

# The daily habit of gratitude

Research shows that when we count three blessings a day, we get a measurable boost in happiness that uplifts and energizes us. It's also physiologically impossible to be stressed and thankful at the same time. If you are focusing on being thankful, you can't be negative.

So every evening, write down 5 things you are happy about and thankful for. Why 5? Because three is easy. And 10 is too much. Some days even 5 will be challenge.

1

2

3

4

5



# Receive and Learn

RECEIVE: it's all about noticing opportunities, gifts, unexpected happenings, serendipitous meetings, someone saying thank you, holding the door open for you...

Write them down. Be thankful for them.

LEARN: big or small accomplishments you have made, lessons you have learned, gains you have created fears you have conquered,...

## 1 RECEIVED

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## 2 LEARNED

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# Your message to the Universe

When you are clear, when you have set your intention, you notice opportunities and gifts. You know how and when to grab them. But you also know how to ask for them.

It's all a matter of focus.

Focus on what you will have or who you will be in the future.

Start behaving that way.

And ask the Universe to provide.

Below, write down your message to the Universe. Write it like it has already happened.

Ex. My house is painted in the colors I have chosen and love.

One more person signs up for my retreat.



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# All in one journal page

1

GRATITUDE

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2

GIFTS/WISDOM

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3

UNIVERSE

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