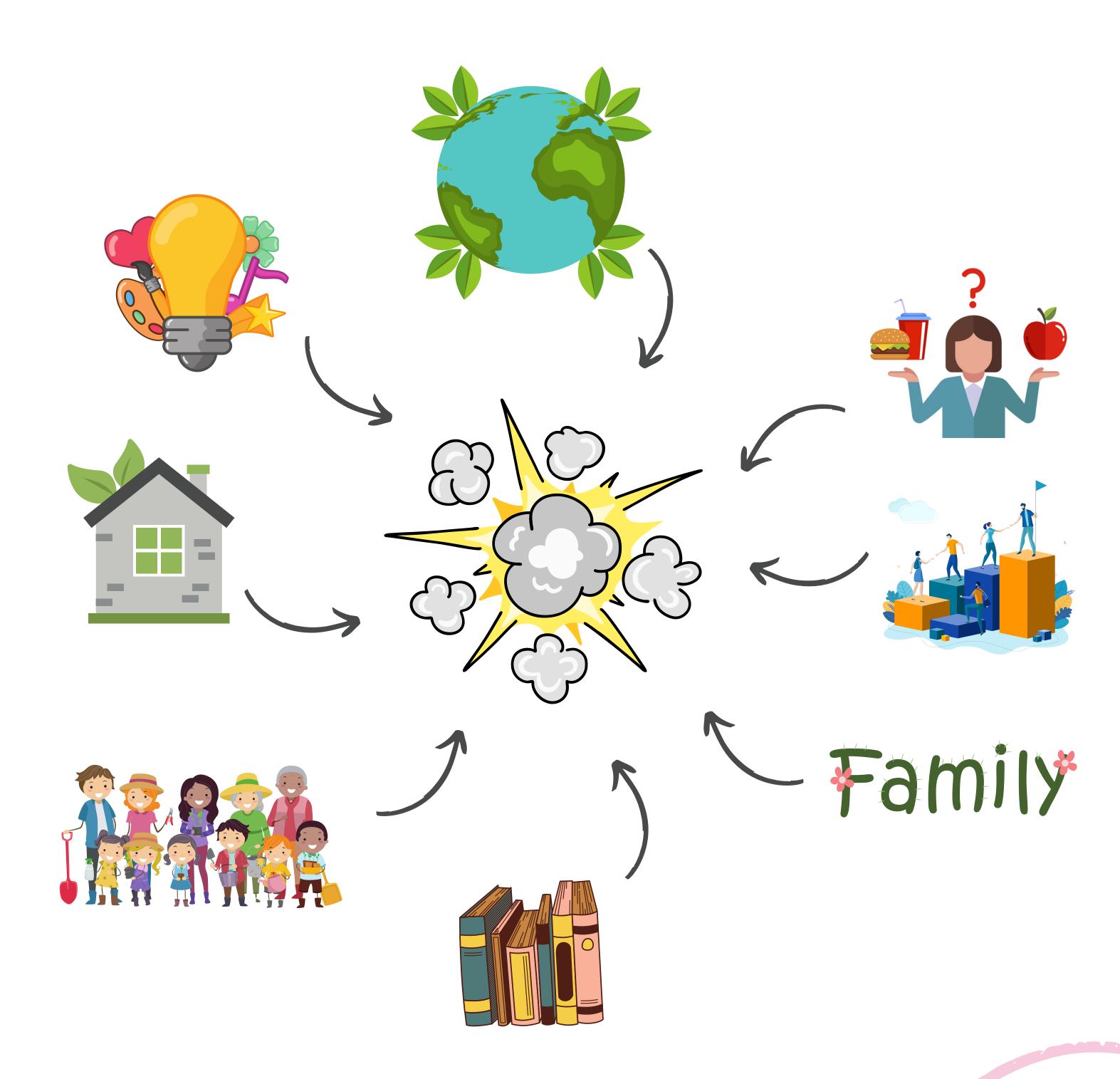
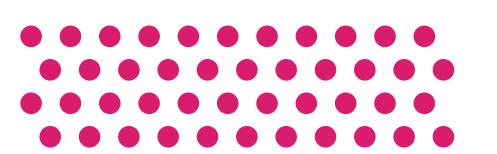
GRATITUDE BOMB

FILL THE GALAXY
WITH WHAT I'M
GRATEFUL FOR



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A GRATITUDE BOMB PRACTICE



FILL THE GALAXY WITH WHAT YOU ARE GRATEFUL FOR

Science says that gratitude is good for you. Like, incredibly good for you.

A practice of gratitude will:

- reduce inflammation;
- lower stress;
- reverse depression; and
- increase optimism.

Imagine what would happen to your life if you set off a GRATITUDE BOMB?

Would you like to have some fun and set off a Gratitude Bomb?



Here are the easy instructions, and on the following two pages are an example, showing the kind of labels to apply and a blank template for you to use repeatedly for as many Gratitude Bombs as you wish.

- I've created you a GALAXY OF GRATITUDE on the following page.
- Eight (8) lines radiate out from a sunny centre.
- I've provided examples of labels for each of the eight (8) segments: CREATIVITY, MOTHER EARTH, MY BODY, MY WORK, FAMILY, LEARNING, COMMUNITY and MY HOME.
- If those don't hold meaning for you, use labels that come to your mind to reflect on. Other ideas might be SPIRIT, CONNECTION, HEALTH & WELLBEING, CAPACITY TO CHOOSE, and RELATIONSHIPS.
- And then, starting from the centre, fill in each segment with words about what you are grateful for in each category.
- Let the words spill right off the page, with the understanding that this galaxy of yours is expanding. Imagine that your gratitude is shooting right out into space.
- Some segments will be easier to fill than others. Dig deep. Get creative. If you're having trouble with, for example, your family of origin, you can instead show gratitude for the other kinds of "family" that you have in your life. Pets and plants count as family. If you hate your job or where you live, find gratitude for having a job and a home —or think deeper about your REAL work in the world. Maybe your actual work is to forgive yourself. Or maybe your real job is to pick up scraps of garbage off the beach, so nobody else has to do it. If you're having health problems, find gratitude for what is still working in your body—or humbly thank it for the years of health and service it has given you.
- Keep going. Fill in the page. Fill your galaxy.

Keep it someplace you can feel its sunny energy – inside your daily journal – or where you'll see it in your bathroom or on your fridge door daily – until you think it's time to set off a 2nd gratitude bomb, then a 3rd one.

We've all experienced extraordinary events these past few years. It's time to remember all that's good in our world. If you'd like to set some intentions or gain clarity around what you dream for in all areas of your life and what you can bring into your world, please don't hesitate to contact me to discuss coaching options.

Trust that you are blessed, even when you forget that you are blessed.

Take care of yourself,





