

APPRECIOLOGY



GRATITUDE BEGINS WITH YOU

1

Simply WRITE DOWN what you are grateful for each night before you go to sleep.

2

Repeat your list each night out loud and FEEL the appreciation associated with each.

3

When you wake up the next morning, repeat step TWO.

A moment of gratitude makes a difference in your attitude.

3 THINGS I'M GRATEFUL FOR TODAY...

I WILL SPREAD KINDNESS BY...

TODAY I WANT TO HELP OTHERS FEEL...

MAKING AN **IMPACT** WITH GRATITUDE & APPRECIATION.

THINK. CREATE. *excite.*