



ADVANCED PROGRAMME

HABIT 20

Gratitude & Appreciation



...powerful habits to transform your life!

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Quick Guide

Habit 20 is entitled ~ **Gratitude & Appreciation.**

This will nourish your soul 😊.

The simple act of practising an attitude of gratitude and appreciate at every opportunity, will hook you up to very positive vibrations and bring a constant supply of positive experiences into your life.

Don't underestimate the power of this simple habit!



Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

Habit No 20 ~ Gratitude & Appreciation

“Profound gratitude and appreciation will make you feel really good and bring a constant supply of positive experiences into your life 😊!”



Deep Gratitude & Appreciation

This is the icing on the ‘high vibration cake’ following on from the feel-good habits of 17, 18, 19.

Deep gratitude and appreciation are in the same vibrational ball park as love (500).

When you sincerely express them, you automatically put yourself into a vibration that says to the universe **‘more of this please.’**

And it’s very easy to do 😊!

A simple attitude of gratitude

An attitude of deep gratitude and appreciation for everything in your life is a simple way to instantly raise your energy and attract more good things.

You’ll automatically feel good too because you’re connecting with a high vibration 😊.

All you’ve got to do is go about your day expressing deep and profound gratitude for **everything** in your life.

Daily routine

As an absolute minimum, I highly recommend you have a gratitude session every morning when you wake up and every evening before you go to sleep. It only takes a couple of minutes at the most.

In the morning either out loud if appropriate or silently in your mind, simply give deep and profound gratitude for all the good things in your life.

Just a simple statement beginning with **“I’m so grateful for...”** or **“Thank you for...”**



Examples;

Thank you for my beautiful family.
Thank you for my wonderful partner.
Thank you for the delicious food in my fridge.
Thank you for my lovely house.
Thank you for my vibrant health.
Thank you for my gorgeous dog called Pepe.
Thank you for all the money that flows into my life.
Thank you for all my fantastic friends.
Thank you for my fulfilling occupation.
Thank you for my wonderful colleagues.
Thank you for all my great neighbours.

In the evening, reflect on your day and express further gratitude, for example;

I'm so grateful for the nutritious breakfast I had.
I'm so grateful for the smooth journey to work.
I'm so grateful for the beautiful weather today.
I'm so grateful for such an inspiring day at work.
I'm so grateful for all the people that made me laugh.
I'm so grateful for the cups of coffee my colleagues made me.
I'm so grateful for all the delicious food I ate.
I'm so grateful for the wonderful service I received in the cafe today.
I'm so grateful for all the kind drivers who let me into the traffic.
I'm so grateful for the delivery guy who was so friendly and made me feel good.
I'm so grateful for all being alive.

You can also be grateful for things that you want but haven't happened yet, but you wish to attract, for example;

I'm so grateful for tomorrow and what a wonderful day it's going to be.
I'm so grateful for my weight loss and gorgeous new figure.
I'm so grateful for my new found confidence and vitality.
I'm so grateful for all the beautiful compliments I regularly receive.
I'm so grateful for the unexpected sums of money that keep showing up.

You can get more detailed too and combine it with (habit 19) scripting;

I'm so grateful for my perfect partner who is going to walk into my life when the time is right and make me so happy, I'm so excited at just the thought of it!

I'm so happy and grateful for finding the perfect family home that we all adore in such a friendly and helpful community.

Look for opportunities to express it

As you go about your day, be grateful and appreciative of any acts other people do for you (for example: serving you, holding doors, letting you into the traffic lane etc), no matter how big or small.



Notice the world around you and be grateful and appreciative of everything that brings you joy (flowers, nature, art, trees, sunshine) or makes your life easier in any way at all (transport, roads, appliances, gadgets).

Be grateful for absolutely everything that uplifts or adds to your life in any way.

Here's the advanced part

Once you really get into the swing of it, you can even do it with 'negative' experiences too.

Similar to the example in habit 19, you realise that perceived negative experiences are just little gifts (sent to teach you wisdom or give you something better) wrapped in the appearance of negative energy. Here's some examples;

I am very grateful for the traffic jam as it gave me the opportunity to be in the moment and notice the beautiful world around me.

I am very grateful for the rude lady in the shop as it made me realise that I was in such a great mood and in complete control of my emotions.

*I am very grateful for missing the train as it made me realise what a brilliant and efficient service it is and reminded me 'sh*t happens' and just to let go and go with the flow.*

This is gratitude mastery when you can be thankful for all the events that are generally deemed as negative.

