

Gratitude Process



Gratitude brings
Joy and Happiness

Morning Reflection

1 Set your intentions & goals for the day

2 What am I willing to give to others today?

3 What are the 10 things, people I am most grateful for?

4 What am I happy about right now?

Evening Reflection

- 1 What have I done today, increased in value or got better at?
- 2 Which positive feelings do I feel right now?
(I like you to really feel the good feelings which come up right now).
- 3 What am I learning from my challenges?



Remember

Each time you are feeling GRATEFUL,
the Universe brings you more things
to be GRATEFUL for.

Shine
your brilliance