



The
Flow
Practices

to Your

Rich
Life



SEVEN DAYS OF GRATITUDE

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Gratitude

The Abundance Frequency

Gratitude rests at the summit of the abundance spectrum. It is the highest-vibrational state of consciousness one can experience — alongside trust, expansion, and overflow. This is the energetic playing field of your highest self: the version of you who leads with self-belief, welcomes abundance, and moves through life with an open and thankful heart.

Don't let the simplicity fool you. Gratitude isn't just a feel-good emotion; it reprograms your nervous system, aligns your heart and mind, and opens the floodgates to abundance. It holds the power to turn even ordinary moments into portals for more. In the pages ahead, you'll explore why it works so powerfully and discover intentional practices to help you center it in your daily life.

Following are seven powerful gratitude practices and journal prompts to help you anchor this frequency into your daily life. Take them one at a time — one practice per day, for a full week of gratitude. Move slowly, notice the shifts, and let them guide you back to presence, peace, and the deep knowing that you are — and have — enough.

Give Thanks

Day One

Gratitude is one of the highest-vibrational frequencies you can feel. It is also the foundation upon which abundance takes root. Why? Because the magnetic field is neutral — it's nothing but a mirror of your inner state.

When you genuinely feel grateful for the abundance that is already present in your life, you send

out a command to the universe that says: “*More of this, please,*” and the universe delivers. Simply put, your inner state essentially is the universe’s order counter. So give thanks, for your existing blessings will be multiplied tenfold.

Take a moment to really look around — at the comfort, support, beauty, and resources already surrounding you.



Journal prompt: List five things you’re grateful for in this moment, and why. Really feel into the gratitude.



Breathe the gratitude in. Let it settle into your body. Where does it land? How does it feel? Is it still, shifting, or moving? What does it look like? Can you stretch it beyond its edges?

Get used to how gratitude feels in your body. Amplify it. Make it a point to feel it as often as possible, every single day.

Receiving With Grace

Day Two

Gratitude doesn’t just happen in obvious moments. Sometimes, it sneaks in through the cracks of challenge, discomfort, or hindsight. Let’s explore that.

Many of us still feel uncomfortable when it’s time to receive a gift or a compliment. This discomfort often stems from feelings of unworthiness. The next time you notice resistance when

someone offers you kindness, I invite you to channel your Wealthy Self and accept it with grace — without dismissing or deflecting.

Resist the urge to immediately return a compliment or say things like, “*Oh no, I can’t accept that.*” Instead, try this simple 4-step formula:

1. Acknowledge & welcome the act of kindness — truly let it in.
2. Consciously release any resistance you might feel — assume that people are happy to make you feel good, just like you are when the situation is reversed.
3. Fill the space with gratitude and give thanks.
4. Only then, and only if it feels authentic, return a compliment in response.

If you want to have fun and practice your manifestation powers, try this: before heading out for the day, look in the mirror and repeat three times: “*I am open to receive a gift or a compliment today.*”



Journal prompt: Journal about your experience. What unfolded as you received? Did any resistance arise? What shifted when you allowed gratitude to fill the space instead of deflecting?



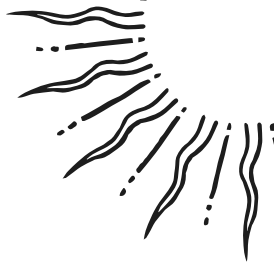
When you receive with gratitude, you invite that energy to return to you, nourishing the continuous cycle of giving and receiving from which abundance flows.



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The 17-Seconds Ritual

Day Three



Neuroscience has shown that just 17 seconds of focused thought can generate enough momentum to attract similar experiences into your field.

So as you rise — first thing upon waking, while your mind is still in its soft alpha state — gift yourself 17 seconds of pure gratitude. Close your eyes, breathe deeply, and let thankfulness flood your body. Feel it completely. Recall the sensations of gratitude you explored on Day One, then amplify them. Expand the feeling, stretch it wider, and let it radiate beyond you.

Return to this practice anytime throughout the day. Set gentle reminders, or simply pause in ordinary moments, and reset your energy with gratitude. Seventeen seconds is all it takes to shift your state — and your energetic field.



Journal prompt: How different did your morning feel after this 17-second ritual compared to your usual first moments of the day?

Heart-Brain Coherence

Day Four

Scientists have discovered that your heart contains over 40,000 sensory neurons — cells that think, feel, and remember, just like those in your brain. Gregg Braden and the HeartMath Institute refer to this as the "heart-brain", and when it's in harmony with your actual brain, a state called coherence, you become more than just reactive — you become magnetic, intuitive, and powerful.

