Welcome to Manifesting Ritual #1 – Morning Gratitude

Let’s talk about gratitude – and I mean really talk about it.

Why?

Because I know you have heard everyone and their brother talk about gratitude and how important it is to manifesting what you desire, but that is normally where the conversation ends. You rarely, if ever, actually hear exactly how to build gratitude into your life in a real and simple way and that is why most people really struggle with it.

So, if you are one of the many that has struggled with effectively (and easily) building gratitude into your life, that changes now!

And believe me on this; when I tell you exactly when and how to build gratitude into your life for maximum manifesting benefit, when I give you the real deal on how long you need to spend in a true state of gratitude AND when I show you exactly how to get into a true state of gratitude EVEN when it feels impossible to have anything to be grateful for, and I show you how to do it easily and effectively, THAT is when everything is going to shift for you.

Gratitude is SO important to manifesting that we actually use it in a very specifically timed way – twice in our daily manifesting.

Before we get into how we are going to use gratitude to set the stage for unstoppable manifesting momentum, we need to quickly look at how we may be currently using the negative opposite of gratitude as a ritual that is hurting us and demagnetizing us from our desires...

**The Negative Opposite of Morning Gratitude:**

It’s pretty straight forward, and unfortunately is a habit that many people have, and it is listing everything that you are dreading about the day the second you wake up.

So, if you wake up in the morning and your attention goes immediately to how tired you feel or how much you are dreading the day or everything that isn’t how you want it to be, you are engaging the negative opposite of gratitude.

If I just described you in the morning – don’t worry! Don’t judge! And right now release it and say this out loud “I now allow myself to easily redefine how I greet each day!”

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Great!

Now let’s talk about what that means and exactly how you are going to greet each day with gratitude – it’s time to get into the exact process you need to know for Ritual #1 which is...

**Morning Gratitude:**

I want you to start every day with 5 minutes of gratitude. If you wind up wanting to take more than 5 minutes, that is up to you, but 5 minutes is the minimum you need.

Starting the day with a Morning Gratitude session literally turns you into a money magnet (it also magnetizes you to everything else positive that you may desire to draw to you), and here’s why – when you start the day by really looking at and FEELING the gratitude you have for the amazing things within you and around you, you instantly raise your vibration and when you raise your vibration, you attract things vibrating at a higher energy vibration. Like attracts like and you become instantly congruent with positive vibrating energy around you (that means opportunities, people, money, EVERYTHING).

Remember, it is all energy – everything – so your job is to get yourself into vibrational alignment with the energy of what you desire, and Morning Gratitude will do EXACTLY that!

The other benefit of starting the day with Morning Gratitude, is that you instantly get yourself in the best and most receptive state for the other Manifesting Rituals.

Now, here’s the key to gratitude – I said it a few minutes ago, but just in case you missed it, the essential element with gratitude is that you FEEL the gratitude – when I refer to a ‘true state of gratitude’ that’s what I mean.

Here’s why this is so important (and this is the very thing that people breeze over when they talk about gratitude). If you just THINK about what you are grateful for and you don’t get into the positive feeling of it, then 5 hours of gratitude thinking won’t do you much good, in fact 5 days of gratitude thinking might have some slight benefit, but it doesn’t create the massive vibrational shift that true gratitude causes.

On the other hand, when you really FEEL the gratitude, you instantly raise your vibration which automatically puts you in alignment with positive manifesting. Which means, when you are in a true state of gratitude, 5 minutes really is all it takes to create a massive vibrational shift and begin the positive magnetization process!

Now, I have a whole audio in this program dedicated to the 5 Gratitude Generators that you can use any time you are struggling with gratitude or feel you don’t have anything to be grateful for.

You should listen to that separately, and in addition to that, here are some quick tips and reminders about gratitude:
Gratitude isn’t reserved just for the great ‘things’ in your life – gratitude includes (but isn’t limited to):

You, your body, the systems that work within your body without you having to tell them to, your gifts and talents, the resources you have within you and around you, your closest connections, your connection with source or the God of your choosing and understanding, nature, business associates, random acts of kindness, painful lessons that took you to the next level, etc., etc., etc...

As you can see, I could go on and on about what there is to be grateful for. The more grateful you are, the more things you will see to be grateful for. That’s the beauty of gratitude, it’s like a muscle, and the stronger it gets, the more you use it automatically!

As I said, if you are struggling at all to FEEL gratitude, I’ve included a special Gratitude Generators Audio where I give you 5 powerful Gratitude Generators to help you FEEL gratitude and get into a ‘true state of gratitude’ in an instant! You are going to start your Morning Gratitude tomorrow morning – so be sure to listen to that audio before then.

I also want you to create a Gratitude List – and this will be what I call a living list (which just means that you will keep adding to it throughout your life). Here’s the point of the Gratitude List – there are certain things that you will always be grateful for, these are the things that you could take for granted, but instead you are going to put them on your Gratitude List so that you use them to generate your feeling of Morning Gratitude.

This is so powerful, because, when you wake up in the morning, you may be sleepy and unfocused, and your Gratitude List will help you know exactly what you are grateful for without having to get creative (and possibly get off track). So the Gratitude List makes it easy for you to flip into a state of gratitude first thing in the morning.

Now, here’s the trick to this that really puts it over the top, you are going to have 2 columns to your Gratitude List (and by the way, I suggest you write your Gratitude List by hand as that impresses it upon you in a different way than typing it does). So, back to the Gratitude List, there are 2 columns and the first column is titled “What I am grateful for” and the second column is “How this makes me feel” – the second column is the power because you are programming yourself to remember the FEELING of your gratitude for that specific item on your Gratitude List.

There are 2 amazing things that happen when you use your Gratitude List.

The first is that when you write something down, you imprint yourself with your gratitude so that when you review your list each morning, it is more powerful because you have already agreed to the true state of gratitude for everything that is on your list.

And the second powerful thing that happens is that without realizing it, your list becomes ingrained in you – you literally memorize it without even trying and over time, just thinking of
the list triggers the FEELING of gratitude. Which means, you can always give yourself a quick 30 second gratitude boost during the day if you ever feel you need to raise your vibration.

Trust me, listen to the Gratitude Generators Audio and make your Gratitude List BEFORE TOMORROW MORNING so you can begin the first ritual of Morning Gratitude tomorrow.

Remember, it only takes 5 minutes – and don’t get creative, tomorrow morning, wake up and USE your list – read it to yourself, or out loud or better yet, while looking at yourself in the mirror – and FEEL the gratitude.

Get into a true state of gratitude and when you do, be extra grateful that you have just magnetized yourself to all that you desire.

You’re Extraordinary!

Kristen Howe