

THE MAGIC OF THANKS

BUILDING A GRATITUDE ATTITUDE

I, _____, commit to filling this journal daily. I will take time to visualise one goal I want to achieve or one feeling I want to cultivate. I will then feel deep gratitude for that goal or feeling, as if I have already received it.

START DATE:

TIME COMMITMENT:

ROUTINE CUE:

TRACK YOUR GRATITUDE PRACTICE

- ☐ Quieted my mind with box breathing
- ☐ Take 5 minutes visualising my goal - what will it feel like, how will it look, what can you smell?
- ☐ Immersed myself in gratitude as if I have already achieved it and noted 3 specific things I am grateful for now I have it

GRATITUDE LOG

DATE	THREE THINGS I AM GRATEFUL FOR	FOOD FOR THOUGHT	TODAY'S NOTE TO SELF
SUN	• • •	<i>In life, it's not about speed but direction.</i>	
MON	• • •	<i>Some paths are created as we go.</i>	
TUE	• • •	<i>I'm where I should be. I am enough!</i>	
WED	• • •	<i>My life is as good as my mindset.</i>	
THUR	• • •	<i>I honor my space by setting healthy boundaries.</i>	
FRI	• • •	<i>I cultivate my growth by embracing new challenges.</i>	
SAT	• • •	<i>I know only one thing: "I am getting there."</i>	

The road ahead has wonderful things in store for me.

