

# **21 Days To Abundance: Gratitude**

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Published by: <http://www.successfulinspirations.com> & <http://www.successdir.com>

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### Before we begin...

**It is suggested that you print out this report and workbook so that you can get in to action right away after you have read it and count that this – TODAY – is day 1 in your 21 days and do not put off until tomorrow like sometimes people often do.**

**So print out if you can and get a good writing pen, because you are about to begin a journey of discovery and transformation that will transform your life and your destiny to one of increasing hope, health, happiness and abundance...**

# 21 Days To Abundance: Gratitude

## Special Report & 40 Day Workbook

*Gratitude is "the quality or feeling of being grateful or thankful" and is synonymous to words such as "thanks, thankfulness, appreciation, gratefulness"*<sup>1</sup>

Many self-development authors as well as spiritual circles, therapy programs and entrepreneurs advocate gratitude as a key element in attaining happiness, wealth, relationship harmony and overall success. Developing an "attitude of gratitude" is a suggested antidote to such ego challenges as feeling sorry for oneself and wanting/lacking amongst others.

Law of Attraction experts purport that gratitude is a kind of activating force that enables people to receive from the universe. The mentor, author and speaker Bob Proctor states that gratitude is faith in action and that it connects us to the supply source. He goes on to stress importance of being grateful for everything in life – the small and the great.

Sales and business coach and speaker, Brian Tracy, said "always give without remembering and always receive without forgetting." Joe Vitale in his ebook "Spiritual Marketing" also includes being thankful as an essential part in the manifestation method he describes.

The ancient wisdom of the Bible has St. Paul write

Being grateful therefore can be considered an empowering activity. It promotes positive thinking, healthy spirituality and may even have properties which traditional science can not explain. Or can it?

Masaru Emoto conducted the effect of words, ideas and music on water molecules. The below 3 images show a distilled water molecule. The first image shows a water molecule of distilled water which had not been exposed to any particular words, ideas or music. The image on the right shows how the molecule exhibited a crystalline structural shape when the word "thank you" was taped to the bottle containing the water. Finally, the image on the far right shows what shape the water molecule took on when the words, "Adolf Hitler" were taped to the bottle of distilled<sup>2</sup>.



<sup>1</sup> From the definition at [www.Dictionary.com](http://www.Dictionary.com)

<sup>2</sup> Masaru Emoto is the author of three books including "The Secret Life Of Water" (2004), Simon & Schuster: Canada

In his book, *The Ultimate Secrets Of Total Self Confidence*, personal development expert, Dr. Robert Anthony lays out a formula for the 21 day elimination of a bad habit and its replacement by a more constructive habit. It is suggested that you use this "formula" to pick a negative habit that you may have been using, and choosing to replace that habit with **gratitude** over the course of the next 21 days. You will do this using the workbook which follows.

You can get a copy of the above book in ebook format and many of Dr Anthony's books plus an audio program from [this website](#) for just \$67 discounted from \$127. [Click here to order now.](#)

The rest of this report shows a way to easily and logically apply Dr. Anthony's formula to replace any negative habit that you desire to replace with the habit of **gratitude**.

The action that you need to take is to complete one page of the 40 page workbook that follows for *at least* 21 days. If you really want to develop the habit of gratitude, 40 days worth of workbook are provided, to symbolize the journey you will be taken (cf the 40 days that Jesus spent in the desert resisting the temptation of the devil)...

In the action steps part of the process described by Robert Anthony, three steps are described:

- A] Visualize yourself as having already succeeded in changing your habit. See yourself enjoying the benefits of your new positive habit.
- B] Use a positive affirmation to go along with the visualization.
- C] Observe your actions and note every time you fail to do what you promise. Remember, DO NOT condemn or scold yourself. Simply make a non-judgmental observation and allow yourself to make the necessary correction.
- D] Keep a record for at least 21 days

(see Dr Robert Anthony, 1984, *Total Self Confidence*, Berkely/New Thought: San Diego or [order ebook online here](#))

You need to do the part A] for yourself. It is suggested that you engage your imagination in full, allowing yourself to see a bright vivid image of yourself possessing the new habit and enjoying all of its benefits, imagining how you would feel, what people will say to you and how you will talk to yourself in your inner mind, as well as noticing how you

feel to step in to that "new improved" you, and what things look and sound like from inside.

For part B] creating an affirmation the following guidelines are suggested.

- 1) Keep the affirmation in the present tense
- 2) Keep it positive (do not include the negative habit in the affirmation)
- 3) It's ok to have more than one sentence
- 4) Stick to the affirmation for the full 21 days, saying it several times throughout the day, or writing it. Saying it to yourself in front of the mirror may improve effectiveness.

### **EXAMPLE OF HOW NOT TO WRITE YOUR AFFIRMATION**

I will be happy and grateful because I am not a bad, negative person anymore or ungrateful and my life is no longer rubbish. Because I am not ungrateful anymore, I am not poor, and so, I will have more joy.

Do you see how the above puts frames the desired result in the future and not the present? Also, there are a lot of "nots" and that makes work hard for the mind to work out what it is actually supposed to be doing. Some people even say that the mind does not register "nots" and so you would be affirming negative things with this above affirmation.

### **HOW TO WRITE AN EFFECTIVE AFFIRMATION**

I am very happy and grateful for the goodness inherent in my life and the universe. As I am grateful, so my awareness expands and I am open to receive more abundance easily and joyously.

This is a better way to phrase the affirmation, all positive, present, clear and desirable. If you have difficulty coming up with an affirmation, you can always use the example of how to write an effective affirmation if you would like to.

The workbook is split in to four sections each day. It should not take more than 5-10 minutes per day to transform your life using this workbook.

Section one is a gratitude list, where you brainstorm anything and everything you could be grateful for big and small in your life right now (at least 10 things).

For example: food on the table, savings, friendship, a spouse, children, fresh air outside, a clean room, studies, a profitable business, the moon at night

Section two is a deeper search for times in your life where something good happened. Think of the magic moments you have had and list 5 different times where either you were lucky, you had a prayer answered, someone or something good turned up in your life or you were impacted in an empowering way or simply felt good about

something...think back to that time and answer the questions such as, "what about this experience made me feel grateful" and take a few notes

Eg. Meeting a person I fell in love with and who touched my soul

- opened me up to new possibilities in life
- inspired and motivated
- desire to become a better person as a result
- felt that I had received a gift from God, a divine meeting, had a purpose
- If you are aware that miracles have happened to you in your life, its ok to list these. If you have had special dreams or imaginary experiences, it is ok to list these too.

You can list anything in this section that made you feel good and that you could feel grateful for now.

Section four is where you put questions to yourself and really think internally about gratitude and how you can be grateful today, right now.

Finally, section five is your affirmation, which has already been discussed. Say it to yourself with total conviction a few times over – better yet 100s of times over throughout the day!

Before you go on to print the workbook and start on your first day to an "attitude of gratitude" in your life, I'd like to share with you a few resources that have certainly impacted my life in a powerful and positive way. Please do take the time to visit the websites and to engage yourself with the resources. Some of them are free and some of them require a small investment of your money. If you apply yourself, these resources will pay for themselves many times over.

- 1) Spiritual Marketing by Joe Vitale
- 2) Robert Anthony Rapid Manifestation
- 3) The Fast Track To Financial Independence By Paul and Stephen Sutherland
- 4) Thomas Troward
- 5) My own vision board software: <http://www.successfulinspirations.com>

Good luck!

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