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I simply need to look around to see all the abundance in my life. I am grateful that I am so divinely blessed.

I become overwhelmed with joy as I think of all the riches that surround me. I notice the wealth of colors in the fall leaves and realize that they are a symbol and a reminder of how eternally blessed I am. **I am truly fortunate.**

I use my sense of smell to connect with the sweet aromas of a Thanksgiving feast. It conjures up thoughts of gratitude for food, family, and friends. The sights and sounds of people gathering together, laughing, smiling, having heartfelt conversations, and making memories pulls at my heartstrings.

I am so happy. I am filled with joy. What an abundant life I am living!

I look around in awe of all the resources that I have. I have true friends. I am surrounded by a supportive family. I am connected to a greater community of like-minded people.

I have such an abundance of clothes, food, and useful items that I can easily share with others. I have so much to give away. It makes me feel happy to do charitable acts of service.

I feel beyond blessed when I start to count my blessings.

As I get into a state of gratitude, my abundance increases ten-fold. My heart wells up with compassion and charity as I realize how abundant my life has become.

Today, I feel truly grateful for the abundance that continuously surrounds me.

Self-Reflection Questions:

1. What 10 things can I be grateful for today?
2. Who is a blessing in my life?
3. How can I be a blessing in other people's lives today?