

THE ONE ABUNDANCE MANTRA TO SAY ALL DAY, EVERYDAY: Thank you

OVERVIEW OF THE STEPS:

- 1 Set the intention**
 - 2 Start saying "thank you" to the people around you**
 - 3 Say "thank you" to life**
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The best way to create even more abundance in your life is always from a place of appreciation & gratitude.

Think about the student that always gets the gold star.

The gold star is the teacher's form of appreciation. It's as if the teacher is saying: "Hey...good job, thanks for doing the homework so well!" And as the student feels appreciated they're inspired to do an even better job and receive more gold stars!

While adults don't have gold star stickers it would actually be a great idea to have a form of gold star in your home that you can give to your partner, child or coworker for a job or effort well done. This could be a small food item, a book, a literal gold star, a gift card to their favorite coffee or tea shop. The gold stars feel good!!

And the thank you needs to be done all. the. time.

You can also thank The Universe.

"Thank you for this beautiful sky."

"Thank you for this peaceful moment."

"Thank you for this chair that feels so comfortable to sit in right now."

"Thank you for the laughter."

"Thank you for the opportunity to learn more about this topic."

"Thank you the people around this table."

Etc.

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And so if there was one abundance mantra I could give you for life it would be:
Thank you.

**THANK YOU COULD BE YOUR MANTRA FOR THE DAY.
ALL DAY
EVERY DAY.**

When you build the habit of saying thank you the powerful message you are sending to The Universe is: "I APPRECIATE. I APPRECIATE. THIS IS GREAT. THANK YOU."

So there is no complicated mantra that people have to go through.
We try to force ourselves to go through these long, elaborate mantras.

Why don't you try saying *thank you* all day?

And as we do we are also reminding ourselves to be in a state of appreciation--regardless of what else we are going through at the moment.

As you use "thank you" often you will be **creating a snowball of this energy called appreciation. And if you accumulate enough appreciation and gratitude your whole life will be just like a downhill ski!** It will just go downhill very easily.....hold this is the image.

STEPS

- 1 Set the Intention:** "My intention is to begin to be aware of all I have to be thankful for. The big and small gestures from others and the inherent beauty & magnificence of life."
- 2 Start saying "thank you" to others for the love, kindness and/or respect they demonstrate.** Bonus points for identifying small tangible gifts (gold stars) you can give them as a token of your appreciation.
- 3 Say "thank you" to life,** to The Universe when you notice you are feeling good. I like to say it outloud when I can.