

ONLINE TOOLKIT

Step 1 - Practice Gratitude

In the following exercise you will write down 100 things that you are grateful for. You may be surprised of what you come up with, things perhaps you have taken for granted. Enjoy and watch how your energy rises as you take the time to truly appreciate all you currently have in your life.

Begin each sentence with I AM SO GRATEFUL FOR...

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84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99	82	
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86 87 88 89 90 91 92 93 94 95 96 97 98 99	84	
87 88 89 90 91 92 93 94 95 96 97 98 99	85	
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