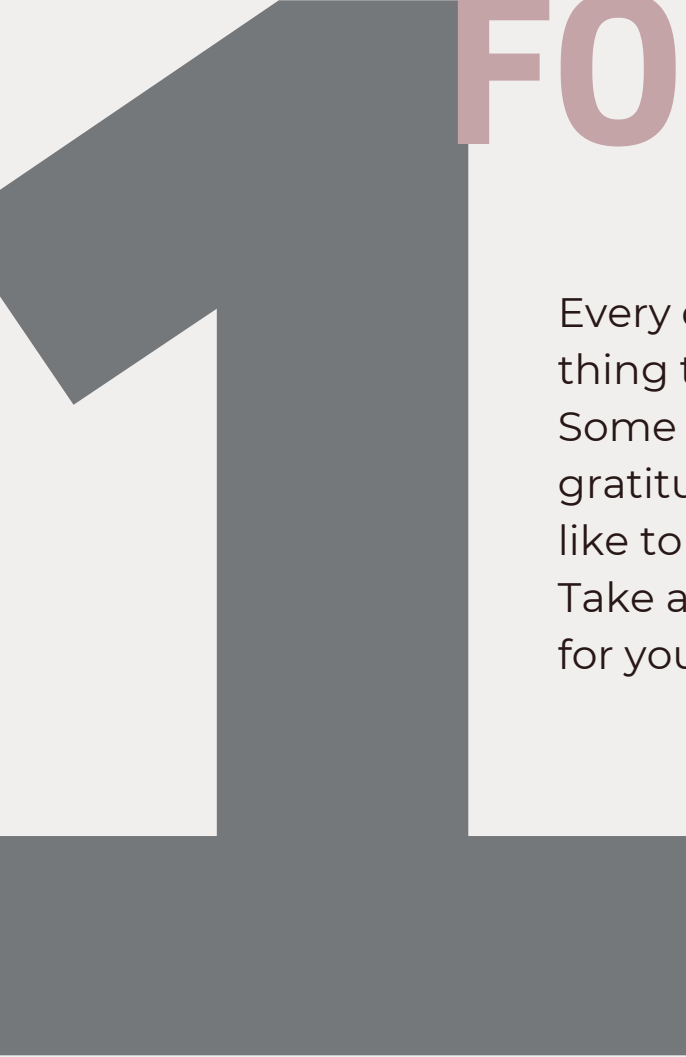


A person is sitting on a globe, wearing a white t-shirt and patterned leggings. Their hand is resting on the globe. In the foreground, there is a notebook with a pink pen and a small floral-patterned object. The background is a soft, out-of-focus setting.

HOW TO FIND MORE GRATITUDE

@LISATHRUSTON

Authentic
VICTORIES 



I AM GRATEFUL FOR...

Every day are you finding a least one thing to be grateful for?

Some people like to start their day with a gratitude list, but maybe that's how you like to close your day.

Take a minute each day to just be grateful for you.



GRATITUDE TIPS

It can be hard to just “be grateful” each day.
So make gratitude a game!

How many things can you be grateful about
yourself, your family, your job...make it fun!

How many coincidences in your life/day can you
be grateful for. That close parking spot, catching
your mug just before it falls and it not spilling,
the extra bag of chips or a cookie you got at
lunch. Find gratitude in the littlest of places first.

HOW DOES IT MAKE YOU FEEL?

Ahh, reflections again? Yes.

Has a focus on gratitude shifted anything? The answer can be no.

Do I feel any different? Hopefully yes.

Keep at it and the changes will become really obvious.



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deeper?
Join my 6-week
Love Yourself, Find
Love FREE
mini course!**

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