

# “Gratitude Attracts Abundance”

by Dede Lyons



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id you know that living in a permanent state of gratitude will make you feel joyful and help you attract abundance? Being grateful opens the doors to abundance. This applies to abundance in all areas: love, finance, friendship, good health and whatever else you desire. Since it's so much fun and easy to do, it's one of my favorite tools to share with my Feel Good Express friends and followers.

The study of gratitude has become a mainstream focus over the past few years. Social media, like Facebook and Twitter, is filled with gratitude quotes, photos, affirmations and stories. Oprah recently took her Lifeclass show on tour, teamed up with teachers, such as Deepak Chopra and Toni Robbins, and aired a special program solely dedicated to Mastering the Art of Gratitude. Oprah shared that the single best thing she has ever done was to start a gratitude journal.

Dr. Robert Emmons, editor-in-chief of the Journal of Positive Psychology, who has been studying gratitude for over 11 years, is considered the world's leading authority on the science of gratitude. His book, "How the New Science of Gratitude Can Make You Happier", shares the results of his research on the benefits of gratitude, which include better health, more happiness and a stronger connection to others.

You have probably heard the popular phrase, "Have an attitude of gratitude" by the motivational guru, Zig Ziglar. According to Zig, "The more you recognize and express gratitude for the things you have, the more things you will have to express gratitude for."

I recently looked up the definition of gratitude and the dictionary states: Gratitude is gratefulness, thankfulness or appreciation. It's a feeling or attitude in acknowledgement of a benefit that one has received or will receive. Feeling is the key element in gratitude and I tell my Feel Good Express students, "It's YOU feeling grateful that attracts abundance." Your positive and happy feelings will uplift you and take you to an elevated state of joy.

I recommend the following daily "**Five Feel Good Express Gratitude Tools**" to empower you with happiness:

**Gratitude Journal:** Keep a gratitude journal and write at least five things you are grateful for in your life. Your written word is very powerful and instills grateful feelings in you.



**Gratitude Meditation:** Close your eyes for five minutes and focus on one grateful experience or person that you appreciate and feel thankful for. Hold your hand over your heart and get in touch with the joy in your heart.

**Mirror Gratitude:** Look in the mirror every morning and recite aloud five personal gifts that you appreciate about yourself. The goal is to stop being judgmental about ourselves and promote self-love and self-acceptance.

**Expressing Gratitude:** Express to others at least three times every day why you appreciate and are grateful to them. The positive feedback is felt immediately and there is a warm heart to heart connection when you directly tell someone how much you appreciate them.

**Gratitude Vision Board:** Place photos, affirmations and articles about gratitude on a vision board or simply tape to a wall or refrigerator where you can see these visual reminders every day.

I guarantee, if you incorporate some or all of the FGE Gratitude Tools into your daily life for the next 30 days, you will see a positive shift in your life... and so will others around you! Then the 'state of gratitude' will become a rewarding natural part of your everyday living. You will be empowered with the tools to attract so much abundance in love, health, joy and positive experiences.

I am so very grateful to have this opportunity to write this article and share my insights on gratitude. I feel happy, healthy and abundant in joy and I know you will too!

*If you would like more information on The Feel Good Express, please email Dede Lyons at [dede@feelgoodexpress.com](mailto:dede@feelgoodexpress.com) or visit her website at [feelgoodexpress.com](http://feelgoodexpress.com). You can also view her "Feel Good Tweet of the Day" on Twitter @dedefeelsgood.*