Putting yourself into the high vibration through gratitude and appreciation when most people would react in a low vibrational way, is a skill worth acquiring 😊!

Practise it, people will notice!

Stephen's fantastic 'car breakdown' experience

In the summer of 2018, Stephen was driving over to my house to record some videos when his car broke down. Fortunately, he managed to pull off to the side of the road safely and called the breakdown services.

Being well versed in the attitude of gratitude, he expressed his gratitude at being able to get the car into a safe place by the roadside and having a breakdown service available to sort the problem.

As he knew that he would be there for at least an hour, he looked at making the best of the situation. Fortunately, he had a book with him (that he'd recently started) so he picked it up and continued reading it. He spent the next 90 minutes fully engaged in his book on a beautiful summer's day by the roadside.

Next the friendly breakdown service arrived, diagnosed the problem, and took him home. Whilst chatting with the breakdown guy about what he did, the guy wanted to purchase a numerology reading from us 😊.



All in all, he had a wonderful time reading a compelling book on a glorious day and picked up a bit of business in the bargain too. The car was quickly fixed by a local garage the next day. It turned into a very productive and relaxing afternoon, and we did the video shoot another day instead. Very grateful indeed!

It's all about your mindset

The universal law of relativity states nothing is good or bad, big, or small etc.... until you **relate** it to something else.

In other words, it's merely your opinion which you get to choose.

Here's another example of my own experience:

In 2019 I had 2 scheduled customers cancel appointments the day before they were due.

Unbeknown to them, I was snowed under that week and contemplating ways (i.e. work longer days, work Saturday) to fit everything in. So, I was very happy and grateful that my schedule was unexpectedly eased, without having to do anything.

In the past I would have been a little annoyed that the customers cancelled at short notice causing hassle and the loss of expected income.

However, I've learned to always see the positive and express gratitude no matter what, as it puts me in a high vibration, and I know to just let things flow (as the universe may have better stuff in store for me that I'm unaware of!) 😊.

How you react to any situation is up to you. Nothing is good or bad, it's only your thinking (opinion) that makes it so.

So, when something that is generally perceived as bad happens (let's say you lose your job), perhaps try saying/thinking like this;

"Although I've just lost my job, I know it's for a very good reason and I just know I'll be delighted when it all plays out. I'm certain my dream job is now going to appear when its ready and I'm so grateful. I'm excited at just the thought of what the universe is going to give me instead!"

Just think about what you are broadcasting vibrationally to the universe if you can express grateful thoughts like that?

Of course, it takes practise to do this, but will make a profound difference to how you feel and what turns up in your life if you do.

The health benefits

When you feel genuinely grateful, your body relaxes, your blood pressure lowers (or stabilises if you have low blood pressure) your cortisone level reduces (that's the stress hormone), and your heart rate variability is boosted.



So, all in all, whilst gratitude is very beneficial to your emotional, mental, and spiritual wellbeing it also very beneficial to your physical wellbeing.

Gratitude suggestion (every time you receive value)

Something that Stephen has done for years (which I've started doing) is to always thank any person who produced/wrote/broadcasts anything of value, that he's benefitted or learned from in any way.

This may be a book, a social media post or perhaps a you tube video.

If it's a book, he'll hand write a thank you note on the book (energetically powerful). If it's a social media post or you tube video, he'll write a thank you note in the comments and click the like/love button. A genuine comment of gratitude is always nice for the recipient, and it puts you in a good vibration too 😊.

Final words

Gratitude is healing to your emotions as it comes from the heart. Whatever you appreciate and give thanks for, will increase in your life.

We're very grateful to you for buying this programme to improve your health and wellbeing. So, a sincere thank you from us.

Recommended habit action steps

- ✓ Have a gratitude session every morning when you wake and before you go to sleep, for everything about your day (it only takes a minute or two).
- ✓ Develop an attitude of gratitude for **everything** in the world around you that uplifts you or makes your life richer in any way.
- ✓ Practise turning perceived negative experiences in positive ones and expressing gratitude for the (hidden gift) lesson.
- ✓ Look for opportunities all day long to express gratitude and appreciation.

Here are the related essential programme visual aids....



The Rules for Being Human

1. You will receive a body.

You may like it or hate it, but it will be yours for life.

2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations, and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts, and feelings.

