



12 DAYS

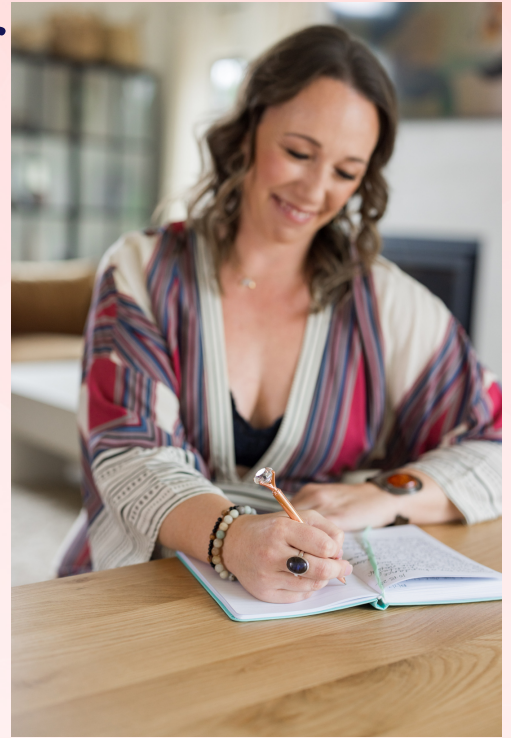
of

Gratitude

**YOU  
GOT  
THIS.**

# Today I'm grateful for...

The power of Gratitude is unmatched with anything else I've done for me. What can start as a simple daily act can turn into an abundance in life that you never even imagined!



Over the next 12 days, I challenge you to take 5 minutes to write down 5 things you're grateful for each day.

Write these things without judgement. This is for you only. And only YOU know how you feel each day, and what lit you up enough to be written down. It can be a simple thing you have or a deep feeling and experience you had that day or simple remembered in that moment. Whatever comes up for YOU!

Along with the gratitude that comes to mind, each day there is a prompt that will challenge you further to go just a little deeper.

I'm excited to see how much you can transform in just 12 days!

Feel free to message me if you have any questions!

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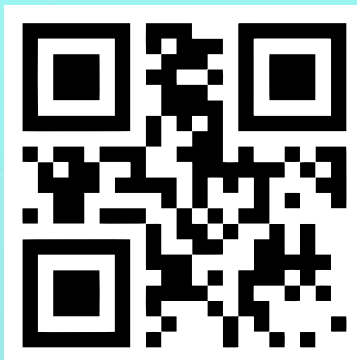
# Today I'm grateful for ...YOU!

You did it! I hope you found a rhythm and routine to build your gratitude into each day. In just these few short days big shifts in how you show up for YOU, your family, your friends, your coworkers should have been evident.

If you're like me and wrote down everything at night, you might have slept better. If you wrote it in the am, your day started and hopefully ended with the positive feelings.

Now don't stop. If you found this helpful keep going, print more of these pages, find a blank journal, write on napkins. Just keep pouring Gratitude into the world because it sure needs us to!

If you've loved this practice and want more ways to be YOU, connect with me!



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THIS.**