



## I Am Grateful

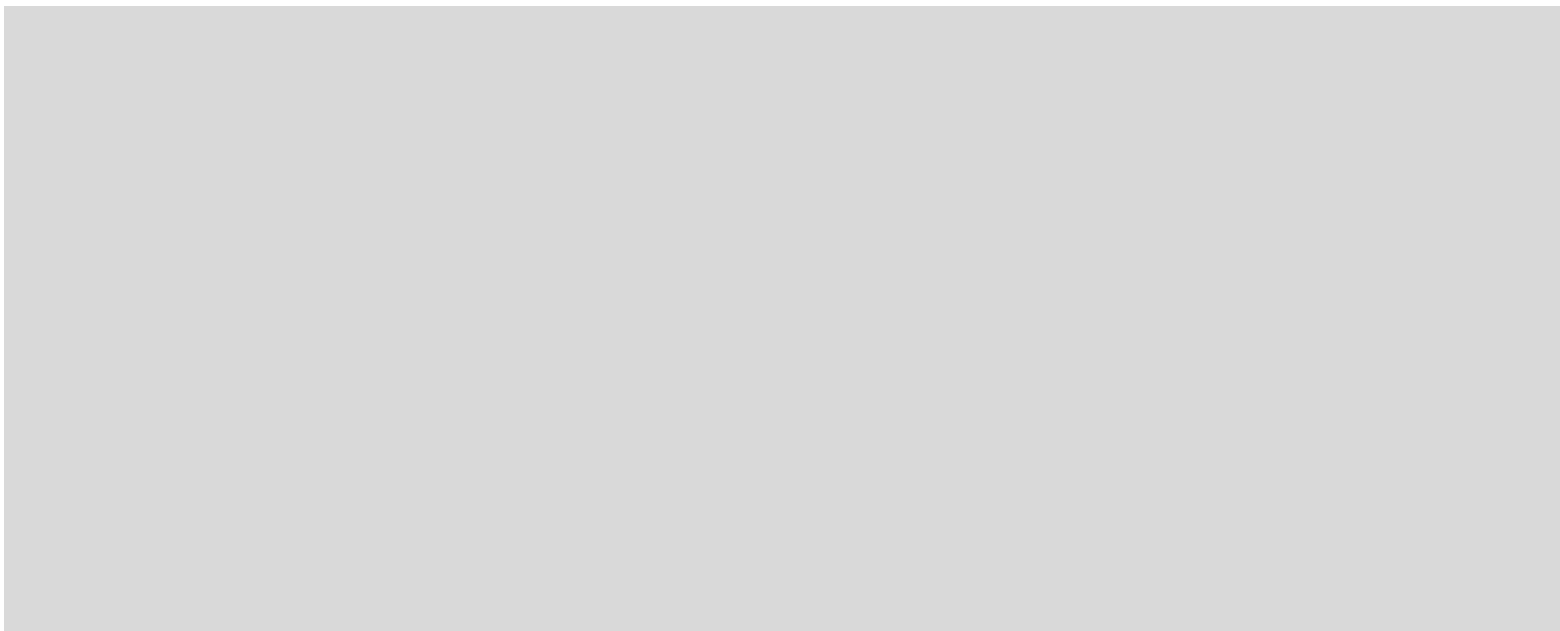
**CREATE A GRATITUDE LIST** to support your positive thinking and to create more space for love and happiness in your life.

There are so many things in our current 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.

### Things I am Grateful For....



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