



## Day 12: Gratefulness

When we can appreciate what we already are, what we already do, what we already have, then we are creating a space for new things we desire to come into our lives. It is as if the universe is waiting for us to demonstrate that we are ready to take on a greater role and are capable of being doing and having more.

**What are you grateful for in each of the Essential Life Streams?**

Health: \_\_\_\_\_

Fitness: \_\_\_\_\_

Family: \_\_\_\_\_

Friendships: \_\_\_\_\_

Romantic Relationships: \_\_\_\_\_

Spirituality/Faith: \_\_\_\_\_

Emotional Wellbeing: \_\_\_\_\_

Financial Wellbeing: \_\_\_\_\_

Physical Environment: \_\_\_\_\_

Play: \_\_\_\_\_

Contribution/Purpose: \_\_\_\_\_

Work/Career: \_\_\_\_\_

**What else are you grateful for?**

_____	_____
_____	_____
_____	_____
_____	_____

What else did you find to be grateful for today?


## Share It!

Smile and wave. Write a letter. Send an email. Make a call. Share your gratitude.

Who did you share it with?


*It costs a  
candle nothing  
to light  
another  
candle.*

