
YOUR INSTINCT
MAKES ITSELF
KNOWN IN A BIG WAY

APPRECIATION

Appreciation keeps you connected to power.
(universal intelligence, the source, God, the creator, love)

Appreciation makes people happier. Happiness makes brains 31% more productive. Appreciation reduces stress, it is the opposite of complaining and it improves relationships.

Perform a daily appreciation ritual and watch your life start to change.

Do the following every day.

Pick one thing you do each and every day when you wake up in the morning. Something that is done so regularly you don't even think about the fact that you're doing it. Like making coffee or tea. Or feeding your animals. Or smiling at your partner before getting out of bed. And practice Present Moment Appreciation.

Present Moment Appreciation

Smile before getting out of bed. Look at your partner who gives you love, support, friendship and brings so much joy into your life. Or look at the warm place that kept you comfortable all night while you slept. Or look out the window at the new day beginning. Find something to smile about and use your face to do it. I mean every muscle including those around your eyes.

Reflect the joy and unconditional love you get from your animals.

Touch your coffee cup, your tooth brush; any and every object you come in contact with, with gentle love and appreciation.

Begin with this, say out loud „I appreciate“.....

pause, don't think of anything just surrender to the moment. Something inside you will shift and the words will come.

Bathe in the energy of the frequencies that you have created around feeling

Appreciation
unleashes the
power of
manifestation in
health, wealth,
relationships, in all
that you desire to
manifest.

appreciative.

It gains momentum with practice.

Here is a suggestion for your journal.

Write down 5 things everyday you feel appreciation for. Do it everyday for 5 days. Longer if you feel like it.

It gains momentum with practice and it changes your life.

