



## 30 DAYS OF *gratitude*

When we shift our focus from a place of lacking to a place of abundance, we begin building the habit of a positive mindset.

Print out 3 copies of the page overleaf and for the next 30 days, add this to your morning or evening routine

- Commit to filling one of the large leaves each day with gratitude
- At the end of 30 days, cut out each of the leaves and string them on a garland
- Hang the garland up somewhere you can reflect on your general mood and see if it has shifted. Have you embodied being the abundant soul you deserve to be?

If you are feeling good, commit to another 30 days and maybe even invite a family member or close friend to join you as a gratitude accountability partner.



30 DAYS OF GRATITUDE

# Instructions



Fill one of the large leaves each day with gratitude



At the end of 30 days, cut out each of the leaves



String them on a garland



Hang the garland up somewhere you can reflect

