

10 Things I'm Grateful For

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21-day RESILIENCE CHALLENGE

When you cultivate a feeling of gratitude, you protect your blessings and attract more.

Write at least three things you're grateful for each day. Or, better yet, go for 10 to amp up your health & prosperity.

Think of something beautiful you saw; a great interaction you had with someone; a good cup of coffee; or, it can even be as simple as waking up in the morning.

Gratitude builds emotional resilience by helping you see the positive things in life. Reflecting on what you're grateful for overpowers negative feelings and replaces pessimistic thoughts with optimistic ones.