding today's lessons: what I would do differently next time is ...

Reverence. Recognition. Reward.

I wish only gratitude for you. Through integrating this practice into your every day, your hands are creating what your heart and head wish to create for the good of all. Congratulations on affirming your life instead of waiting for the world to affirm you. *You're growing and expanding. Can you feel that?*

In the first part of the next module, we begin setting a solid foundation by defining what your living values are.

MODULE 02: Summary

#4 Increasing Your Energy

Through the holistic integration of select practices into your new lifestyle routine you are now able to **increase your overall energy.**

#5 Establishing Boundaries

By getting clear on your Yes's and No's you are now able to build resilience through **establishing strong personal boundaries.**

#6 Gratitude, Intention and Affirmation

You have empowered yourself to create your day before it starts through **igniting your gratitude, intention and affirmation.**