

# Appreciations & Gratitude

Write an appreciation or gratitude for the things you treasure, appreciate, and revere in your life today. Choose 10 things a day to write about and if you want something to come into your life, write that as an appreciation in present tense – as if it had happened already i.e. instead of saying, “I would like more free time” instead write, “thank you for the free time this week”. Frame all that you write in appreciation for it being in your life already.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_