



Gratitude Guide

**16 Ways to Amplify Your Gratitude
Practice And Feel Successful Doing It**

A person with long dark hair, wearing a blue and white striped dress with bows on the sleeves, is sitting on a rocky shore. They are seen from behind, with their hands raised to form a heart shape around the setting sun. The background shows a calm sea and a distant island under a sunset sky with soft orange and purple hues.

BY LARISA MAKUCH



welcome to your new journey of gratitude

Welcome to this guide. *I'm so glad you're here.*

This guide is designed to help you get started with a gratitude practice or amplify the one you've already got. It's filled with incredible ways you can make your gratitude experience be the absolute best it can be!

What is gratitude?

Gratitude is the practice of giving thankful appreciation for what you receive, either tangible or intangible. It's a practice that's been around for thousands of years across all cultures and religious practices across the globe.

Why gratitude?

Research shows that an active and deliberate practice of gratitude can dramatically boost your health and wellbeing. And successful people use it to attract opportunity, fulfillment and abundance to their lives as well.

MEET YOUR COACH



Larisa is a savvy, sought-after speaker, results coach, movement educator and author of the upcoming book "Stop Procrastinating Your Life Away: Discover The Secrets To More Time, Money & Freedom."

Larisa is ruthlessly compassionate and uses, a simple, straightforward and down to earth approach, where she blends science and psychology to help you get the results you've been looking for and haven't found.

Holding designations as a Certified Consultant with Bob Proctor and the Proctor Gallagher Institute, Master Results Coach, Master of Time Line Therapy, Trainer and Institute Head of Neuro Linguistic Programming and Hypnotherapy, Larisa is the person to go to whether you're looking for more passion or profit in your life.

In her downtime, you'll find Larisa creating adventures through travel, taping into nature in cottage country, enjoying the nooks and crannies of Toronto and living her active and best life with her husband and young son.



MY GRATITUDE JOURNEY

When I first heard of gratitude, I thought it was some "woo-woo" thing yogi's did way up in the mountains and at retreat centres. Then it became mainstream in the business world and I figured I'd better get on the gratitude train and attempt a practice of my own.

Honestly, I went through the motions and did a lot of the exercise. I started to gain an appreciation of the beauty of the world around me, the people in my life and the opportunities I had. But no fireworks went off. I was frustrated and at times, even resentful.

A while back, I saw someone put out an Instagram post around Thanksgiving and they wrote a list of 100 things they were grateful for. I thought that sounded cool and I committed to giving it a go the next year at that time.

So, I put together a pretty worksheet (always helps make activities more fun) and committed to writing 100 things I was grateful for each day leading up to Thanksgiving day. I called it #Gratitude100.

It was an interesting process. Because I'd committed to doing a #Gratitude100 challenge on social media, I made sure to do my homework. It took from morning till night to fill my sheet, bit by bit. On Thanksgiving Day, I finished my gratitude faster than I ever thought possible and was ready to do 2-3 more that day!

The coolest thing is that I noticed my energy shift throughout the weekend. You see, we were at the cottage and there was a lot of family around. And what would have in the past potentially turned into a TV talk show weekend ended up being the most joyful weekend I'd ever spent at the cottage, not because they had changed. Because I had.

This was the first time I literally felt myself "living in gratitude" and flooding my mind with the good that had happened to me, that surrounded me and that I'd desired. From that moment, I was hooked. And if you haven't found your moment yet, know that it's coming soon!

WHY DO GRATITUDE?

There are so many reasons to have a gratitude practice. There's really no reason not to. Here are a few:

- Boost your overall health and wellbeing
- Feel more positive emotion and relish good experiences
- Start to notice things jut work out for you and you're more "in the flow"
- Strengthen friendships and relationships
- Earn more money & elevate your financial frequency
- Be more clear about the direction of your life and what's truly important to you Increase confidence
- Have more fun
- Position yourself to make a greater positive impact in your family, community and the world
- Raise your vibrational frequency
- Connect to something greater than yourself
- Start to really like yourself
- Sleep better improve your self-esteem
- Be happier

The list goes on!!!

HOW TO DO GRATITUDE?

Gratitude can be expressed in so many ways. There's no right way or wrong way to do it. You can give gratitude for the past, the present moments and the future. The key is to make sure you're **fully present and actually feeling grateful** for the gratitude you're giving.



HOW TO USE THIS GUIDE

This simple guide outlines 16 straight-forward gratitude practices that work. And while they work, if gratitude is new to you, you may not see the tangible results yet. So pick and choose the one or ones that resonate most with you and let your intuition guide this process.

