THE PRACTICAL GUIDE TO EXCEPTIONAL LIVING

CREATING AND LIVING THE LIFE OF YOUR DREAMS

The Gratitude List

A Gratitude List is an easy way to capture all of the things that make you feel grateful. It makes you instantly realize all of the blessings in your life and immediately elevates your mental state. Set a timer for 5 minutes and write down as quickly as you can all of the things you are grateful for in short, one to two word blasts on the left hand side of the paper. Start with, "I am thankful to be alive", list friends, family members, challenges you have overcome, triumphs you have had, goals you have reached, and your health. When the timer goes off, go back and write down all of the reasons you are so grateful for these things.

Things I am grateful for	**Reason I am grateful**

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