



Sharing My Values Series

Stress-dissolving Gratitude Affirmations to Inspire, Enable and Empower You to live a Rewarding, Meaningful and Fulfilling Life

You may already know that my top values are gratitude and generosity. With this series, I aim to enable and empower you to establish a life-changing gratitude practice and to embody generosity by giving this series of resources to you, without charge, and without asking for an e-mail address. This series includes some of my best work – I hope that you will be able to use it to make a difference in your life and in the lives of others.

A gratitude affirmation can not only dramatically reduce your stress levels, it can also increase your EQ.

People with a high EQ (emotional quotient) can handle stress more effectively than people with a low EQ. The good news is that, unlike your IQ, you can increase your EQ, your emotional resilience.

Gratitude builds emotional resilience by:

- Exploring your current limiting beliefs and eradicating harmful thought patterns
- Looking at an experience from a different perspective to determine what you can learn from the experience
- Being mindful and accepting the present situation as it is
- Identifying and focusing on solutions rather than on problems
- Establishing and maintaining relationships and appreciating others as they are.

Do you know what makes you so mind-bogglingly powerful? You have the power to choose your emotions.

To make sure you get the most from the use of these gratitude affirmations, I invite you to absorb the words below:

With each breath I breathe, I breathe in relaxation and I breathe out tension, stress and anxiety. Calmness washes over me. I am ridding my mind of harmful thoughts and emotions, and I am filling it with inspiring gratitude affirmations. I



am safe, I am in control. I am in charge of myself and my life, so I am letting go of all unnecessary worry, frustration and fear. Allowing myself to get stressed will not change or solve anything. Everything is going to work out just fine, so in the meantime, I choose to remain calm and content. I am patient with myself and others. Everything is going to be ok. I am fully capable of handling any problem or challenge that comes my way. As I breathe, I am clearing my mind of stress. Already I am feeling much better. I am feeling safe, secure and reassured. All is well in my world. I am smart, I am strong, I am resourceful. I release all beliefs that no longer serve me. I am releasing all tension from my body. Everything is going to be ok. I appreciate myself, just as I am. I lovingly forgive myself for my imperfections and I let go of the past. I gratefully embrace the present. I am so thankful for the abundance of blessings in my life. Everything is going to work out. I am ok, and all is well in my world.

Now choose one affirmation that resonates with you particularly and repeat it to yourself, several times. Spend a few minutes reflecting on it, with gratitude in the forefront of your mind.

For example, if you choose *Thank you for the family and friends that are in my life. I'm grateful for the support I receive from those who care about me*, spend a few minutes thinking about specifically supportive people and remind yourself why you are grateful to have them in your life. If you feel moved to do so, send a quick text to thank them.

- I am grateful for all the good in my life. I won't take it for granted and I won't let it go to waste.
- Thank you for the family and friends that are in my life. I'm grateful for the support I receive from those who care about me.
- I am grateful for everyone that comes into my world – I know they are in my life to teach me something.
- For the opportunity to grow into the best version of myself – I am grateful.
- Each day I wake up is a blessing. I appreciate being present at the start of a brand-new beautiful day. Whatever this day brings to me, I'm grateful for it.



- I'm grateful for the abundance of blessings in my life. Each day is an opportunity to show appreciation for all that I've been given.
- I am thankful that I can daily contribute to the greater good of everyone around me. I am grateful that my smallest contribution can be hugely valuable.
- With each experience I have, I'm grateful for the lessons I learn.
- When I cultivate gratitude, I not only have a positive impact on myself, but also on those around me.
- Although I'm working towards the life of my dreams, I'm grateful for what I have right now.
- Everything I am, and everything I have, is enough. Thank you, thank you, thank you for everyone and everything.
- Every past experience has made me who I am today. I am grateful for all of them. I appreciate that I could never be where I am today without having first gone through what I went through.
- Thank you for the unlimited number of opportunities I have to reinvent myself.
- I am grateful for the endless opportunities I have to grow.
- I am grateful for ALL my emotions: my uplifting emotions as well as my unsettling emotions. I acknowledge, accept, and express all of my emotions.
- I am grateful that there is guidance available to enable me to become more emotionally resilient.
- I appreciate everything I have in my life and always keep the door open for more blessings.

When I send these gifts out into the world, I always wonder where they will end up. Hopefully not in some file where they will do no more than gather dust and eventually become invisible amongst hundreds of other forgotten downloads.

I use these affirmations daily; I am absolutely convinced that they can help you too.

You may also know that my horses have taught me much of what I share during my [online and offline transformational retreats](#) and therefore my all-time-



favourite gratitude affirmation goes a bit like this: *I am intensely grateful for the horses in my life, past, present and future. I would never take what they have taught me for granted and I don't intend to let any of it go to waste.*

If you DO want to stay in contact, you can subscribe to my retreat mailing list here: [How to Choose the Perfect Retreat: Make Your Next Retreat Your Best Ever.](#)

If you have a moment, please let me know if this gift has been useful to you. If I can improve it in any way, please also let me know. By doing so you will help even more people to benefit from it.

Wishing you much to be grateful for,

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