

## Happiness Hack #3

# Have 5 Minutes of Pure Appreciation

Quickly raise your vibration by appreciating the things you can see around you. Things that you have absolutely no resistance to.

*Thank you for the sky, thank you for the clouds,  
thank you for the sun, thank you for the trees,  
thank you for the flowers, thank you for the rain,  
thank you for the air I breathe*

Looking for things to say 'thank you' for, for just a few minutes at a time, occupies the mind, keeping the negative thoughts out whilst you do it.

Pick simple things you almost take for granted and have no resistance to. From nature, to objects, to each healthy organ in your body! You'll feel your vibration steadily rise as a smile comes across your face.

So often after doing this, something unexpected happens that leaves me feeling full gratitude and appreciation. So when you look for things to appreciate the Universe actually gives you more to appreciate! It's truly magical.

Start as soon as you wake up in the morning by being thankful for your soft pillow, your duvet, your cosy bed, your refreshing shower, your cup of tea or coffee and keep going for as long as you can.