In coherence, your nervous system calms, your mind clears, and your inner guidance speaks louder.

Gratitude, appreciation, and compassion are the emotional codes that unlock this state. This practice invites you into energetic alignment, where your thoughts, emotions, and nervous system speak one unified language: *trust and wholeness*.

♥ Practice: Shift Into Coherence

Step 1 – Breathe.

Slowly inhale for a count of 5, exhale for 5.
Repeat for at least 3 cycles. Let your shoulders drop.

Step 2 – Drop into the heart.

Gently place your hand on your chest.
Bring your attention to this space. Breathe into your heart. Imagine light there. Soften.

Step 3 – Generate a high-vibe feeling.

Think of something or someone you deeply appreciate — anything that instantly warms you. Let that feeling expand in your chest.
Ask yourself:
What am I truly grateful for right now?
What beauty is already here?

Step 4 – Anchor the frequency.

Let this emotional state flood your system.
Hold it for 3 minutes.
Feel your heart and brain come into sync.

🎉 Congrats! You've now shifted into magnetic alignment.



Journal prompt: Take a moment to reflect: What shifted in your body, energy, or clarity as you entered heart-brain coherence?



Studies have shown that practicing heart-brain coherence for only 3 minutes a day can have effects lasting up to 6 hours in your cellular body. Practicing regularly is believed to spark profound, long-lasting healing.

The Gratitude Call

 **Day Five**

Life expands when we're willing to be vulnerable. Think of one person who showed up for you — someone who believed in you when you didn't, who supported you during a difficult time. Someone whose presence made a difference in your life.

Make the call. Set your pride aside and make the call. Let your heart speak. Let them know what their support meant to you.



Journal prompt: From your open heart, write about the experience. How did they react? Were you surprised by their receptivity? How did that make you feel? What good came out of this conversation?



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Paying Bills



Day Six

“Ugh, bills.”

I can practically hear you from the ether. But hold up.

Isn't it kind of nice to have a roof over your head — a space to cozy up with your loved ones whenever you want? Aren't you glad you have the internet, connecting you to thousands of beautiful humans around the world — giving you access to fresh perspectives, world-class wisdom, and a space to share your own gifts? Are you not happy to have heat that warms your nachos and your toes in the dead of winter? Do you not appreciate taking hot showers instead of icy ones like Wim Hof? Isn't it a beautiful luxury to be able to buy yourself a growth journal and change your life literally at the tap of a finger? You've got to admit it kind of is, nice.



Journal prompt: Write a short thank-you note the next time you pay a bill.

Example: *Dear Internet Provider, thank you for the memes, the streams, and the endless rabbit holes. You power my curiosity and chaos. I see you. I appreciate you.
Here's your payment — gladly given.*

Good work.

Give thanks at every chance you've got — even, and especially when paying your bills. Notice how your mindset shifts over the next few weeks or months.

The Future Self Perspective

Day Seven

Sometimes it's easy to forget how far we've already come. Gratitude isn't only about things outside of us — as a matter of fact, it is mainly about honoring the path we've walked and the version of ourselves who kept going when it wasn't easy. One of the most powerful ways to anchor this is to let your future self speak.

Prompt: Write a letter to your present self from the perspective of your future self — the version of you who is already successful, fulfilled, and wealthy. Speak from a place of gratitude. Acknowledge the choices, resilience, and steps your current self has taken to bring you here.

Let this be more than encouragement. Let it be recognition. Appreciation. Love. Write as if you truly see yourself — because you do.

Thank yourself — fully, deeply, and with no hold-back.



The Beginning

A Daily Practice

Congratulations. You've just completed seven days of gratitude. The practices may be simple, but their ripple effects are profound. Pause and notice how you feel compared to Day One. You can repeat the full journey anytime, or return to the practices that resonate most and weave them into your daily rhythm. Each time you do, you build momentum for abundance to flow more freely into your life. And remember — gratitude is only the beginning.

You've earned too much good karma to be stuck in scarcity.
Harvest time is here.



Inside *The Flow Journal to Your Rich Life*, you'll:

- ✦ Cut to the root of limiting beliefs and scarcity patterns
- ✦ Rewire your relationship with money, energy, and self-worth
- ✦ Strengthen faith, gratitude, and embodied flow
- ✦ Anchor your Rich Life vision — and live it now
- ✦ Access 200+ practices, prompts and tools to elevate your frequency

Stop wishing for your rich life.
Make it happen.



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