



10 Days of Gratitude

Day 1 - Taking a break can be a big benefit in your life. "I recognize the positive shift a vacation will bring me."

Day 2 - Sharing your troubles or trauma with someone you trust will benefit your health and spirit. "I am grateful to be able to confide in others and receive their confidences in return."

Day 3 - You have a choice, do you want to continue with how things are or make a change. "I carefully weigh my options and make my choices with gratitude."

Day 4 - When actively involved in a gratitude-centered lifestyle, you may attract people who are on the same path. "I am grateful to be working with others to help them achieve their goals and create my gratitude network."

Day 5 - I gratefully use my imagination to visualize and manifest my dreams. What do you visualize to manifest?

Day 6 - Everyone has an energy frequency, as you maintain a higher

energetic frequency, you can freely express love and gratitude. What do you do to raise your energy frequency?

Day 7 - Developing and maintaining a sense of stability and safety in your life builds resilience, confidence, and daring. "I lovingly create stability in my life and am grateful for how this makes me feel" What do you do to create stability in your life?

Day 8 Everyone has spiritual potential that can be nurtured. How do you spend time on your nurturing of your spiritual gifts?

Day 9 Being thoughtful, friendly and open will help you be more compassionate. This image reminds you to focus on your ability to love another and give them needed support. How do you show kindness to others and yourself?

.Day 10 What a beautiful way to wrap up our 10 days. We end with Grace – Grace is handling events with sophistication and elegance. Grace compels you to trust in God or a Higher Power. How do you handle situations with grace and gratitude?