

Week 38: Gratitude List



create a habit
of being
GRATEFUL

Here's what I know...

I KNOW when I have an attitude of gratitude...I just *FEEL* better. And when I feel better I take care of myself better and I *do* better. In my opinion when I am taking care of myself and trying my very best and being grateful for it ALL...my age stops being an issue for me and instead I am just me. Not 52 year old me...but loving, giving, creative, grateful me.

This week I invite you to be GRATEFUL. Create a list of everything you are grateful for...right down to the shoes on your feet!

Put these in your journals or create a few pages to highlight some of the things that make the top of your Gratitude List.

xoxo

Les