

TREE OF

PAST LIFE

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HOW IS YOUR GRATITUDE?

What are you grateful for?

Do you have a gratitude regime?

Do you acknowledge this?

How do you use your gratitude?

What does it mean to you?

How often do you add new gratitude thoughts to your daily life?

GRATITUDE, IT'S A FUNNY OLD WORD

For some acknowledging or counting your blessings will be a regular way of life, second nature so to speak. Waking up every morning and automatically feeling a zest for what lays ahead, all wrapped up in a good old dollop of positivity. Happy just to be breathing...with a cupper in hand.

So how can some people feel and experience gratitude and others cannot?

What makes us all so very different in our thoughts, action and eventual outcomes?

How would you look at life yourself?

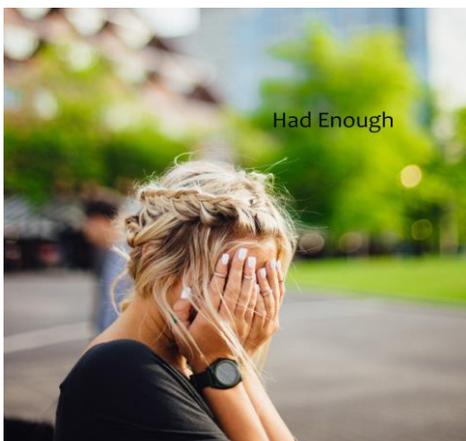
How do you view your outlook?

Are your thoughts and gratitude related to your circumstances?

Some may read this and automatically think “Blah blah blah ...heard all this gratitude and positivity thing all before” and head straight into a “What have I got to be grateful for” “What has life ever done for me?”

And this is a very good question...

When we look at our own life and **just our own life**, we can sometimes see that things are not as bad, as negative, as doomy gloomy as we may first think. So therefore, this may be the key. That's not to say some day's will of course be rubbish! And it's ok not to feel ok! But... and in life there is always a but...**Only look at your own life, your own bubble.**



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Try not to compare yourself to others in the wrong way



If we stop comparing what others have that we do not. If we stop assuming everyone is better, richer, better looking, better educated, funnier than we are, then we stand a much better chance of being grateful for who we are and what we have.

When we let go of all expectation there is peace

Try it, and trust over time it will work for you. You will come to realize your life is full of personal gratitude...all you have to do is listen to it.

Promote what you love

Instead of

Bashing what you hate

EVERY DAY IS A NEW DAY FOR YOU, YES YOU!

Remember life revolves around your thoughts. This has been proven year after year and plays an enormous part in our overall health and outlook. As example, If you think negative you of course may naturally feel negative. If you think more positive then naturally you may feel more uplifted and positive.

The same applies to gratitude...if you think in terms of what you have and dismiss what you do not have at this moment in time then you help dramatically improve your overall outlook. Now that's not to say you will be running around doing cartwheels and coasting up and down the aisles of tesco's sporting an A board shouting to the world your "grateful"...

It simply means that you are giving it your attention, your thoughts, your considerations. We only have to glance at the news on the telly box to see the devastation all over the world and how some people are forced to survive. It is very easy to turn a blind eye and think of well...that's their problem!

Let's look at it another way, ok yes...we are not in their position! But how about honouring this and therefore feeling ultimately grateful for this. After all life could deal us a much worse hand.....surely that should allow us all to stop and think just indeed how grateful we really should be?

**Author of "One for the Ladies
Available on Amazon**

<https://www.amazon.co.uk/One-Ladies-Sally-Lindsay-Davison/dp/1722950641>

Kindness and regards to all

Sally
