

GRATITUDE



CALENDAR

Missi
{www.earlytorise.com}

MONDAY

Write what you love the most about your home on a sticky note and stick on refrigerator.



TUESDAY

Set an alarm for 9am, 12pm, and 3pm – text someone special in your life & tell them exactly what you love about them.

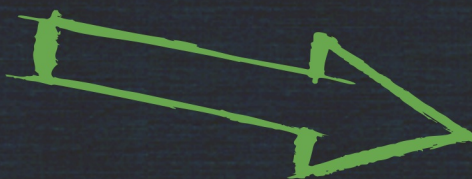
WEDNESDAY

Pause for 30 seconds and find gratitude for the breath in your lungs.



THURSDAY

Create a gratitude jar. Write one memory on a strip of paper each Thursday and place in jar. When jar is full of thanks, you can pull them out & relive these precious moments.



FRIDAY

Write down gratitude for one of the following:

- *Health
- *Journey toward health
- *Your mind
- *Ability to learn, think and grow

Read the full article here: <http://bit.ly/1rlu9et>