

The Gratitude Challenge

Gratitude – Joe Dispenza, D.C.

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Talking Points

- We're conditioned from an early age to express gratitude after an event. What if we said "thank you" before the person being asked a favor has even said yes?
- When we get what we want and feel gratitude we tend to be happier and more receptive of the world. We have the ability to tap into these feelings beforehand rather than after the fact by setting an intention and manifesting it in our brain and body to create a new state of being.
- Live in this feeling of gratitude and see where it takes you. Do you believe you can change your life just by changing your mind?

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

Articles by Joe Dispenza, D.C. in *Pathways*: <http://pathwaystofamilywellness.org/item/joe-dispenza-dc.html>