



AWAKENING *Through Gratitude*

*Realize the Unlimited Possibilities for
Love and Miracles in Your Life*

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Introduction

By choosing to appreciate whatever it is that life gives to us, we organically elevate to a higher vibrational state. We begin to see others and life in a glow of gratitude, while finding beauty in what is, versus focusing on what we wish would be.

Having gratitude for our harmonious relationships and grace-filled moments in life can be effortless, and feel much like a celebration.

However, we experience true transformation when we begin to have appreciation for all people, interactions and occurrences that cross our path.

What I've discovered, is when we make a choice to find the gift in our most challenging situations, we become our own miracle worker.

We simply free ourselves from resistance and judgment, and invite miracles into our life.

We open ourselves up to deeper love, ecstatic joy and more extraordinary life experiences...our world literally transforms.

In choosing to see life through the eyes of gratitude, fostering a "gratitude awareness" and adopting an "attitude of gratitude," we are soon to realize unlimited possibilities for love and miracles in our life.

When we commit to having gratitude as our primary emotion, we naturally encounter a profound shift in perspective.



*Because all things have contributed to your advancement,
include all things in your gratitude.*

- Ralph Waldo Emerson

My Gift to You

Awakening Through Gratitude is a gift from my heart to yours. It's a soul creation inspired by my deep desire to share my journey and transformative life experiences based on the miraculous power of gratitude.

In this guide, you'll find practices and principles I use in both my personal and professional life.

My heartfelt intention for you, is that by completing this guide and implementing what you learn into your own life, you will begin to see each daily occurrence as a gift from God – just for you!

Before long, you'll experience a deep surrender to life as you embark on an extraordinary journey of trust.

As you allow this, you'll soon discover that all your needs are met with ease and grace, and you will begin to witness beauty and miracles everywhere.

May you honor yourself fully, love yourself deeply and allow your heart to remain open to all life wants to give to you....

In loving gratitude,



How to Best Use this Guide

- Create a safe, private, sacred space for completing this work.
- Light a candle, pour yourself a cup of a tea and make yourself comfortable.
- Close your eyes, and set a silent intention to fully honor yourself in this process.
- Have tissue nearby.
- To avoid unnecessary interruptions, do your best to handle all potential outside distractions before you begin. (Yes, this includes your cell phone.)
- You'll also need a journal, notebook or paper and a pen full of ink.

Please note, your level of willingness to participate fully in the completion of this guide and the associated homework will significantly impact the level of transformation you'll experience in your life.

By the nature of this guide, *Awakening Through Gratitude* and its content can be used time and time again. Once you finish this guide and the exercises within, feel free to practice it again and again. Simply use a journal, notebook or paper.

Also, many of the methods are meant to be implemented as practices and principles to apply to your daily life. Once completed, you'll notice that much of this work does not require extra time or a radical restructuring of your life. What you will gain however, is transformational tools for making the best use of the time you already have.



Let the Awakening Begin

Make a list of five people you are most grateful for:

(It's okay and encouraged to include yourself on this list.)

1. _____
2. _____
3. _____
4. _____
5. _____

Circle the name of one person you've listed above. Now, turn this piece of paper over, take a deep breath, exhale and begin writing a warm and genuine "letter of thanks" to this person. Take your time, write from your heart and go deep into the gratitude you have for this person.

Once you've completed, take the letter, and with one hand on your heart, read it aloud to yourself in front of a mirror. Stop to gaze into your own eyes, and notice the feelings that arise within you as you fully embody the appreciation and love you have for this person.



Experience the Magic!

Over the next five days, commit to writing each remaining person on your list a sincere “thank you” note. When possible, send your letter as a handwritten note on special stationary or within a beautiful card.

Please complete this exercise even if you’ve included someone on your list that is no longer here in physical form or you’ve chosen to include a special pet or four-legged friend. Know that writing a letter of recognition to a loved one that has passed, or to a pet that is unable to read it, can provide a profound and powerful healing opportunity. Trust that your heart-felt message is heard as a generous gift from your soul to theirs. Remember: The power of gratitude has remarkable, positive and even healing effects on both the giver and recipient. Plus, expressing gratitude toward yourself can be enlightening.

I highly recommended making handwritten thank you notes a regular practice in your life. Most of us can certainly think of more than five people to whom we can express our gratitude, and this list often continues to grow as we become more appreciative in our life.

Speak from your heart! DON'T HOLD BACK!



A Gratitude Reframe

Make a list of the top five “things” (life experiences included) that you are most grateful for:

1. _____
2. _____
3. _____
4. _____
5. _____

Choose one item above and explore it further. Using the reverse side of this paper or your journal, take some time to write about why you are grateful for this particular “thing” or experience. Move into what it has and/or continues to bring into your life. Allow yourself to discover what you may have taken for granted.

List three of your most challenging events or life experiences:

1. _____
2. _____
3. _____

Choose one of the events you’ve listed above, and be willing to explore a little deeper. Using the back of this page, write about the personal growth or blessings that may have come as a result of this occurrence.



An Invitation to Gratitude

Allow me to invite you to participate in a little gratitude experiment. This exercise is supported in part by ancient wisdom teachings and continues to prove itself as effective in today's modern world. Implementing this practice into your daily life is as easy as saying two words: "thank you."

Here's how it works:

- Say "thank you" at the moment something (anything) happens "to" you. However the experience is perceived (good or bad)...say "thank you."
- In the midst of crisis, the power of these two words can automatically lift and elevate the energy, transmuting the event into an opportunity for personal growth, expansion and deeper understanding. In turn, this creates space for you to release the struggle and judgment and opens you to receiving the incident as a gift.
- **Trust that the underlying meaning is for your highest good, and even if you don't understand in the moment, say thank you.**



Everything that happens to you, happens for you.

