



# Awakening Abundance

## Class 5

### Giving and Gratitude

Learn the secrets of giving and gratitude. We will create your plan and intentions for giving. Discover the secrets to tithing that the wealthy employ that enhances the outcome.

*Debbie Sardone created the non profit , [Cleaning for a Reason](http://www.cleaningforareason.com) and the gift of giving free house cleaning to women with cancer transformed her life and her business.*

[www.cleaningforareason.com](http://www.cleaningforareason.com)

When your life or money is not flowing, GIVE of your time, expertise, love or money. It is said, “Give and You will receive.” So true. Have you noticed that when you have tithed or given the abundance flows? There is an abundance loop that the wealthy and wise practice.

#### Start a Gratitude Journal

Gratitude journals might seem trendy and touchy-feely, but once you've learned about the science behind them, you may not dismiss them quite so easily. It turns out that actively practicing gratitude offers many benefits, such as:



- Improved physical conditions, including a stronger immune system.
- Psychological effects that include feeling more alert and experiencing more optimism and happiness.
- Social outcomes such as being more outgoing and feeling less lonely and isolated.

Researchers at the University of California, Davis, including international gratitude expert and psychology professor Robert Emmons, have studied the benefits of gratitude. In a study with 201 undergraduate students, Emmons and colleagues asked three groups of participants to write a few sentences each week. One group was asked to write about things for which they were thankful; another was asked to record annoyances; and a third was asked to write about events that had affected them, with no direction to be either positive or negative. The gratitude groups reported more feelings of optimism — and they also exercised more and visited their doctors less.

Actually writing your thankful thoughts down is critical. Feeling gratitude is nice, but a written record makes gratitude more concrete and more impactful.

The gratitude movement has so much science behind it that the University of California, Berkeley — in conjunction with UC-Davis — has launched a three-year, multi-million-dollar initiative to expand scientific research of gratitude and promote its practice in a variety of settings.

## How to say, "Yes, please" to saying, "thanks"

It's easy to start and maintain your own gratitude journal. It doesn't have to be fancy; a simple notebook and a pen or pencil will do, although you can certainly indulge in a pretty journal or even download a smartphone app that will prompt you to record your gratitude. (The Gratitude! app for iOS devices even allows you to export your journal entries as PDFs.)

Once you've chosen your preferred analog or digital format, keep the following tips in mind:

- Don't worry about writing each day. In fact, some studies suggest it's more beneficial to record your gratitude once a week. We adapt quickly to positive events in our lives, so if you're still feeling grateful for something or someone after a few days, you're more likely to be recording something with lasting impact.
- Focus on people for whom you're grateful, not just things. By doing so, you'll strengthen your interpersonal relationships.
- Try recording how your life would be affected if these people or things were absent.

Adopting an attitude of gratitude, according to Emmons' writings on UC-Berkeley's Greater Good website (<http://www.greatergood.berkeley.edu>), is simply an "affirmation of goodness" in our lives. So start your gratitude journal today!