



Thank you

PERSONAL MANIFESTATION THROUGH GRATITUDE





A NOTE FROM YOUR COACH

WELCOME TO THE SOUL TRIBE.

"A grateful heart is a magnet for miracles"

The word "Gratitude" comes from the Latin word "gratus" meaning "thankful", "pleasing".

Gratitude is a powerful emotion and a universal sentiment propounded by all known religions in one way or the other.

Positive psychology studies show that people who practise gratefulness are less stressed, less depressed, feel fulfilled and have a sense of grounding.

The practise of expressing gratitude or being in the state of gratitude is a virtue that can shape our emotions and thoughts to perform positive deeds and actions for well-being and harmony. Energy follows where your focus goes!

I am glad to share this wonderful thought provoking 30-day gratitude prompts for you to keep the practice of Gratitude going on and integrate it into your basic fabric of life to attract and manifest the abundance in your life!

Peace, Love & Light,

Tanushree Nair

www.tanushreenair.com
Founder: The Soul Alchemy



AN ATTITUDE OF GRATITUDE

30-DAY GRATITUDE PROMPTS

INSTRUCTIONS: Use these prompts to work on gratitude each day for the next 30 days to build your gratefulness muscle. You can choose to use these to write in your journal or in your prayers. Feel free to add your own creativity and ideas on the way!!

Top 3 things you are grateful for today	Your happiest childhood or early days memory	Something that you are proud of you in your personal/professional life	A quote that inspires you	Look around the room and write 3-5 things you are grateful for	A family member you are grateful for
The skills that you are grateful for	A place which you are grateful for	Your favourite book or the one you are reading now to be grateful for	Stress-relieving object/thing that you are grateful for	Your favourite song and its early memory	3 things that your profession/career that you are grateful for
A song that sparks happiness	Something/Someone that made you smile today	A stranger or acquaintance you are grateful for	Someone who inspires you	The money that you earned with your skill	The body part that you appreciate the most
Express gratitude to your parents	Your favourite hobby	Your pet or an animal you are grateful to	A favourite food that you enjoy	A friend you are grateful for	A gift that you received
For the food on your plate	Something that you have taken for granted	For being able to learn and get new opportunities & experiences	An act of kindness you experience recently	For Mother Earth & the forces of nature	A negative experience that had a positive outcome





RESOURCES



CHECK OUT THIS GRATITUDE VISUALIZATION/MEDITATION FOR
YOUR DAILY PRACTICE: [GRATITUDE MEDITATION](#)

Here are some more resources for you to Explore:

TED TALK:



[KISS YOUR BRAIN: The Science of Gratitude](#)

[WANT TO BE HAPPY? BE GRATEFUL](#)

[AN EXPERIMENT IN GRATITUDE | THE SCIENCE OF HAPPINESS](#)

THE BEGINNING & END OF ALL TRANSFORMATION IS SELF-AWARENESS

TANUSHREE NAIR



[IG.COM/SOULFULLIVINGWITHTANUSHREE](https://www.instagram.com/soulfullivingwithtanushree)



WWW.TANUSHREENAIR.COM



DOWNLOAD THE
SIMPLI MYNDFUL APP
FROM THE PLAY STORE