

# Day 10



Thank you!

Gratitude is a practice that amplifies and accelerates all of your manifesting desires. When you give gratitude, you are putting your attention on what's going right in your life.

**Because like attracts like in this Universe, when you see blessings around you, the Universe responds by sending more blessings your way.**

For this gratitude practice, you're going to give thanks for what's here and also for what's coming. You're going to act like it's already here, because when you declare it's done, you surrender it and allow it to be so.

This is going to build on what you did on Day 2 (I Feel Good!) and Day 7 (The Future is Good!). You're also going to give gratitude for what's already shown up, building on Day 5 (I Am Manifesting!).

Let's start with your intention and really put some powerful energy behind it.

I AM....

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I love being \_\_\_\_\_. I am so grateful for all the ways it shows up in my life. I am thankful for \_\_\_\_\_

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Imagine now all the things you wrote for your brilliant life 1 year from now are happening. You aren't still in the manifesting phase – *they're here*.

First, list some things you wrote on Day 7 – page 2 for your life 1 year from now: \_\_\_\_\_

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And now give some gratitude, giving thanks for the abundance, the relationship, and whatever else has shown up.

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Now that all these unbelievable miracles, coincidences, and blessings have poured into your life, you're going to want to give some gratitude to your guides and angels. Once again, express this gratitude as if it's already done, and you're thanking them for all they did on your behalf.

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Let's not forget what your Higher Power has done with you and through you. Whoever your Higher Power is, and however it showed up to assist, guide, and support you, give it gratitude.

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Last but not least, give gratitude to yourself. Let yourself know how grateful you are that you learned to love yourself, put yourself out there, took a chance on that thing, took that important step, or whatever else it is you know your future self will be thanking you for.

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Now let's go more general. Let's look at different areas of your life and express gratitude for all your blessings.

What are some things you are thankful for when it comes to your family? If your family life was difficult or you're currently disconnected, you might try offering gratitude for what this showed you about yourself, how it taught you the meaning of resilience, or how this inspired you to be

more compassionate. And remember, family can be the one you've created, either friends, community, or a combination of things, so you can also offer gratitude to the family you chose.

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What are some things you are thankful for when it comes to your home?

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What are some things you are thankful for in your job or career? (And if you're currently unemployed or struggling, get creative! Give gratitude from a future place, for your new job, new clients, and so on.)

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**Now you're going to do something that's going to sound challenging but could lead to a powerful breakthrough – you're going to give gratitude for where you are.**

You're going to thank the Universe for your life as it is – even without the manifestation.

This might sound counter-intuitive, as if it's going to keep you more stuck. But this actually has the opposite effect. When you stop resisting where you are and make peace with it, you drop many of the walls that block your dream.

From a metaphysical perspective, this will release your point of attraction from a negative or deficit place and open up your energy. If, in your heart, you want a loving partner more than anything, then you have to take your focus off of the fact that it's not here. By continually thinking, "I want that!" you send the signal out that it's not here, and because the Universe can only mirror back your thoughts and beliefs, it sends back the lack of it.

**By claiming all is well now, you are essentially giving the Universe permission to flood you with gifts.**

In the space below, you're going to give gratitude for your life as it is. Take your time with this and really think about why you would feel grateful for how things are. Your lack of manifestation may have pushed you to resolve self-love issues, to deepen your spirituality, or to have compassion for other people's struggles. Whatever feels true to you is what's right here.

**I am grateful for my life right now, as it is. It has shown me.... and I have realized...  
and I'm thankful for....**

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And now this one's for you. Anything else you want to express gratitude for, go for it.

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One more time, let's infuse your intention with gratitude. The power of gratitude cannot be understated, and you're going to use that power to its full advantage.

I AM \_\_\_\_\_ and I am so thankful for how everything worked out.

*Write thank you & take a deep breath* \_\_\_\_\_

*Write thank you & take a deep breath* \_\_\_\_\_

*Write thank you & take a deep breath* \_\_\_\_\_

Listen to the audio *Day 10: The 7 Chakras*.

<https://soundcloud.com/melissafield/day-10-the-7-chakras>

Go through each chakra and write a few of the things you expressed gratitude for. If you can't remember what you thought, write whatever comes to mind in relation to what that chakra represents.

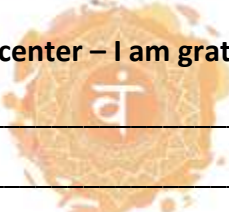
**Root chakra – security and stability center – I am grateful for...**



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**Sacral chakra – passion and creativity center – I am grateful for...**



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**Solar plexus chakra – personal power center – I am grateful for...**



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**Heart chakra – love center – I am grateful for...**



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**Throat chakra – center of self-expression – I am grateful for...**



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**Third eye chakra – Intuition and guidance center – I am grateful for...**



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**Crown chakra – Divinity and enlightenment center – I am grateful for...**



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