

# GRATITUDE

THE UNIVERSE IS ABUNDANT

Write down 3 things your're grateful for, each day.

What, specifically, made these events or people so special?

Did you express your gratitude?

How did it change your feeling about the event or person?

How did it alter the rest of your day?

Did you begin to see opportunities that you might not have seen otherwise?

Journal the experiences and begin to see unfolding patterns of opportunity.