

MIND*Motivation!*

Season One, Episode Nine

The One About - Gratitude

EXERCISE: What do you appreciate in your life? Aim for bucket-loads of gratitude...

I AM SO HAPPY AND GRATEFUL FOR MY:

Physical health – because...

Mental wellness – because...

Friends – because...

Finances – because...

Opportunities I create and seize – because...

Nature – seeing a sunrise – because...

Career – because...

Family – because...



EXERCISE: WHAT ARE YOU GRATEFUL FOR?

Write down 3 top things you appreciate and are grateful for that are in your life right now. We're talking people, situations, possessions, achievements and opportunities.

What is it you appreciate about these 3 things? What's your 'why'?



Now think of 3 things that you can appreciate and are grateful for about yourself as a person? (Think of your skills, knowledge, experiences, values and talents)

What is it you appreciate about these 3 things? What's your 'why'?

Describe yourself in 10 words:

...and don't forget you're fabulous!