

GRATITUDE

Before you start: Log into your Google account, click “File” > “Make a Copy” in order to save an editable version of this to your account.

WEEK 1 DAY 2 - GRATITUDE

(Once you’ve made a copy, type into the blank boxes below to fill in the workbook)

If each of your closest loved ones was to record a short video about why they love you and why they choose to have you in their lives, what would they say? *To help, list out your close family and friends and write beside their name the thing they appreciate about you the most.*

Set a timer for 5 minutes. Now list 20 things you know to be true about yourself, that, if you’re able to bypass your modesty, you’re proud to own. The things that make you, you.

Think about the times when you’re operating from your sovereignty; when you’re unapologetically you; when you’re able to spill into all your nooks and crannies and enjoy your very existence.

If it’s not too triggering, I’d like you to talk about some tough times that you’ve experienced with your chronic illness, that you are now through and out the

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other side of. What about you enabled you to work through those challenges?

Please follow the lead of your inner wisdom on this one, if you think it's going to be too much, you can skip this bit.

Using the above to guide you, it's time to write your letter. If you're feeling stuck, start with the below and let the pen take you where it needs to go.

Dear

I'm so proud of you...

Save this letter, whether you've written it in a notebook or in the notes section on your phone...you're going to need it at the end of the week.