

366 Days of Family Gratitude

**Creating Heartfelt Connections Through the
Power of Appreciation**

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HOW TO USE THIS FAMILY GRATITUDE BOOK

Our intention for creating this book is to assist you on your parenting journey. We encourage you to come from a space of gratitude in your heart daily. This will give you the opportunity to create loving, supportive, powerful changes in your family dynamics.

What is gratitude? It is a feeling of appreciation and thankfulness. Gratitude is one of the most powerful emotions you can use to bring positive changes to your life. As you focus on gratitude and think, speak, and feel appreciation for your family, you are transforming your energy into a higher consciousness. Gratitude attracts like energy's of gratitude therefore bringing more of what you are grateful for into your family life experience.

Begin by sitting quietly and moving into the space in your heart where gratitude lives. Feel the feelings of gratitude. Placing your hand on your heart can help you to intensify this feeling. When you are ready, begin writing in your Family Gratitude Book all the things you are thankful for in the present tense. For example, "I am thankful for the laughter I share with Kelly daily." Or, "I am thankful for the hugs I receive from Kari." Or, "I am thankful for the sweet conversations I share with Kristen." Allow those feelings to resonate throughout your body. Remember, what you focus on expands!

Another great way to use this book is to involve your entire family. For example, dinner time is a great way to involve everyone in feeling a sense of gratitude. You can pass the book around the table and have everyone write or draw a picture of what they feel grateful for in the family. Practicing this weekly will create a feeling of caring, love, and connection in your family. It will model to your children how to feel gratitude in their own lives. This makes a heartfelt keepsake that can be shared and treasured for years to come.

What You Focus On Expands!

*“The best and most beautiful things in the world cannot
be seen, nor touched...but are felt in the heart.”*

~Helen Keller~

Date: _____

I am thankful for:

Date: _____

I am thankful for:

What You Focus On Expands!

*“Each day we make deposits into the memory banks of our children.”
~Charles Swindoll~*

Date: _____

I am thankful for:

Date: _____

I am thankful for:

What You Focus On Expands!

*“Connection trumps everything!”
~Lawrence Cohen~*

Date: _____

I am thankful for:

Date: _____

I am thankful for:

What You Focus On Expands!

“All behavior is communication. When children feel understood, connected, valued, powerful, safe, and unconditionally loved, there is cooperation and harmony in the home.”

~Linda Hatfield~

Date: _____

I am thankful for:

Date: _____

I am thankful for:

What You Focus On Expands!

“The art of appreciating: You choose to focus on appreciation “for its own sake,” not to influence the behavior of the other person.”

~Kathlyn and Gay Hendricks~

Date: _____

I am thankful for:

Date: _____

I am thankful for:

What You Focus On Expands!