

# **Monday**

Start working your gratitude attitude today by grabbing a journal and writing 3 new things everyday that you're grateful for!

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### **Tuesday**

The **3 C**'s exercise:

Become aware of the areas in your life where the **3 C**'s are showing up.

What are you currently **COMPLAINING** about in your life? Write in down.

What are you trying to **CONTROL**? Write it down.

Who are you **COMPARING** yourself to? Write it down.

Be as honest with yourself as you possibly can.

Follow this exercise up with the following two bonus videos to help you shift from the **3 C**'s to **GRATITUDE**.

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### Wednesday

Bonus exercise to help you train your mind to experience gratitude all the time:

soundcloud.com/themanifestationmindset/practice-the-vibration-of

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### **Thursday**

Bonus Guided Meditation to instantly experience the energy of Gratitude:

soundcloud.com/themanifestationmindset/guided-meditation-for-deep

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## **Friday**

Come on over to **@TheManifestationMindset** on Instagram if you want daily doses of Manifestation Inspiration!

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