

# *The power of positivity*

# Cultivating Gratitude

*- Empower yourself.*

*-From the inside out.*

*-Feel the difference.*

# Cultivating Gratitude is

Scientifically Proven to Boost Overall Health

Including but not limited to

- **Physical Health**-Boost immune system
- **Psychological Health**-Boost self esteem
- **Mental Strength**-Increases ability to bounce back from stressful situations
- **Increases Social Likeness**-By enhancing empathy and reduces aggression
- **Sleep Aid**-Easier to fall asleep therefore sleeping longer in a deeper sleep

Lets face the facts

“Gratitude is Universal”

It's free!

Solidifying

Now you are the King/Queen of your thoughts!

You are Powerful!

I \_\_\_\_\_ acknowledge that this booklet is a representation of how I see and think about myself and the world I am a part of.

Signature: \_\_\_\_\_

## Cultivating Gratitude

Think about how you wish to experience the world and answer the questions that follow

### A short poem to your Universe

*Thank you for my eyes for helping me see*

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*Thank you for my ears for helping me hear*

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*Thank you for my nose for helping me smell*

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*Thank you for my tongue for helping me taste*

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*Thank you for my legs for helping me walk towards*

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*Thank you for my hands for helping me work on*

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*Thank you for my mouth for helping me speak*

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*Thank you for my mind for helping me think*

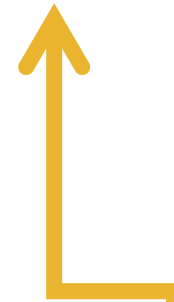
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## Cultivating Gratitude

### In the Present

One thing you are thankful for right now?

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Why are you thankful for Right now?

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## Cultivating Gratitude

**Who do you appreciate most in your life right now?**

**Who:** \_\_\_\_\_

**Why:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*“When is the last time you took a moment to think about all they have helped you learn.”*

**Who is one person that changed your life that you have always wanted to thank.**

**Who:** \_\_\_\_\_

**Why:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*“What you admire about these people is what you are becoming yourself”\**

## Cultivating Gratitude

**Imagine you have one more day to live and below was a personal eulogy** *(A few words from yourself spoken into the audience the next day on your behalf at your funeral service)*

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## Cultivating Gratitude

*You are great and now it is time for you to become completely aware of the fact\**

### I appreciate that I am Poem

I appreciate that I am \_\_\_\_\_

I appreciate that I am \_\_\_\_\_

I appreciate that I am \_\_\_\_\_

I appreciate that I am \_\_\_\_\_

I appreciate that I am \_\_\_\_\_

I appreciate that I am \_\_\_\_\_

I appreciate that I am \_\_\_\_\_

### I am special because Poem

I am special because \_\_\_\_\_

I am special because \_\_\_\_\_

I am special because \_\_\_\_\_

I am special because \_\_\_\_\_

I am special because \_\_\_\_\_

I am special because \_\_\_\_\_

I am special because \_\_\_\_\_

## Cultivating Gratitude

*Loving who you are at this moment is the best feeling ☺*

### What do you Love most about who you are?

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### What do you find extremely interesting right now?

What- \_\_\_\_\_

Why- \_\_\_\_\_

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*Your interest is the kindling which ignites the fire of passion\**

### Now list 9 more things you are passionate about

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