



A w a k e n f r o m W a n d e r i n g

The Newsletter

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To receive a **Free Subscription:**

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Gratitude

Do you know what you are grateful for? If you were asked to write a list of all the things you are grateful for could you and would you bother? Why bother to make a list when you know of course you are grateful for things in your life. Gratitude is present in our lives at all times. It is easy to focus on our troubles and worries and to forget about how grateful we are. How does it happen that we forget to focus on all of the things in our life that we are grateful for? How did it happen that we spend so much time talking about all of the things that went wrong; the things that we did not do instead of all that we have done? I am not sure that I know the answer to this, but I suspect that it has a lot to do with all of the negative messages that come at us daily. How can we make a shift in our attitudes and really appreciate all that we have?

What are you grateful for? Not just that once or twice a year gratitude. What are you grateful for on a daily basis? Take a moment right now and come up with one thing that you are grateful about. Write it down, read it back to yourself out loud. How does that feel? Can you feel how grateful you are? Can you write four more things that you are grateful for? Close your eyes, take a few breaths and look for them, then write them down. Take a moment and read then out loud to yourself. Can you feel the gratitude filling your heart? What if you did that daily? Would you be willing to

take a few moments each day, write down five things that you are grateful for, and then read them aloud to yourself? Try it for a week and see what you notice. Then take a leap and commit to being a changing force in your own life by creating a gratitude journal. Write in large letters on the first page **I am grateful for:** Then start filling the pages each day with five things you are grateful for.



My Family - My Gratitude List

MY BLOG

If you haven't had a chance to check out my BLOG take a look. I publish a new post Monday through Thursday each week. In the next couple of weeks, I will be starting a Friday feature called: **Coaching You to Cook**. I will be publishing recipes and commentary on one of my favorite topics: cooking Stop by my BLOG and see the latest postings:

<http://www.journey-coach.blogspot.com/>

Awaken From Wandering, LLC

Helping people create sustainable lives.

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Thank You

I was recently on a group call that turned out to be just the two group leaders and myself. I decided that I would take the opportunity to thank them for all of the changes that I had made in my life based on the discussions and inspiration from this particular group. I was asked by the group leader to thank myself. This stopped me for a moment and then I realized that I did need to thank myself. I was the one who had taken the steps and come to the calls. I was the one who decided to step forward and talk about and work on things that were troubling me. I was the one who chose to hear the messages and was then inspired to make changes in my life. I was the one willing to take a chance to open my heart to my dreams. I realized in that moment that while I am very thankful for the inspirational messages and the people that brought them into my life, they would be meaningless if I had chosen not to hear and not to make changes. In that moment, I realized that I was very thankful for myself and who I am.

I was asked if I would be willing to write a thank you note to myself. I said that I would. They then sang me three verses of a song that thanked me for being me. It has been an inspirational process. While I realize that a lot of things happen around me and to me in my life I also realized that I have a choice what I will do with my life as I move forward. I realized that I can stay stuck in an event or I can move past it. I have complete control of my thoughts and I am the most inspirational person in my life.

How about you? Are you ready to write a thank you letter to yourself?



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Email: Elizabeth@awakenfromwandering.com

Up Coming Programs

Cook Book Master Mind Group

Is there a cookbook in you? Would you like to finally get that book onto paper? Allow the synergy of a group lead by a professional mentor help you get there. As the group begins to pull together in support of each other the synergy they create propels them forward. Visit my [web site](#) for more information.

100-Day Challenge

Join me for the next 100-Day Challenge. What is it that you want to master in your life? Give yourself 100 days to explore on your own with twice weekly support calls with a professional mentor. Visit my [web site](#) for more information.

About Elizabeth

I am a Mind, Body, Spirit Professional Mentor working with clients who are seeking more out of life: more energy, more satisfaction, more creativity, and more passion. I have spent my life working on my own path and journey. My journeys have taken me to training in the following healing practices: Coach U Graduate, Intentional Self Healing Practitioner, Theta Healing Practitioner, 2nd Degree Reiki Practitioner, Craniosacral and Massage Therapist, Equine Massage Therapist, Herbology, and ULC Minister.

My mission is to find truth and beauty inside myself; to find my way home and to hold my hand out for others on their journey home; to let my spirit and connection with the creator shine in all that I do. I have spent time listening to people that I have met. All of us are on a journey and we all have wisdom to share.

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