

Gratitude can be amplified. It can change a day or a moment instantly.

How do you amplify your gratitude? When you feel it, do you follow it or do you turn away and move on with the business of your day? Gratitude is more than just a word, it's an energy. It can be felt deeply, if you let it. So how can you use gratitude in a more intentional way so it can spread or amplify as an energy into more of what you do?

To build more gratitude and amplify its reach, use the questions below to impact your life more intentionally.

Questions to help you Get Unstuck

- ☉ **How do you show your gratitude?**
From a smile to helping others and everything in between. List all the big and small ways you already let others know you feel gratitude.
- ☉ **Gratitude is an energy and it CAN be amplified. So, ask yourself, how could I amplify gratitude in a more intentional way? What changes would you need to make in order to do this?**
- ☉ **How could you widen your opportunities day-to-day? With whom? When? Where? Get specific and create a list you can refer back to often.**

Gratitude lives in the ordinary moments. Let it reach for you and take hold of its energy.