

Keep a gratitude journal, and in it, at the end of each day, make notes reflecting answers to these questions: What events unfolded today that you feel grateful for right now? Whom in your life do you feel inspired by? What did that person say or do that you appreciate? Call that person and tell them what their actions or words meant to you – say “thank you.” Acknowledge them, engage with them. And remember – no matter what you are doing, have fun! When you are in the presence of others, participate in activities that they enjoy. Give them your undivided attention. Ask questions, be interested in what others are doing, be genuine, and be helpful. Allow your contributions of time and energy put forth for others to awaken your own awareness of your talents and gifts. Notice how the gifts of others mirror your gifts or match them in some way...you and the person you are contributing your time to are both part of the oneness of all things. And remember, because we are all one, everything you give to another, you give to yourself. Be a shining light and a shining example for others.

And whether you are engaging with others, or you're just reflecting on your own day, remember to *stay in the moment*. If things happened today that weren't pleasing to you ... do not dwell on them. Let them go. Get back into the present. Do not think of all the things you want but you don't (yet) have. Instead, be grateful for what you do have ... your life, your health, your loved ones, your pet, your things, your job, the trees, the clouds ... whatever it may be. Be thankful even for the hurdles in front of you and the challenges that you are striving to overcome ... for these things that seem to be slowing you down are really helping you to expand into a fuller version of yourself, helping you to become a better, richer, more rounded person. You might not see it now, but some day you will look back and realize what a gift your trials and tribulations were. So, whatever is happening and wherever you are, accept things as they are, be grateful for

them, without judging them, without defining them as “good” or “bad.” Remember that old saying, “what you resist persists”? It means that what you decide to focus on increases ... so focus on what you *have*. Count all your blessings. The things you feel grateful for might feel trivial or they might feel significant – but make everything you appreciate vibrant and real in your mind – see it, taste it, feel it. Imagine it in sensational fluorescent colors! Make it luscious, make it spicy! Milk every moment you spend in gratitude! Being thankful leads to freedom. Being thankful is the key to creativity. Watch your life change before your eyes for the better as you stand in an attitude of gratitude!

And, once you see the amazing changes start to occur in your life ... take action! If you can't think of anything to do to positively influence the creative flow in your life, no worries, just do what's in front of you. And, whatever you are doing, do it perfectly! Making your bed, washing the dishes – be mindful of the smallest actions you take; the larger actions will take care of themselves. And when it comes to doing, always do your own thing, don't follow the crowd. If something doesn't resonate with you on the heart level, it's not for you. Be still. Listen to the still, small voice within. Accept what it tells you as your truth. And when you know your truth, tell someone! Telling your truth, every time, frees you and makes space for you to express your creativity.

Speak your truth, and then, plan. Prepare. Follow your innermost truth, act from the creativity in your heart, and you will tap into and activate your deepest resources. Remember, all thought is creative, all action follows thought. Think, then act. Believe in yourself! Be aware in every moment, and you will see signs and signals that draw you to the next step on your path. When

you get an idea, run with it. Spur-of-the-moment opportunities, synchronicities, and lucky coincidences will start to appear. People will start to pop up in your life to help you in the most surprising and unexpected ways. All of these are sure signs that you are on the right track! Finally, at the end of each day, reward yourself. Congratulate yourself and say, “what steps did I take today to move me closer to my goal? What steps will I take tomorrow?” And then, celebrate!



About the Author:

Michael Ireland is a writer, editor and wellness practitioner. She specializes in metaphysics, spirituality and self-development.

You can connect with her at:

michaelireland@shaw.ca