The most important thing is that you're actually doing your gratitude, being grateful during your exercise and resonating with what you're doing.

Do each exercise exactly how it's written and pay attention to some of the subtle changes as your week goes on. You may notice your interactions with people improve, projects go more smoothly at work, opportunities fall into your lap and so much more.

When you do notice the changes, share them with me by tagging me on [Instagram](#) or [Facebook](#) @larisamakuch.

"The roots of all goodness lie in the soil of appreciation for goodness."
—Dalai Lama

MENU OF GRATITUDE PRACTICES

Moments In Time

You can give gratitude for blessings and memories of your past, present and future. List five or more ways you're grateful for something in each phase of the timeline.

- Past: think of positive memories from your past week, past year, past decade and even into your childhood
- Present: take a look around and notice what you're grateful for right now. It's important not to take good fortune for granted as it comes to you.
- Future: imaging the good you want to attract into your life and give gratitude for it as though it's in your presence right now. This will help you maintain an optimistic attitude, keep you focused on what you want and where you're headed.

Gratitude 100

List 100 or more things you're grateful for right now. They can be things from the past, in the present or in the future. Challenge yourself to do this for 7 or more days in a row..... do 30 or more if you're really motivated. You'll find that the more you do the more of a stacking effect there is.

RAISE YOUR VIBRATION WITH LIKEMINDED
PEOPLE IN MY UNLEASH YOUR ABUNDANCE
FACEBOOK GROUP!

Diving Deep

It's one thing to list something on a page and it's another to think of why it's important to you. When you do, you'll dramatically increase your vibration and amplify the gratitude you're giving by diving deep. Here are two ways you can do this exercise.

- List what you're grateful for and below it identify five or more reasons you're grateful for each item on your list.
- List 10 or more things you're grateful for in this format: "I'm so happy and grateful for (what you're grateful for) because (why you're grateful for it)".

3 Part- Gratitude Practice

This one comes from Sandy Gallagher, CEO and Co-Founder of the Proctor Gallagher Institute, and has three distinct steps. You want to do all three as part of this practice. Start to finish it takes about 10-15 minutes. You can play with the time frames if you want to spend more time with each step, just make sure to do all three steps, as they're key.

- Step 1: List 10 things you're grateful for then close your eyes and give gratitude for 5 minutes for these things in silence or listening to quiet music.
- Step 2: Ask for guidance. Close your eyes and spend 3 minutes doing this. You can be specific regarding the guidance you're looking for or let it be.
- Step 3: Identify 3 people who may be irritating you or you're unhappy with and send love to them. Close your eyes and do this for 2 minutes. If this is challenging for you, think of someone or something you really love like a pet or child and "borrow" a piece of that love to send these people.



**SHARE YOUR WINS! TAG ME @LARISAMAKUCH
ON INSTAGRAM OR FACEBOOK**

ABC's of Gratitude

This one's a fun challenge. List out the alphabet from A to Z and identify something you're grateful for that starts with each letter.

Say "Thank You"

As simple as it sounds, saying "thank you" is one of the simplest ways to give gratitude and bring more abundance into your life.

- Say thank you to those you interact with in your daily life and make a point of saying "thank you."
- At night, review everything good that happened to you and choose one thing that you're most thankful for and say out loud "thank you." That way you'll have relived the good moments on the day and give your thanks.

Use Your Voice

Use Your Voice Similar to the cards, notes or letters exercises above, you can do the same by using your voice. Your voice holds vibrational frequency and when the person you're sending gratitude to hears it from your own voice, they'll have another sensory way to connect with you a deeper level.

- Pick up the phone and call someone to thank them for something they've done. This is ideal.
- Send a voice text or voice message to them to thank them.
- Read the gratitude you've written from any of the exercises in this guide and feel the vibrations.

"I would maintain that thanks are the highest form of thought;
and that gratitude is happiness doubled by wonder."
—G.K. Chesterton

Write a Thank You Card, Note or Letter

Putting pen to paper and actually writing a letter is a powerful way to give gratitude. Writing causes thinking and thinking creates pictures in the mind. That evokes feelings and leads to shifts in vibrational frequency both in you and those around you. Here are a few ways you can do this gratitude practice.

