



# Your Super Power

GRATITUDE

PATRICIAKEEL.COM | REV.DR. PATRICIA KEEL.

# YOUR SUPER POWER

## GRATITUDE

Welcome Friends,

As we explore the power of gratitude today, I want to invite you to go deeper—into the very heart of what gratitude is really about.

Gratitude is not just an individual feeling; it is, at its core, an expression of our awareness of oneness. It's the recognition that we are not separate from the world around us but intimately connected to all people, all life, and the vast, interconnected matrix of existence.

When we are truly aware, we can see that every blessing we experience, every moment of joy, every relationship, and every opportunity in our lives comes from this web of connection.

Gratitude is the thread that helps us see the unseen, to understand that even the smallest things we are grateful for are part of a larger, more profound exchange of energy, love, and support.

Set aside time to reflect on these exercises, and enjoy.

*Patricia*

patriciakeel.com | rev.dr. patricia keel



# YOUR SUPER POWER

## GRATITUDE

Think of three people, experiences or things that you are grateful for.  
write them down.

A large, empty light gray rectangular area intended for the user to write down three things they are grateful for.

Now focus on awareness of the **feelings** that arise as you reflect on  
these blessings.

A large, empty light gray rectangular area intended for the user to focus on and write about the feelings that arise from reflecting on their blessings.



# Gratitude in Relationships

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**INSTRUCTIONS:** Feel into your relationships with awareness. Reflect on one person at a time to complete this exercise

**#1: IDENTIFY ONE PERSON AND SHARE WHAT GIFT IS IN THE "FIELD" OF THIS CONNECTION?**

**#2: WHO HAVE YOU BECOME AS A RESULT OF THIS RELATIONSHIP?**

**#3: HOW DO YOU SHOW APPRECIATION IN YOUR FAMILY?**

**#4: HOW DO YOU SHOW GRATITUDE AND APPRECIATION AT WORK?**

***WHEN WE ACKNOWLEDGE OTHERS WITH AWARENESS,  
WE STRENGTHEN OUR CONNECTION AND BOND.***



Daily Gratitude.

DATE:

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TODAY I AM GRATEFUL FOR

Blank grey rectangular area for writing.

THINGS THAT MADE ME SMILE TODAY

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PEOPLE I AM GRATEFUL TO HAVE IN MY LIFE

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SOMETHING THAT INSPIRED ME TODAY

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## Simple daily gratitude practices

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KEEPING A GRATITUDE JOURNAL

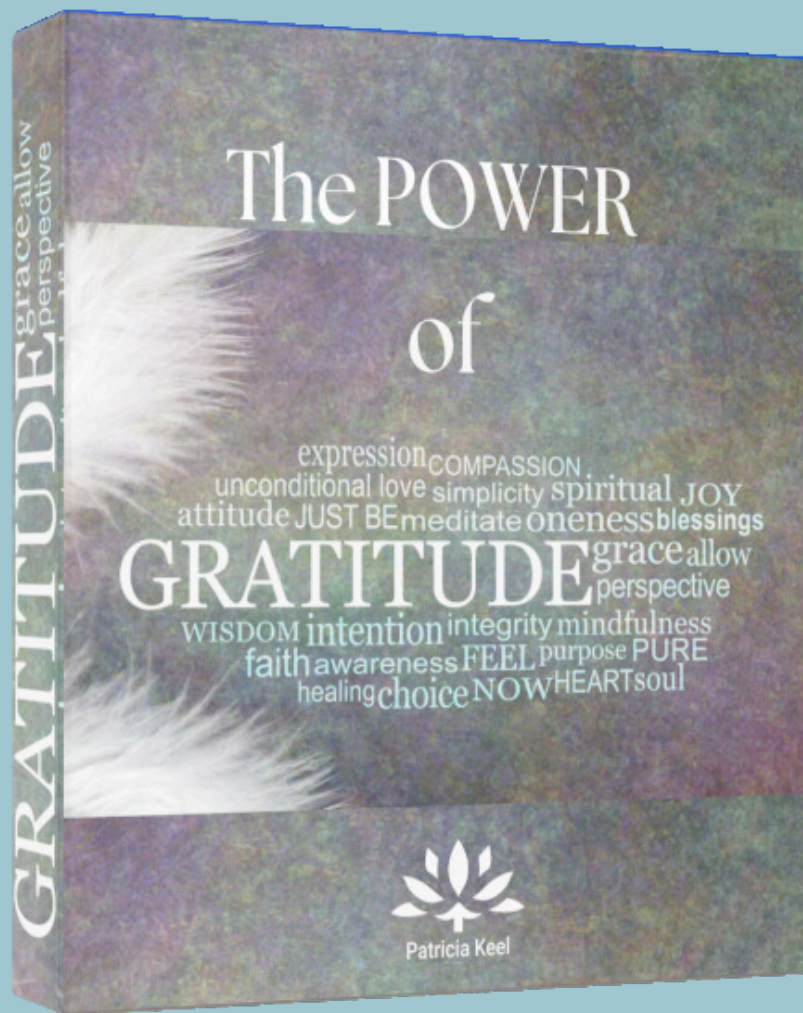
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SHARING APPRECIATION WITH OTHERS

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WRITING A GRATITUDE LETTER

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## UPCOMING CLASS

WITH REV. PATRICIA

Online lessons and workbook  
4 weeks of Group Coaching & Connection  
A 1-on-1 Coaching Session with Patricia  
21 Day Gratitude Challenge

### BONUS:

\*\* A copy of Best Seller Ultimate Self  
Healing V5 my chapter "Finding Yourself in  
Transition"

\*\*\*The Midlife Confidence Blueprint

**The Power of Gratitude**

**Group Coaching**

**1 on 1 with Patricia**



## [CHECK OUT THE CLASS](#)

Questions or info on coaching with me.  
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GRATITUDE  
IS AN  
EXPRESSION  
OF OUR  
AWARENESS  
OF OUR  
ONENESS WITH  
ALL LIFE.

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