8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

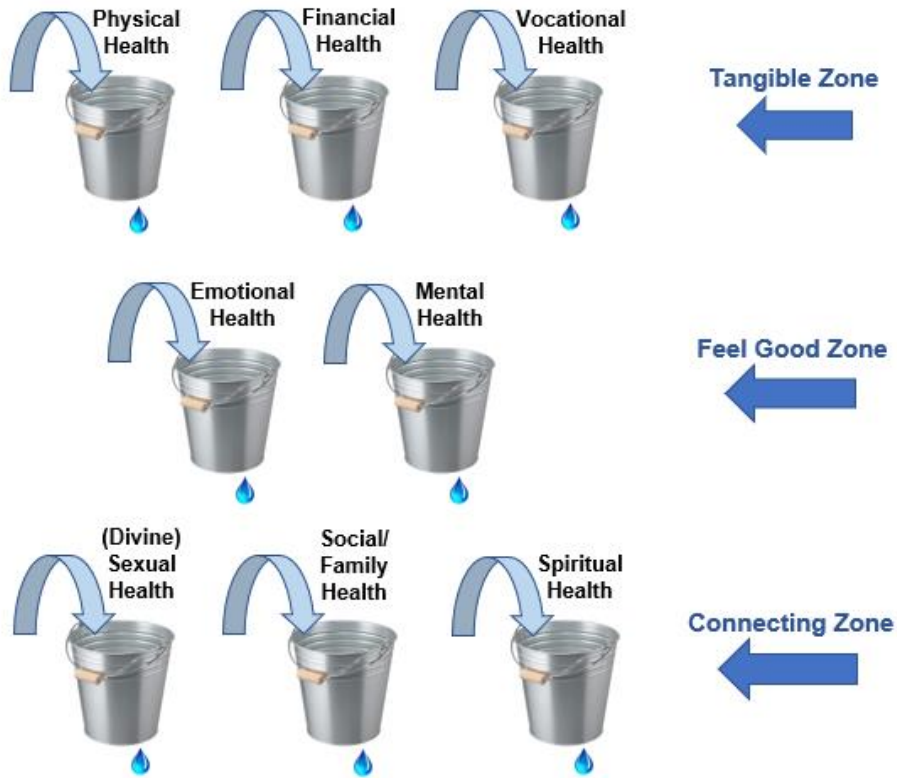
11. You will likely forget all this...but you can remember it whenever you want 😊.



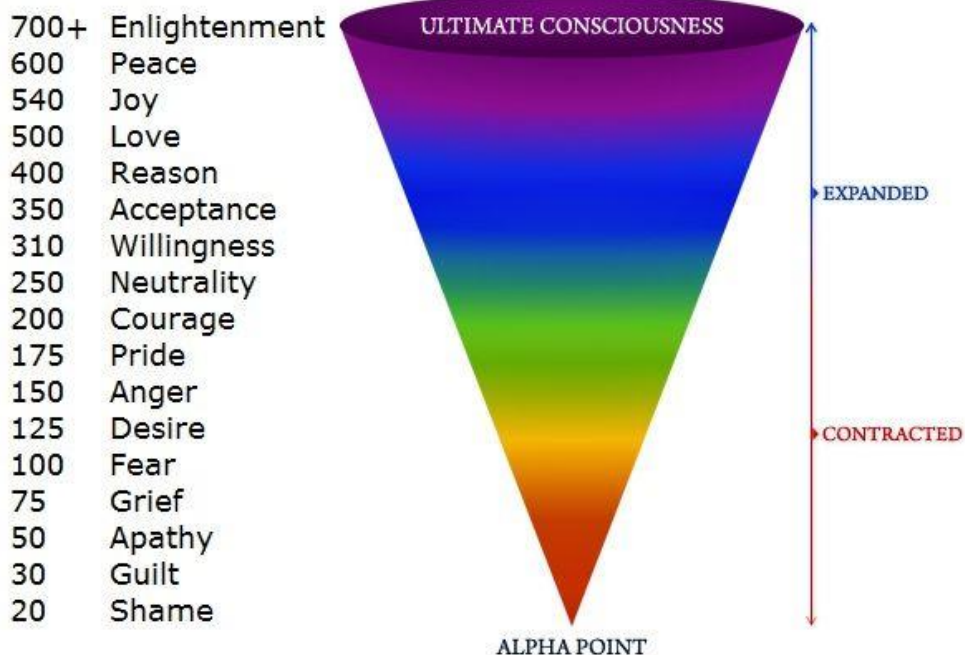
Key Charts & Visual Aids

Your 8 Health Buckets

(each has a continual, very small leak)



OMEGA



Your Mind, Body, Spirit Connection

You have a body and a brain existing in the material world, a soul in the spiritual world and a mind in both, **you're a multi-dimensional being.**

