The 7 Gifts that Give You Everything
Powerfully Grateful

Rev. Victoria Loveland-Coen, November 23rd, 2025

The practice of Proactive Gratitude gets us into that creative realm of all possibilities, opens the receiving portal and activates the flow of more good.

- **Start with Five**. Challenge yourself to think of different things each day. Small is good – that helps you find appreciation in simple things. Write 5 gratitudes now…

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- **Let the energy of gratitude fill your heart**, and radiate within your entire being. Vibrate with gratitude!

- **Once in the frequency of gratitude, begin to focus** on an area of your life that is currently a challenge, *or has yet to reveal its blessings*. Direct the energy of gratitude into that area. Dive into the realm of possibilities. What could be just around the corner? What is waiting to be activated?

- **Generate a general feeling of gratitude throughout the day.** Tune into the energy of gratitude that is not attached to anything in particular. Just open to the joy of gratitude.

Affirmation: *I anchor myself in the frequency of gratitude which activates the possibilities that are waiting for me*.

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