

# 5 WAYS

*to express gratitude and  
nourish your body, mind & spirit*



---

#DiscoverYourLight



## GRATITUDE

# *1. Write it down.*

Writing is always powerful. It's a way of making your intentions tangible. Expressing your gratitude in writing is very nourishing to the soul.



---

#DiscoverYourLight



## GRATITUDE

### *2. Say it out loud.*

Of course, expressing gratitude verbally is always appreciated. It makes us feel good to tell someone that we are grateful for them, and it makes them feel good too. It's a win-win.



---

#DiscoverYourLight



GRATITUDE

### *3. Practice self-love and self-care.*

When we take care of ourselves, we are better able to take care of others. By nourishing ourselves, we are affirming that we are grateful for everything that we are receiving in our lives.



---

#DiscoverYourLight



## GRATITUDE

# *4. Thank your wise self.*

Connect with your heart space and give thanks for your own inner wisdom. Give your inner wise self the chance to speak up, and acknowledge & appreciate all of the wisdom that is available to you.



---

#DiscoverYourLight



GRATITUDE

## *5. Send love.*

Sending love to someone specifically or to the entire planet is a way of expressing gratitude for everything that we have received.



---

#DiscoverYourLight