Allow Yourself to Experience the Shift

The same goes for a more positively perceived occurrence – right as it’s happening, say thank you. The act of saying thank you (even silently) will deepen your experience and expand your awareness of beauty, generosity, kindness and joy. It will also trigger the opening of your heart chakra, make you more receptive and encourage the release of blocks or resistance you may have toward fully receiving love.

Let this experiment further heighten your ability to witness the miracles in your everyday life. Be grateful. Say thank you.

Change your view, change your reality – as you continue to see through the eyes of love and gratitude, everything unlike love and gratitude will fall away.

As you change your thoughts by inserting “thank you” into your daily life, you are tapping into the divine flow of energy, information and intelligence, which in time, will transform your life.



The road to happiness starts with a deep breath and an awareness of the many blessings tied to that single breath.

– Richelle E. Goodrich

Daily Gratitude: An Integration Practice

1. Keep a Gratitude Journal

If you don't have a journal, please treat yourself to one. Use your journal to jot down all you are grateful for. At the end of each day, take your personal gratitude inventory. Include things that happened during the day that may have otherwise gone unnoticed – a surprise call from a friend, a kind word from a loved one, unsolicited assistance from a stranger, a sunny day, a smile, a complement, your health, your home....

Feel free to use the following journaling prompts as inspiration:

- What was the most beautiful thing you saw today, and what were your feelings about it?
- Write about a recent difficult experience or situation that seemingly resolved itself or became better after you chose to be grateful for it.
- Describe any signs of miracles that have recently come into your life, such as an unexpected gift, a spontaneous moment of joy, a sense of perfect alignment or a feeling of connection.
- At this very moment, stop and look around you, notice everything you have to be grateful for, especially the little things you may have otherwise overlooked. Describe your experience.
- First, list three things that make your daily life more challenging. It could be the stress of work, an overbooked calendar, your finances or the expectations of friends and family. Secondly, write down the ways practicing gratitude for the above three things could reduce your sense of stress and struggle.



*To live a life of gratitude is to open our eyes to the countless
ways we are supported by the world around us.*

– Gregg Krech

Daily Gratitude: Continued

2. Express Your Gratitude

Take time to openly thank those who love and support you in their own special way. Tell them how much they mean to you and how blessed you are to have them in your life; include your barista, grocery clerk, hair stylist, etc. Make it a practice to write thank you notes. If in a partnership, use the end of the day before you fall asleep to take turns sharing everything you appreciate about one another.

3. Notice Daily Miracles

Slow down, and allow yourself to take in all the beauty and abundance that surrounds you. Be mindful of your breath filling your lungs and be thankful for the clean, clear oxygen that sustains every cell in your body. Be grateful for every meal, for every bite. Take time to bless your food before eating, and send love to each soul that took part in making the nourishment available for you to enjoy. Notice nature; the singing birds, the towering trees, the sunset, the fresh breeze and receive it as a gift from God to you. Because, that's exactly what it is!

4. Be the Gratitude You Wish to See

Be the light in your life. Give graciously to everyone you meet; be it a smile, a complement, a silent blessing or a warm greeting. The greatest gift you can give to anyone is your loving attention. Know that when you live from a place of love and gratitude, everything good is drawn to you.

5. Keep Your Heart Open to Receive

Stay open and let in all the joy, love and gratitude around you. Allow yourself to fully receive and experience the abundance of gifts that life is offering to you in each moment. Laugh out loud. Notice if you feel any resistance, and let it go. Trust that the more you're willing to receive, the more you'll have to give.



*There is no prescription for finding moments of gratitude
in every day; there is simply the choice.*

— Gillian Deacon

Freedom to Live Your Life

You were born free to live and create the life of your dreams. You may remember a time in your life when you felt connected to that truth and knew in your heart that you could do, be and experience anything you wanted.

Allow this guide and the exercises within to remind you of that truth. And, by using the surprisingly simple yet profound power of gratitude, you will awaken to the blessings already present in your life today.

By deepening in gratitude for your everyday life, you regain the freedom and clarity essential in the manifestation of your long-held dreams.

Completing this *Awakening Through Gratitude* guide is only the beginning.

Over time, you may have developed the belief that you were destined to live the life you already have, and that it's as good as it gets. Yet, there's a part of you deep down inside that knows better than that. That wiser part within knows that the most grateful people on the planet are also the most joyful and fulfilled. They are constantly learning, growing and making a difference in their lives and the lives of others. A life of gratitude is a life of inspiration, purpose and bliss.

The truth is, your life is your creation. You have the freedom to choose how you want to live your life, who you want to be and what you want to do.

Let this dynamic handbook be your call to action. Let it open your heart and seep into your soul. Let it lead you to awakening through gratitude to the brilliant truth of who you really are. And, let it inspire you to fully engage in the creation of the extraordinary life you're meant to be living.

Awakened, inspired and free...





Further Support Available

As a transformational life coach, Janette Gorney supports her clients in revealing the truth of who they really are and assists them in realizing their wildest dreams as signposts on their unique path to an exceptionally prosperous, purposeful way of being.

Spaces for one-on-one coaching are limited and available to exceptionally motivated individuals prepared to commit fully to up-leveling the quality of their lives. Sessions are done by phone, video conference or in person for those living in the Los Angeles area.

Visit JanetteGorney.com for more information, to submit a direct inquiry on personalized coaching packages or to set up a consultation to explore the experience of working with Janette.



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