

Gratitude & Forgiveness recommended content

Daily Gratitude Practices:

- Gratitude journal: wake up & write in your journal or notes app. List everything you can think of that you are grateful for. It can be the same everyday. There can be a lot or a little that you write down. Allow yourself to FEEL happiness when thinking about this list.

- Daily affirmation: Write your affirmations down and place them where you will **see** them! Say your affirmations in your head *and* out loud. Do this at least 1x per day. Example affirmation “Everything I need and want is already within me” FEEL the feelings of excitement and joy when you are saying your affirmations. BELIEVE in your affirmations!

- Be still: Set a timer for 3 minutes and sit still. You can do this first thing in the morning, right after work, or before you go to bed. Clear your mind (or give it a task such as listening to your breath) close your eyes, then welcome in joyful thoughts. This helps to keep your vibrations up! This is a form of meditation so as you get more and more comfortable, you can increase the time that you are still.

- Let it out: Each night before bed, brain dump! Write down every thought and feeling you have going on. Then, write down something you are grateful for from that day.

BONUS

- Call back your energy exercise: Imagine all of your energy that was spent throughout the day (giving to others) in the form of balloons with strings. Imagine cutting those strings and letting the balloons fly away and saying “I choose to keep my energy for myself right now.” You can give back your energy to anyone you *choose* to, the next day. This practice can help with anxiety as well. Helping to protect your energy is also a great self care practice. Lastly, this will help with falling asleep in a state of gratitude which will shine through to the following day!

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Articles on why we write things down:

- [Forbes](#)
- [Productive and Free](#)
- [The Guardian](#)

XoXo,
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