

MODULE 5, SESSION 5

Gratitude Attitude

CHECKLIST

Watch “Gratitude for the Past, Present, and Future” 

Write your gratitude list

Begin your brag book

Create a soundtrack of joy with music that has you move your body in dance, makes you smile and raises your vibe.

When you’re in gratitude you can’t suffer. There are so many things in our lives to be grateful for, but we often focus on what we don’t have or what isn’t going right.

Life becomes so much sweeter when we shift our focus and concentrate on what there is to be grateful for. You can jump-start the process by making as complete a list as possible.

Include things like your health, talents, family, friends, the things that inspire you, what makes you special and unique, pets, foods you love, and experiences you have had.

Elaborate on them! Get as specific and vivid as you can in terms of your gratitude so you can make these wonderful things come even more powerfully alive.

Here, you will have some space to list everything you are grateful for RIGHT NOW.

I am grateful for...

I highly recommend keeping a list, either written or in your phone, of the things you are grateful for each day. It will take but a few minutes and will transform your mindset.

