

Giving Gratitude right now in this Moment

Find 8 things in your life which you are grateful for. Write then down on a piece of paper.. It can be anything – if you are unable to find something to be grateful for because everything seems so down at the moment and you are just not feeling grateful, then look around your room, or out your window, there is always beauty in nature you can be thankful for..

Did you have a nice breakfast this morning, maybe a hot shower, maybe you had a nice sleep, maybe a nice coffee, maybe a dream drive home or to work today, maybe your dog wagged its tail because he or she was happy to see you... You will find 8 things, even if they are only small things, anything is fine for now.

Then tap to this script:

Setup

Even though it seems like everything it is falling in on me at the moment, and I find it hard to be grateful I love accept and forgive myself

Even though everything in my life seems so different from what I want, and I can't seem to find a way back to gratitude, I deeply and completely love accept and forgive myself

Even though I have so much, but I feel like I have so little to be grateful for, I deeply and completely love accept and forgive myself

Sequence

I find it hard to be grateful

Nothing is working out for me

Gratitude is not easy right now

What do I have to be thankful for

Nothing is the way I want it to be

I am so annoyed with everything right now

Why does everything seem so difficult

It's like the world is against me

It not easy to be thankful
It's not easy when so much is going wrong
It's not easy when the world is in such a mess
There is too much sadness around me
Too much sadness in my life
I am not grateful for all the crap in my life
How can I be grateful for all this crap
I won't say I am grateful for all of this

But maybe things will get better
It is possible that things might get better
I know it has not always been this way
I have experienced some moments of gratitude
I choose to accept that my life is improving
I choose to accept that the world around me is improving
I choose to find things to be grateful for
I choose to vibrate gratitude for my life around me

I am so grateful for _____ (Say what you wrote at item 1)
I am so grateful for _____ (Say what you wrote at item 2)
I am so grateful for _____ (Say what you wrote at item 3)
I am so grateful for _____ (Say what you wrote at item 4)
I am so grateful for _____ (Say what you wrote at item 5)
I am so grateful for _____ (Say what you wrote at item 6)
I am so grateful for _____ (Say what you wrote at item 7)
I am so grateful for _____ (Say what you wrote at item 8)

Thank you for these things in my life
I am grateful for these things, thank you
Thank you, I choose to find more things to be grateful for
I am a worthy person
I am worthy of all that life has to offer
I choose to attract the abundance of love, bliss and prosperity in my life
I choose to attract the abundance of love, bliss and prosperity for others
I know there is more than enough to go around for everyone

Repeat the Gratitude Script Every Day....

If you can repeat the Gratitude script twice or three times a day, but remember to look for new things to be grateful for...

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