

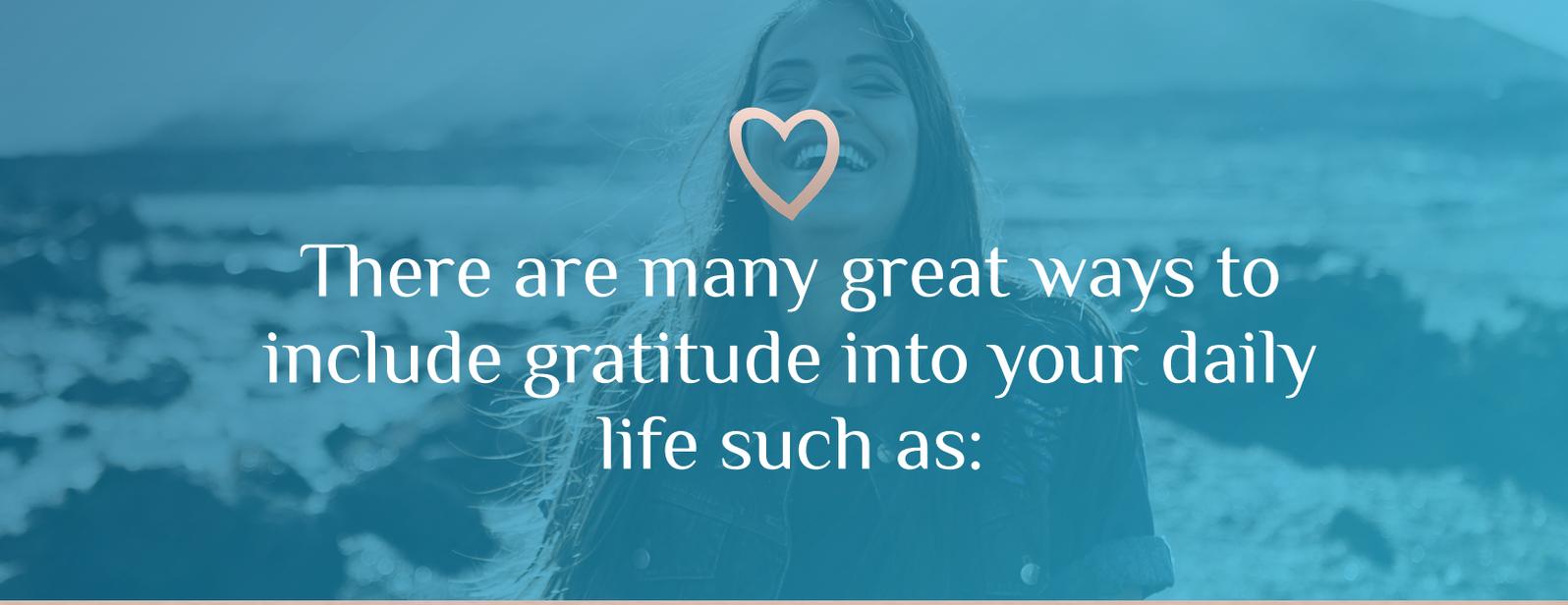


ARADHANA  
*Arya*

# EMPOWERING YOU WITH A GRATITUDE MINDSET

A gratitude mindset brings more abundance into all areas of your life because you are grateful for what you already have.

Expressing gratitude is a mood enhancer and makes you feel happy. This is because the brain releases dopamine and serotonin which are commonly referred to as the 'feel good' hormones. No wonder it feels amazing to say thank you or when you are appreciated back.



# There are many great ways to include gratitude into your daily life such as:



## Thank You

Send a thank you letter/card



## Gifting

Buy someone a gift of appreciation



## Thanks @ Work

Tell someone you are grateful for their support at work



## Fill it Up

Keep a gratitude jar on your benchtop at home and fill it with little notes of what you are grateful for



## Meal Time

Make gratitude a part of your family meals where everyone shares what they are grateful for today



## List It Out

Make a list on your phone or in a journal of 10 things you are grateful for before going to bed

Creating a daily gratitude practise is a great way to bring more abundance into your life. It's a great idea to focus on gratitude in all areas of your life such as relationships, finances, career and health.

If you are ready to live an empowered life, I invite you to start your gratitude practise with the GRATITUDE journal below.

*"Acknowledging the good that you already have in your life is the foundation for all abundance"*

- ECKHART TOLLE





# YOUR *gratitude* JOURNAL

- Write a list of all the things you are grateful for in your life using the thought prompts below.
- Start each line with **'I am grateful for'** and have fun as you think about what you enjoy in your life and are truly grateful for.
- If one of these areas isn't how you want it to be at present, start off with 1 point and build on it from there as it improves.
- **You will be surprised how quickly you will fill up this page, so keep it handy to use on a daily basis and watch the abundance flow into your life in magical ways**

## *Relationships*

Eg: I am grateful I get to spend time with my family regularly and make fun memories

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## *Health*

Eg: I am grateful for all the organs in my body that keep me healthy

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## *Career*

Eg: I am grateful for my job and for the salary I receive daily

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## *Finances*

Eg: I am grateful for more than enough money to pay my bills on time

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Are you ready to make Gratitude a part of your day and cultivate an abundance mindset?

I invite you to work with me as your health coach through 1:1 coaching or by a consultation via my website!

[LEARN MORE \*\*HERE\*\*](#)

*"Aradhana has been inspirational from the first time we met. I could talk to her about anything and she was always willing to listen. Her coaching has helped me get my finances & health back on track" - SALEHA*

Stay in Touch

 @iamaradhanaarya

## What is Health Coaching

Health coaching teaches you how to apply techniques such as being present, journaling, mindfulness and gratitude to any area of your life that isn't currently thriving.

I offer tailored programs where we focus on key areas of your life such as relationships, career, finances, health and spirituality.

### During each session you will:

- Release limiting beliefs & negative thought patterns
- Increase your self worth
- Build an abundance mindset
- Set SMART goals
- Review progress of your goals
- Work with the circle of life to help bring balance in your life