- Write and send a thank you letter to someone who has made a difference to you and your life. This may be for something small or something profound. The size doesn't matter. The impact of this exercise will be the same for all. While you can send by email, social media messenger, social media posts or testimonial, challenge yourself to hand write a note or letter and send it off to someone by mail.
- List all the people you can think of in your life who you have not properly thanked. Work your way down the list with the exercise above. If you don't have their contact information and can't find it, still write the letter and energetically send it to them through the ether. It may seem silly—do it anyway. The universe (and your unconscious mind) can't tell the difference between what's real and what's imagined.
- Write a letter to yourself. This is a great way to put your own gas mask on and raise your own spirits for the good you do in your life and for others as well.

Keep It Quiet

Sometimes it's good to just give thanks quietly. If you're thanking a person, specifically, give thanks and energetically "send it" to them.

**SERIOUS ABOUT YOUR ABUNDANCE?
LET'S SEE HOW WE CAN HELP YOU.
BOOK A CALL WITH LARISA TODAY:
[BIT.LY/LM-20-MIN](https://bit.ly/LM-20-MIN)**

Engage The Senses

When you read a good novel or see a great movie, what makes them great is they engage the audience through all their senses. In your gratitude practice, make a point of using descriptive language and notice what you see, smell, hear, taste, touch and feel like. This will engage the emotions and help you enrich your experience of gratitude.

Create A Picture

Take some time to get crafty and create a vision board for your gratitude. When you're done your board, spend 5 or more minutes visualizing it and giving thanks.

- Get some colored markers and create a vision board by drawing your gratitude out in pictures. You can use words, but the more pictures and colors you use, the better.
- Find some old magazines and cut them up to create a vision board of gratitude for yourself.
- Use any other crafty means you can think of to create a visual representation for yourself that is beyond writing on a page.

Pray

Prayer is another way to cultivate gratitude. It's not so much what you ask for, as how you prepare for its reception. It's important that you stay in a state of relaxation and believe your prayers are already realized.

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Evaluate Yourself

This is about checking in with yourself to see where you're at. There's no judgement. It's just a tool to help you calibrate and move forward in an even better direction than you are now. Go through all the questions in sequential order.

- Ask yourself "What if all you could be grateful for today is what you were grateful for yesterday?"
- Ask yourself and write it down: "What else could I have been grateful for yesterday?"
- Ask yourself and write it down: "What am I grateful for now?"
- Spend 5 mins in silence allowing the gratitude to flood your mind.

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Meditate

There are many meditation practices from focusing on a word, to a feeling, a sound, your breath or even heartbeat. The variety can go on. The key to meditation is to focus on the present moment without judgement. Research shows that 20 minutes of meditation twice a day is optimal for keeping health and wellbeing in tip top shape. Whatever you start with, keep it consistent and build up to 20 min increments if you need to.

Appreciation

If you have difficulty giving gratitude and feel as though something's blocking you from doing it, start with giving appreciation or see if you can find a different word that does resonate with you. Use any of the above techniques and replace gratitude with the word appreciation.

Get Others On Board

Gratitude is something that gets amplified when done with others that are also elevating themselves on a higher frequency. Here are a few ways to consider involving others in your gratitude practice:

- Choose one of the exercises above and get together with friends or family to do gratitude together. You can do it live or by zoom. You can share the details of your gratitude practice or not. Either way, you'll amplify the power of what each of you is doing to help move each other forward.
- If your children are young, keep it simple and say "Thank you for...." ... and let them fill in the blank. This is a great practice to do right before bed.

30 DAYS OF GRATITUDE CHALLENGE

The magic of gratitude builds on itself and the more you do it the more powerful it becomes. This really is a habit you want to build for life.

When you do something for a month, the likelihood you are to stick with it dramatically increases.

Choose ONE of the above gratitude practices and stick to the one practice for 30 days. The ones that work best are Moments in Time, Gratitude 100, Diving Deep, ABC Gratitude and the 3 Part Gratitude Practice.

Feel free to experiment with other techniques and try them if you're in the mood, but pick one and stick with it every day for the full 30 days.

Next month you can always try a different one if you're in the mood to change it up.

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for."

-Zig Ziglar

"GRATITUDE TURNS
WHAT WE HAVE INTO
ENOUGH, AND MORE. IT
TURNS DENIAL INTO
ACCEPTANCE, CHAOS
INTO ORDER, CONFUSION
INTO CLARITY...IT MAKES
SENSE OF OUR PAST,
BRINGS PEACE FOR
TODAY, AND CREATES A
VISION FOR TOMORROW."

-MELODY BEATTIE




Abundance
ACADEMY



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Larisa Makuch

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HAVE THE LIFE AND BUSINESS OF YOUR DREAMS?
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