

An Exercise in Gratitude +  
The Power of Manifestation

## Hello Luv Bug!

Thank you for joining me for the **10/10 :: An Exercise in Gratitude and the Power of Manifestation**. I know that you choosing to be here to receive this information means that you're ready to open your heart a little wider to the Uni-verse, so that you can let more peace, love, and *happiness* in.

While this probably isn't going to be the first time you've ever heard that an "**Attitude of Gratitude**" is key when creating a life filled with desirable experiences - I want to give you more information as to why, because I believe that when we know **WHY** we need to do a thing, it gives the activity we're doing that much more meaning.

Everything you experience, whether it's your love-life, financial status, or health, serves as a reflection of what you believe about yourself in relationship to this area of your life. So, if you believe that you're lacking in a particular area, then to the degree you believe it - you will experience lack in that area of your life. If however, you choose to see the abundance and beauty in everything in your world, that energy will make those things and experiences multiple in your reality.

For example, focusing on the fact that you've got \$20 in your wallet, and being grateful for it, instead of spending your time stressing about the hundreds that you're missing - will open you up to receiving more.

If you focus on what's lacking, you will never have enough - but, if you focus on your blessings, those things will be multiplied in your life.

~ ♥ M

But, if you keep playing in your head over and over again about what you don't have, and complain about how others around you have plenty - you will continue to experience lack. And in many instances, those things you currently have will continue to be striped from you, until you don't even have the amount that you were originally complaining about. This occurs because your beliefs will **ALWAYS** be reflected back to you through your life experiences.

So the key to creating a life filled with love, happiness, and abundance is to **FEEL GOOD** about what you already have - because this "feeling good" signals to the Uni-verse to bring you more of what you're grateful for.

This is why I designed my **10/10 Exercise** to both shift your energy to one of gratitude - AND, to help you focus on those things, ideas, and experiences you want to manifest in your life.

On the following page, you will find instructions on how to do the exercise, as well as a worksheet to get you started.

Lots of LOVE, PEACE, & **HAPPINESS**,

Morgan

## INSTRUCTIONS :: THE 10/10 EXERCISE

Each day, at around the same time so as to develop a habit, write out **TEN** things you are grateful for. These things may stay the same from day to day or they may change regularly, and most likely you will have combinations thereof. The point is to keep the list fresh, so that you are spending this time aligning your energy with **GRATITUDE**.

**Example** :: I am grateful for my home and family.

Next, write out a list of the **TEN** things you want to manifest. Now, before you go crazy - putting down things like "I'm manifesting 5 million dollars!" or "I'm manifesting a Super Model body." I must warn you that these types of things and ideas - unless they are truly in your reach, are going to send your current thought-stream into chaos - and your mind is going to reject them.

The reason being is that it has no idea how to go from the reality you're currently creating, to the one you say you now desire. Hence, if you ask yourself to make these huge leaps, rather than allowing a belief system to develop that will support your desired idea - to protect itself, your mind will feed you a steady stream of fearful ideas to talk you out of it.

## INSTRUCTIONS :: THE 10/10 EXERCISE

Instead, I encourage you to create a blended list, one that includes things and experiences that your mind perceives as easy to create, like a “Girls’ Night Out!” along with bigger goals, the kind that take anywhere from 3 - 9 months to achieve (or a little more, if you can believe that they’re possible), as this will help you to get a better result.

The reason doing it this way will create better outcomes for you is because, when you accomplish the things that you perceive are “easy” on your list, you’re signaling to your mind that you can indeed create your reality. And this firm understanding serves as the foundation you need to believe that it is possible to manifest the bigger goals and dreams in your life.

## THE 10/10 EXERCISE

1. I AM GRATEFUL FOR \_\_\_\_\_
2. I AM GRATEFUL FOR \_\_\_\_\_
3. I AM GRATEFUL FOR \_\_\_\_\_
4. I AM GRATEFUL FOR \_\_\_\_\_
5. I AM GRATEFUL FOR \_\_\_\_\_
6. I AM GRATEFUL FOR \_\_\_\_\_
7. I AM GRATEFUL FOR \_\_\_\_\_
8. I AM GRATEFUL FOR \_\_\_\_\_
9. I AM GRATEFUL FOR \_\_\_\_\_
10. I AM GRATEFUL FOR \_\_\_\_\_

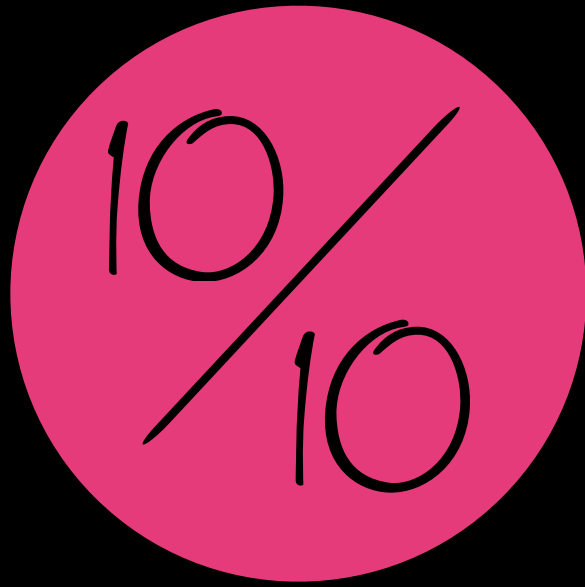
1. I AM MANIFESTING \_\_\_\_\_
2. I AM MANIFESTING \_\_\_\_\_
3. I AM MANIFESTING \_\_\_\_\_
4. I AM MANIFESTING \_\_\_\_\_
5. I AM MANIFESTING \_\_\_\_\_
6. I AM MANIFESTING \_\_\_\_\_
7. I AM MANIFESTING \_\_\_\_\_
8. I AM MANIFESTING \_\_\_\_\_
9. I AM MANIFESTING \_\_\_\_\_
10. I AM MANIFESTING \_\_\_\_\_

**Last minute tip about this exercise ::** If you really want to experience positive transformation in your life, try this exercise everyday for a minimum of one month, and I guarantee you will notice a quantifiable increase in your ability to create your life the way you want it to be.



**ABOUT MORGAN ::** SELF-LOVE Guru, and Dating + Relationship Mentor, Morgan McKean is on a mission to help people stop suffering by increasing their self-love, and shifting their belief system, so they can create their relationships, and lives, the way they want them to be.

**WANT TO WORK WITH MORGAN ::** If you enjoyed this exercise, and feel you would benefit from working one-on-one with Morgan, or one of her other SELF-LOVE mentors, to help you create your life the way you want it to be, please email us at [livingclear@morganmckean.com](mailto:livingclear@morganmckean.com).



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