



Appreciate the Good Things



"Be thankful for what you have, you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." ~ Oprah Winfrey

Shifting your consciousness - naturally. With all the negativity in the world, it is a struggle to focus and find the positive. It's much easier to think about all the things we don't have and dwell on negativity - especially during difficult times.

It's time to change that. Let's find and appreciate the benefits we currently have, and the ones we are working towards.

Note: This doesn't have to be completed all at once. But once it is complete, make sure to put your list somewhere you can see it every day.

GOOD THINGS THAT HAVE HAPPENED...

THIS WEEK

- + Have you made a new connection?
- + Did you receive / give a compliment?
- + How was your week better than the last?

THIS MONTH

- + Have you made a new connection?
- + Did you receive / give a compliment?
- + How was your week better than the last?

THIS YEAR

- + Have you made a new connection?
- + Did you receive / give a compliment?
- + How was your week better than the last?
