



THE GRATITUDE CHALLENGE

DAY TWO | GRATITUDE WORKSHEET

What is going well for you right now? Appreciate the positive. Every situation has something to offer you.

Close your eyes and think about something that feels good right now. What is the feeling behind the situation? Does it give you a sense of security? freedom?

What are you struggling with right now? Appreciate the negative. Every situation has something to offer you.

For example, if you unhappy in your body. Can you appreciate that it is the vehicle that holds your life spark as you find ways that you can nourish it and care for it?

Do something today to nurture your body.

Nourish your body by preparing and eating a healthy meal. Drink a juice. Exercise. Go for a walk in the park or on a forest path. Practice yoga. Go for a massage, reiki or acupuncture session to heal your body. Follow an exercise video on youtube. Go for a manicure or pedicure or simply soak your feet in an warm water for 20 minutes as you simply relax.

You get the idea, it doesn't have to cost money. Think about what you are going to do, write it down below. Come back to this page later today or tomorrow and write down how you felt after you did it.



CONSCIOUS LIFE SPACE GRATITUDE LIST AND JOURNAL

Today I am grateful for:

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It's not having what you want, it's wanting what you've got. - Sheryl Crow, Soak-up the Sun"

Goals:

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