

# The Attitude of Gratitude

By Kristen Darcy

I spoke to a client the other day and was preaching the good word about cultivating an attitude of gratitude to shift the energy around her fertility journey and she looked me straight in the eyes and responded with “blah, blah, blah”.

Perhaps you are feeling similar to this wonderful client of mine, the concept of cultivating gratitude has been shared before and sounds all well and good to you but today you might not be feeling it. You might be saying to yourself how can I have gratitude for . . .

- A treatment cycle that has abruptly been stopped?
- Another cycle that has resulted in a negative outcome?
- Or the emotional tiredness that you are feeling?

In my humble opinion, The Law of Gratitude is the most powerful of the spiritual laws. Holding gratitude even in the most dire situation, finding that one little speck to be grateful for, can shift and change your perspective and in turn change your situation.

Getting back to my “Blah, Blah, Blah” wonderful lady, here’s the tip I shared with her: We’re all human, experiencing a human experience. We have positive experiences and not so positive experiences. If we cultivate the practice of finding the positive in the negative then the intensity of the negative will diminish.

So here’s the tip:

On those days that gratitude is a faint flicker of light, try to remember your toes and feet; that you have them and that they are holding you up, keeping you balanced and help you travel through your day, mostly unnoticed.

Give gratitude for your toes and feet that can carry the weight of your day’s burdens, taking steps that lead you to your joy, freedom and fun. If you feel adventurous try giving thanks for your body during the month of November, given that it holds Thanksgiving Day within the month.

Remember each and every part of your body that allows you to do all that you are doing to create your family . . . you could start at your toes and feet and work up! Acknowledge your knees, that bend for you onto your hips, and so on! Acknowledgment and gratitude are all part of cultivating an attitude of gratitude and begins with tiny steps!

*“Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.”*

~Brian Tracy

