Expanding Gratitude Practice Journal

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Please read full blog here: <http://lightworkersalliance.com/deepening-my-gratitudes/>

Our first list is a way to dive deep into who you are. **Make a show-off list.** Everything you are good/great at. Don’t hold back. Brag, boast, tell it all and in a way that says you are grateful for the mastermind you truly are. Make a list of celebrations, accomplishments and achievements. Write gratitudes for your education (formal and otherwise), travel, where you have lived, how many children/divorces/jobs/illnesses you have survived. Things you have conquered/climbed/purged. Go deep.

***Examples:***

I am so grateful for my never-ending persistence, and how I earned a degree while in my forties.

I am grateful for how I take care of everyone, even when I am bone tired from work and worry.

I am so grateful for my good taste in friends.

I am grateful for my ability to travel well and see twenty-seven states and fourteen countries.

I love how many promotions I have had in my life.

My lists of financial increases is a mile long, I am freakin’ awesome at making money.

I love my ability to think fast, faster than most people know.

This doesn’t work if you aren’t bragging. So if part of your brain tries to hold you back, notice it then get back to the list.

**My brag/show-off list:**

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Don’t stop, keep going!

**Next make an anger list.** Hunt for your inner-most deviations from Light. What makes you curse? Who do you strongly dislike... or... hate? Your fears are lurking just behind those hates, so find them.

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Still mad? Keep writing!

Time for another list. This one may seem more productive, but it plays off the previous. **Make a list that compliments your anger by expressing what you want via gratitude.** For instance: “I cannot stand loud talkers. They frustrate me and I want to strangle them.” (See how nice it is to dive. The deeper you go, the more you clear.) Now, what would be a nice gratitude to compliment severe craziness when people talk too loud? Maybe: I am completely at peace when my ears adjust everything I hear so that I am comfortable. Or: I am grateful for everyone that cares about how their voice impacts my ears. That would be a good start, but why not dig even deeper. You may need to re-visit the anger list, and that is fine. Why do loud voices bother you? Did your father yell? Were teachers mean? Did you damage your ears with loud music?

Getting deeper with gratitudes. I am grateful:

-that I recognize what annoys me.   
-for anytime I allow noise to correlate with old pain so that I can heal the issue and be free of the side effect.  
-for my ability to hear what is happening, to listen with my ears, body and mind.  
-for the person talking so loud that I have to face this issue and the opportunity to heal it.

Take as much space as you need to rewrite your anger list into an empowering list of gratitudes. This technique will teach your mind to acknowledge what makes you angry, and then work to correct the situation.

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Ready for more? There is no limit. Not here, not ever.

Thank you for reading. There’s more:

[Divine Accordance](http://amzn.to/2ndVSiH)

[Pocket Prayer Book](http://amzn.to/2kjTvqN)

[Holly Burger on Amazon](http://amzn.to/2kQ58ZQ)

[www.LightworkersAlliance.com](http://www.LightworkersAlliance.com) is a comprehensive resource for free meditations, blogs and various lightworking interests. Type something in the search box.

Thank you.