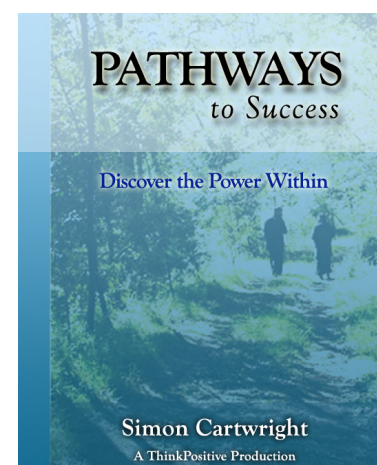


Gratitude is a free Pathway in association with the book “Pathways *to Success*” by Simon Cartwright.

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PATHWAY - GRATITUDE

Being grateful is probably the most underrated thing to do as far as success principles go. Being grateful under any circumstance can help you in many ways to becoming successful.

Now when I say be grateful I don't mean being grateful just when things are going well but to be grateful, really grateful, when things aren't going so well. In fact it's very powerful to be able to appreciate what you have in your life when facing adversity. You can't appreciate something and stay in a negative vibrational state at the same time.

The reason this is important is because we are all balls of energy or energy sources. You attract, like a magnet, anyone or anything that is in the same energy flow. By keeping up a positive energy flow for all or most of the time, you will attract all that you need to be successful and happy, whatever that may be. It is the same when you are in a state of negative energy, it will attract negative energy flows into your life. It is possible to change your negative vibrational state to a positive and higher vibrational level in an instant.

Thinking of five things that you are grateful for when you are down will give you an instant boost. You will feel better, happier and more positive just for doing this one thing. It will also make you appreciate all who are around you and it will help others feel uplifted as well. By feeling better in the moment and remaining positive you will also be

improving your state of health and wellbeing. Those with a positive state of mind are less likely to be seriously ill or sick as often as those with a negative attitude according to the studies done by the Carnegie-Mellon University in Pittsburgh Pennsylvania.

Think of life like a computer game where all the possible outcomes are already there. Your job is to go through the game as many times as it takes to find the winning outcome. You will fail and fail and make stupid mistakes in a game till you get it right, so why not use that same mindset in your pursuit of happiness and success? Be prepared to fail and be prepared that you will probably make silly mistakes. Realise that is just a part of the process needed to be successful. Be grateful for your mistakes and the learning that you can get from them. Then and only then will you really enjoy the ride.

Thinking of life as a game where you are prepared to keep trying and failing until you can “clock” the score is a very positive way to approach the pursuit of success. By having this mindset it will also help you to be grateful for your challenges and keep you in a positive vibrational state. This positive state will ultimately attract anything you need into your life to achieve all your dreams and ambitions.

The time between when you make a decision and the moment that dream or goal comes true is often referred to as “the gap.” It is essential to understand that there is always a time delay between making the decision and it coming true. This is also a very crucial time and a time when most people become negative and give up on their dream or goal. As long as you know that your preferred outcome will happen for you, it will be easy to be grateful during “the gap.”

There are no limitations on your life no matter where you have come from. Be grateful every day and you have the achieved a major pathway to achieving a life that only others dream of. What we reap is within us and by keeping ourselves in a high positive vibrational state we will draw to us, through the law of attraction, others with the same positive state.

Next time you are not where you want to be, remember that you have the power within you to change it. Every time you flood your mind with appreciation and gratitude you are getting rid of all negative thoughts in that moment. By doing this you will be in harmony with the Universal Energy Source and continuing on the pathway to your ultimate success.

MAKE CONSCIOUS AND CONTINUOUS GRATITUDE A KEY PART OF YOUR LIFE. MASTERING IT IS A TRUE POWER. WATCH MIRACLES HAPPEN. – Wes Brown

PATHWAY ACTIONS

- Go for your dreams and goals.
- Treat life as an adventure or game.
- Appreciate and be grateful for what you have already.

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