



EXPRESS GRATITUDE

Express gratitude.

The antidote for overwhelm is gratitude. Start by making a list of 10 things you're grateful for and WHY (the why part is key!).

The more you give thanks for what you've already got, the more abundance you'll receive.

Follow the formula below:

1. I am grateful for _____ because _____
_____.

2. I am grateful for _____ because _____
_____.

3. I am grateful for _____ because _____
_____.

4. I am grateful for _____ because _____
_____.

5. I am grateful for _____ because _____
_____.

6. I am grateful for _____ because _____
_____.

7. I am grateful for _____ because _____
_____.

8. I am grateful for _____ because _____
_____.

9. I am grateful for _____ because _____
_____.

10. I am grateful for _____ because _____
_____.