

TABLE OF CONTENTS

♥ INTRODUCTION

What is gratitude?
Why gratitude?
Choosing Gratitude. ♥



1. TOP TEN TIPS FOR CULTIVATING GRATITUDE IN DAILY LIFE

2. GRATITUDE AND SELF LOVE
On self care, self love and appreciation.

3. GRATITUDE AND WELLBEING

Exploring links between gratitude and good health. 🍏

4. GRATITUDE AND RELATIONSHIPS

Enhancing, nourishing and transforming relationships through gratitude.

5. GRATITUDE AND ABUNDANCE

Gratitude as the key to abundance. Getting 'in the flow' of life.

6. GRATITUDE AND PRIORITIES

How gratitude helps us to clearly define our real wants and needs.

7. GRATITUDE AND STRESS RELIEF - On the relaxing benefits of being grateful.





8. GRATITUDE AND AFFIRMATIONS

'How to' guide to daily affirmations, plus a collection of hand-written affirmations for inspiration.

9. GRATITUDE AND SUSTAINABLE HAPPINESS

Why gratitude is the simplest and most achievable way to cultivate sustainable happiness for ourselves, for others and for our planet.

♥ CONCLUSION

Choosing gratitude in daily life
Closing note & thank you
Acknowledgements
Recommended reading list ♥

Gratitude shapes and binds healthy relationships, nurtures our physical and mental wellbeing, and enhances each and every aspect of being alive. Gratitude truly is life changing.



This little book is organised into colour-coded sections so its easy to use and enjoy. You might like to read it cover to cover, or dip into the areas that interest you the most in different moments. More than anything, I hope you will enjoy yourself, and that these pages will inspire you to travel the grateful path forever more.

I'll see you there!

Much love, Meredith xx

♥ COLOUR KEY



You will notice that each section of this book has its own colour from pink to green, orange, purple and blue! Just look for the little ♥ hearts at the foot of each page!

- | | |
|-----------------|-------------------------|
| ♥ Self love | ♥ Priorities |
| ♥ Wellbeing | ♥ Stress Relief |
| ♥ Relationships | ♥ Affirmations |
| ♥ Abundance | ♥ Sustainable happiness |

Actively shaping your life

FEELINGS I WANT MORE OF
IN MY LIFE:

.....
.....
.....

THOUGHTS I WANT MORE OF IN
MY LIFE:

.....
.....
.....



EXPERIENCES I WANT MORE OF
IN MY LIFE:

.....
.....
.....



WAYS IN WHICH I EXPRESS MY
GRATITUDE:

.....
.....
.....

WAYS I CAN INVITE MORE JOY IN:

.....
.....
.....



And when you crush
an apple with your teeth,
say to it in your heart:

Your seeds shall live in
my body,

And the buds of your
tomorrow shall blossom
in my heart,

And your fragrance shall
be my breath,

And together we will
rejoice,
through all the seasons.



- Attributed to Kahlil Gibran -



INNER ISLAND



The first visualisation is an island within ourselves, or an 'inner island', a concept written about so beautifully by Thich Nhat Hahn in his book Happiness. Our inner islands are our personal sanctuaries and are always there, waiting for us to visit.

Get creative thinking about your inner island and visit it as often as you can. Your island might have abundant flowers, white sandy beaches, endless sunshine, palm trees, summer breezes, beautiful birds or thousands of stars in a clear sky above. Your island is yours and nobody can spoil it. I spend a lot of time on my island and can highly recommend it. You can go there when feeling overwhelmed, tired, or simply when needing some quality R&R. How good is this?

Close your eyes and go there now.

What does your island look like? What does it feel like? Visualise the details, the colours, scents and weather, the colour of the water and the feel of the sand. You might focus on the lusciousness of the palm trees, the sweetness of the coconuts . . .

Spend as much time as you can (or would like to) on your island, and when you open your eyes, take a few deep breaths to let the deeply relaxing benefits of your instant holiday sink in.

