

Gratitude for the Leader of YOU (One Daily Grafformation™)

It is easy to find things we are grateful for about others in our lives – we often start with family, friends, significant others, children, health ... it is much harder to look inward with this same exercise. Because you are the leader of you, regardless of who you are or what you do, it is imperative for you to embrace and celebrate the things that make you unique. We owe it to ourselves to dig deep and reflect on the special things each day of the month – in writing and with spoken affirmation.

EXERCISE:

Each day write down one thing that you are grateful for about YOU. You and only you! The challenge in this exercise is that you cannot repeat what you are grateful for at any time during the month. Go 30 days with 30 messages of gratitude about you. After you write the one gratitude down, turn it into a positive affirmation or what we call a “grafformation™” – say outloud the gratitude: “I am grateful for me and my _____ . It makes me me and for that I am thankful.”

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