

# Your Work Day

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## **Week 1 – 15 Minutes of Gratitude**

- Set your alarm 15 minutes earlier than usual. For many of us, as soon as the alarm goes off, thoughts come streaming in, mostly around our To-Do list.
- Your new early morning practice is one of gratitude. First, thank Your Higher Power / Higher Self for another day, then thank your body.
- Start with your toes and make your way to the top of your head, pausing at different parts of your body. Thank a particular body part for all its hard work, keeping you fit and functioning. Even if, at the moment, it is not functioning at peak performance, thank it for all it has done in the past and its efforts at getting well. Thank the doctors and medicine you are taking, helping you to heal.
- You might say something like, “Thank you feet for keeping me steady and taking me the places I need to go. Thank you ankles for helping me walk and run. Thank you legs for being strong. Thank you stomach for processing my meals and providing my body with nutrients.” You get the idea.
- For those areas that are recovering you might mentally wave a magical wand and watch the gentle sparks glisten as they bathe the area in soft light, repairing what needs to be fixed.
- Now thank your bed for a comfortable night’s sleep, thank your bedroom and your home for providing you protection from the elements so that you can get your rest.
- If you have time, thank the people in your life, starting with your family. Either keep it general, or if you like, you can be specific about what they add to your life.
- If you find your mind starting to wander at any time, simply say, “Thank you for that thought, but now is my time to be grateful. I will come back to you later.”

What is your body saying to you? What kind of resistance, if any, did you encounter? There are no right answers, no wrong answers.

- Be sure to write your thoughts down.
- Do this meditation for 5 days.

Are you ready to learn what the next 11 weeks have for you?

**To Register for Weeks 2-12, Please Visit:**

[www.godspede.net](http://www.godspede.net)