



## Gratitude Exercises

These gratitude exercises help you to more easily attract what you want.

Gratefulness/appreciation are the strongest forces in the Universe to attract more of what you want. It will help you to achieve your social confidence/social life goal faster by attracting the right people, circumstances and situations into your life.

And it also makes you feel good. That's win-win-win J

You might not believe in the movie that has come out called "The Secret" where they talk about the "Law Of Attraction", but the concept of the law of attraction -your consistent thoughts create your reality-, has been in thousands of self help books in the past already.

"The Secret" is nothing new, it's just that they have brought out the movie because they have scientifically proven, by using quantum physics, that the law of attraction works. And that it works 100% of the time, just like the law of gravity.

(For a more in-dept explanation of the science behind the "Law of Attraction", check out the movies "What the bleep do we know" and "What the bleep do we know deeper down the rabbit hole".)

And even if you still don't believe in the Law Of Attraction, that's OK too. □

But I do hope you at least agree that being positive is going to get you faster to social confidence than being negative.

Doing the exercises in this document will help you to attract more of what you do want by changing your focus.

We change it from noticing what you don't want, to focusing on what you do want. Gratitude and appreciation for what you already have in your life (regarding social confidence mainly) will help you do this.

In the beginning it might be a bit challenging to come up with things to be grateful for. But if you start appreciating what you do have already, even the smallest things (this can also be things non-related to social confidence, just to get you in the habit of being appreciative for what we have), you will start to attract bigger things in your life to be grateful for.

And those bigger things you will appreciate even more because you are in the habit of feeling grateful for what you already have and experience.

Doing these exercises will help you to attract the right people, circumstances and situations into your life that will more easily and effortlessly speed up your process to social confidence and getting the social life that you desire. Plus you feel a bit better after you do these exercises, a nice extra benefit.

### **#1: Keep a daily social gratitude journal**

Make time each day for 5 or 10 minutes to write about what you are grateful for regarding your social life, social confidence etc.

*Example:*

Monday the 17th of January 20..

I am happy I didn't freak out today

I am grateful I had less negative thoughts today

I appreciate that I felt comfortable walking past that group of people sitting at the stairs

I am grateful that I feel more comfortable in X situation

I appreciate that I feel less anxiety in my body

I am grateful and proud that I asked my friend how he was doing

I love the fact that I am getting more socially confident

I am grateful for having a roof over my head (in case you can't think of something regarding social confidence)

I am grateful that I can have 3 nice meals a day (in case you can't think of something regarding social confidence)

Etc.

Not only will you get the benefits of activating the law of attraction in your favor, you will also have a track record of your social successes. By doing this you can clearly see how much progress you have already made which will keep you motivated to keep going if you keep improving.

**#2: Write an excited-about-success-letter!**

This is a fun game where you write a letter to an important person in your life that cares about you. You pretend that what you are writing is actually already in your life right now.

By doing so you use visualization and intense emotion which helps you to more easily and more effortlessly attract the right circumstances and people into your life. Really get into the feelings and visualize it as if it's really true. Fake it till you make it!

*Example:*

“Dear Aime,

Guess what? You won't believe it. I was asked by that hunk from school for a date!  
And I felt totally comfortable about it too!! I even joked around with him, he's awesome!  
I'm so excited! I can't wait for the date to begin. And last Friday I went to that dinner was invited to and I had the time of my life!!! We laughed our ass off. We even had a food fight and I made a new friend. She invited me to go out next week with her friends. And I am soooo looking forward to it!  
I love being so free and feeling so confident. Life's great!

See you soon Aims, mwah!”

Write a different letter each time you do this exercise. Create different successes, really write about what you want in your life in the above suggested way, and get into the feelings and visualizations as best as you can. The more real you can make it feel real to yourself, the faster you will attract it!

### **#3: The Voicemail Technique**

Here you pretend that you are calling a friend. Make it appear very real to yourself. Pick up your phone, dial the number but hit the red button instead of calling your friend. Pretend you get the

voicemail. And then -I know this sounds pretty stupid, but it works!- excitedly and out loud tell your friend how you've accomplished your goal.

Get into the good emotions and feelings you would feel if you would really had accomplished this.

*Example:*

“Hey it's me! You are not going to believe what happened to me today! My life is so awesome now! I got a really great conversation with my boss and he likes me big time. He also applauded me for my work and offered to join him for a golf session this coming Sunday with his family. He's a really nice guy and he also told me about him having a surprise for me! How great, huh?!”

Anyway, get in touch with me the minute you hear this, we need to celebrate this!”

#### **#4: Thank you Universe/God/Spirit/etc!**

In this simple exercise you simply say one gratitude/appreciation phrase on each tapping point. No need for a set-up phrase, just start tapping.

Start tapping on the EB (Eyebrow) point and say a gratitude phrase. Then go to SE (Side of the Eye)

*Example:*

EB: Thank you Universe for my calm state of mind  
SE: Thank you Universe for my increased social confidence  
UE: Thank you Universe for all the positive people in my life  
UN: Thank you Universe for my courage to take action today  
CH: Thank you Universe for people showing positive interest in me  
CB: Thank you Universe for meeting that nice person today  
UA: Thank you Universe for that person that smiled at me  
LP: Thank you Universe for the progress that I made  
WR: Thank you Universe for overcoming that block  
CHR: Thank you Universe for all the blessings in my life  
Etc.

Do 2 or 3 rounds.

### **#5: Thank you Universe for sending/bringing me:**

This one is pretty much the same as above. The only difference is that you are thanking the Universe (Or God or Allah or Spirit -whatever suits your beliefs) for sending "X". So you are basically pretending you have already received what you asked for. Again, the more you can make it feel real to you and the better you feel doing this, the more powerful it is.

*Example:*

EB: Thank you Universe for sending me the insight that I need  
SE: Thank you Universe for bringing me my best friend  
UE: Thank you Universe for bringing me my amazing partner  
UN: Thank you Universe for sending me that lovely note  
CH: Thank you Universe for sending me those nice coworkers  
CB: Thank you Universe for bringing me into this nice environment  
UA: Thank you Universe for sending me that piece of wisdom  
LP: Thank you Universe for bringing me confidence in that situation  
WR: Thank you Universe for bringing that (wo)man that flirted with me  
CHR: Thank you Universe for sending me my amazing adventures  
Etc.

Do 2 or 3 rounds.

Many thanks to EFT Master Carol Look for teaching me these powerful exercises. They have helped me to attract what I want in my life. Now you can do the same!