

3 Easy Ways To Bring More Gratitude Into Your Life

<https://www.thesacredscience.com/3-gratitude-rituals>

Creating a daily habit is the best way to start your internal gratitude engine and invite more joy, health, wealth, vitality, and abundance into your life. Here are 3 simple exercises to help you on your path:

1. Gratitude for a new day. Each morning, say a simple "thank you" for another new day of life.

2. Say a daily gratitude prayer for "the grateful things" at a mealtime. Choose a meal each day where you have a moment to sit and reflect on a few things that you're grateful for in that moment.

3. Write down one grateful thing each day for the next ten days. Grab a notebook or pad of paper—or if you're really ready to take this on, find yourself a beautiful blank journal. Begin with a ten-day practice, and each day list one thing you're grateful for. If possible, try to mix it up, including something from each area of your life over that period.

Some gratitude inspiration, to help get you started:

- What you like about yourself, inside and out.
- Can you derive some bit of wisdom from a challenge you are currently facing?
- List your favorite people and what you love about them.
- Perhaps take a moment to focus on the good parts of your job, the work you get to do, the people you get to do it with, and the compensation you receive for it.
- What are the things you love about where you live?
- What is your favorite color? How does it make you feel?
- Have you received any kind words or praise lately?
- What are you good at? Do you have hidden talents?
- What are you looking forward to in life?
- Was the sky particularly beautiful today?
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The opportunities to find things to be grateful for are endless. They don't have to be big; it can be something as simple as that first ray of sunshine in the morning.

Being a Grateful Witch <https://www.patheos.com/blogs/keepingherkeys/2018/07/be-a-grateful-witch-the-importance-of-daily-gratitude-and-a-simple-ritual/>

I put a lot of thought and effort into my rituals and spells. But witchery doesn't end when a working is finished. Creating an energetic field within me and around me that attracts "all good things" is an integral part of my daily practice. If there is one thing I know for sure (there's only a few) is being grateful for what I already have is a sure-fire way to manifest abundance. Becoming aware of the many blessings present in my life helps to attune my personal energy to attract that which I seek. Expressing gratitude, in my opinion, should be part of our daily practices that I call the Witches' Hour of Power. I

think we should all be very thankful for identifying as witches and other sorts of magical people.

A daily gratitude practice creates an energetic field of plenty because it sharpens our appreciation of the great things we already have. I know all too well that life can be incredibly miserable. In difficult times, it's even more important to do daily gratitude work. No matter how bad things are, like the saying goes, there is good in every day. Struggles made me strong, scarcity gave me resourcefulness, and knowing pain gave me both compassion and appreciation for pleasure. By sharing our gratitude with others, through writing a note or telling someone in person, we send them beneficial energy while creating it in ourselves.

The thing with a daily gratitude practice is that you'll start to notice how much you already have. I love the quote below because it reminds me that I already have all that I need to not only get by, but to thrive. All the skills, talents and knowledge are already inside of me waiting to be applied.

Going Deeper: The Power of Offerings and Service

When we make offerings to the energies, guides, deities or ancestors that we work with and honor, we are expressing something beyond gratitude. To me, these actions are a combination of affirmations and gratitude since these things exist within and without. Some people honor deities as a way of keeping away "bad" energy. This is not my personal practice. I stay away from that mindset entirely. I am grateful always for the blessings I have received.

A Few Suggestion for Personal Gratitude Rituals David Taliesin,
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- Try a "blessing" jar for a designated period of time. Take a clear glass jar and decorate it as you see fit. At the end of each day write down at least one thing you are grateful for and place it in the jar. Watch your gratitude "grow" as the slips of paper in the jar continue to fill it.
- If you've never worked with lode stones before, one way is to set aside a full moon cycle as a season of gratitude. Place a lode stone on a plate on your home altar. Every night place a pinch of the iron shavings on it while thinking of the things you are grateful for.
- There are a number of gratitude wheels that you can find on the internet and print out. We will use one in our closing ritual. I'll post a link to two on my blog page. These sheets are a tool to use in your meditation time to help you express what you're grateful for in life.
- Place a symbol on your home altar to symbolize gratitude. The Tarot Card Ten of Pentacles is a good example. You need to choose the image that resonates with you. It's there to remind you to express gratitude every time you do meditation or magic.