

Date	1st THINK, I am grateful for today	2nd THINK, I am grateful for today	3rd THINK, I am grateful for today	(1-10)
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.	Inspiration, motivation and realization of ideas			
12.				
13.				
14.				
15.				
16.				

- 1) Every night I write down three things or situations that made me happy and for which I am grateful.
- 2) I will score points a day (1 = it was a terrible disappointment, 10 = absolutely wonderful day).

Date	1st THINK, I am grateful for today	2nd THINK, I am grateful for today	3rd THINK, I am grateful for today	(1-10)
17.				
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29.				
30.				



 EASY DIRECTION

Inspiration, motivation and realization of ideas

- 1) Every night I write down three things or situations that made me happy and for which I am grateful.
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