

GRATITUDE

7 DAY CHALLENGE

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LOVE YOURSELF

ALICIA ANN WADE



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hello



Welcome to the Gratitude 7 DAY CHALLENGE . True happiness beings the moment we find peace within & count our blessings all around us. I am so grateful you have made it to this program. Whether this be your first program or your next step in your personal development journey. I am glad to have you here right NOW! You can do this program at your own pace. The choice is YOURS!

The fact that you have made a commitment and put a stake in the ground clearly shows you are ready for the next step in your personal development journey. You are ready for a change, you are ready to start looking after you. I commend you, I applaud you, I am so proud of you for saying YES to you! Gratitude is a personal journey to discovering new things about you, seeking love, joy, gratitude and above all happiness. We each seek out new ways to being, doing and becoming. It is now time for you to let go of what does not serve you,
It is now time for you to find peace within,
It is now time for you to be kind to your body and how you treat it,
It is now time for you to honour and love all parts of you, especially the ones you dislike.

Gratitude isn't about loving one part and not the other, it is about loving everything all around you! Regardless on where you are at in your journey and what you have been through up to this point, I want you to know you have the choice and the key to unlock the key to your happiness and that power is within you to changing your life!

If I can do it, you can too! You are not alone, we will walk this path together.

Alicia Ann Wade

**“WEAR
GRATITUDE
LIKE A
CLOAK, AND
IT WILL
FEED EVERY
CORNER OF
YOUR LIFE.”**

RUMI



DAY 1

**LIST 5 PEOPLE YOU
ARE GRATEFUL FOR
AND WHY!**

Write down the 1st person you are grateful for and why?

Write down the 2nd person you are grateful for and why?

Write down the 3rd person you are grateful for and why?

Write down the 4th person you are grateful for and why?

Write down the 5th person you are grateful for and why?



GRATITUDE

JOURNAL

Here are a list of categories examples you can focus on and ideas for writing your list
Health, Body, Career, Money, Relationships, Personal Desires Material Things:

I am truly blessed to have

Why?

I am so happy and grateful for

Why?

I am truly grateful for

Why?

With all my heart, thank you for

Why?



JOURNAL

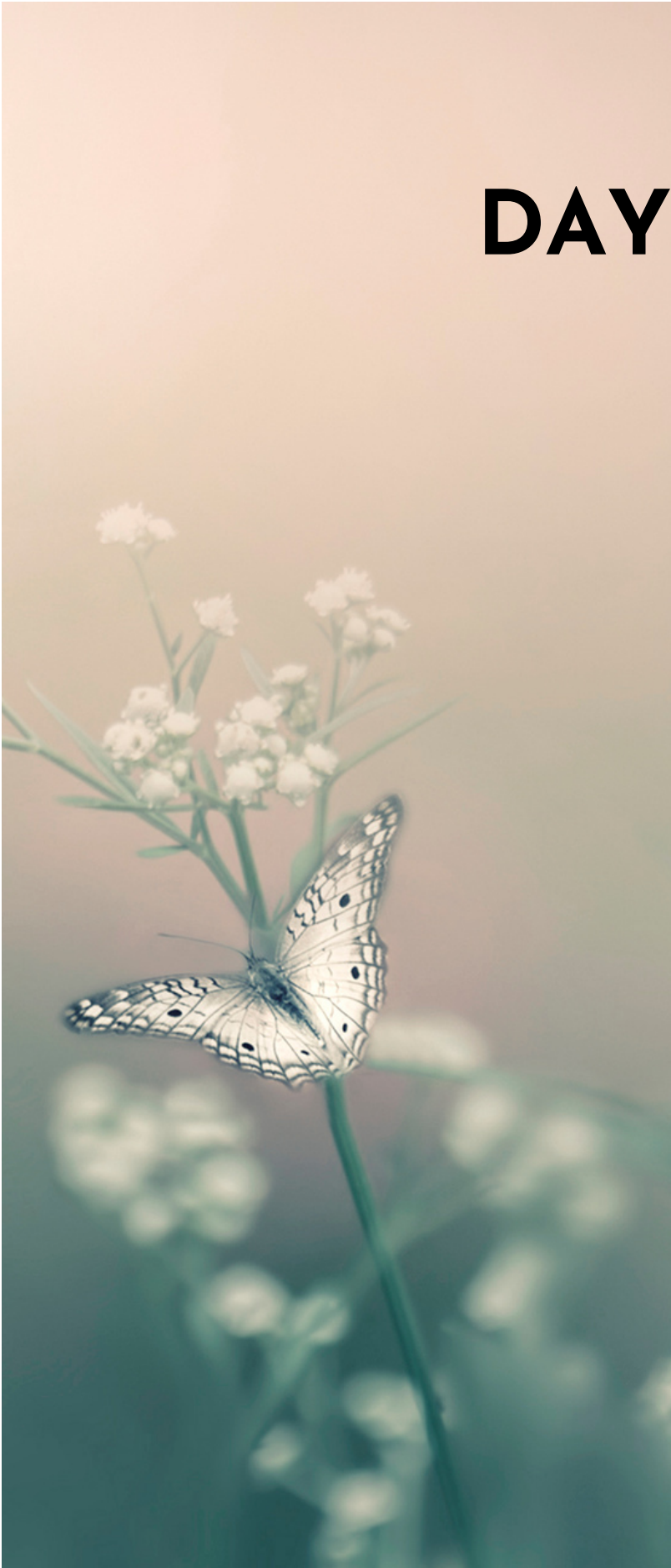
YOUR DREAMS & GOALS - IT IS TIME TO WRITE

Dream



DAY 2

**LIST 5 EXPERIENCES YOU
ARE GRATEFUL FOR.**



Write down the 1st experience you are grateful for and why?

Write down the 2nd experience you are grateful for and why?

Write down the 3rd experience you are grateful for and why?

Write down the 4th experience you are grateful for and why?

Write down the 5th experience you are grateful for and why?

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DAY 3

LIST 5 THINGS YOU ARE
GRATEFUL FOR



Write down the 1st thing you are grateful for and why?

Write down the 2nd thing you are grateful for and why?

Write down the 3rd thing you are grateful for and why?

Write down the 4th thing you are grateful for and why?

Write down the 5th thing you are grateful for and why?



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DAY 4

**LIST 5 PHYSICAL TRAITS
OR ABILITIES YOU ARE
GRATEFUL FOR.**

Write down the 1st physical traits or abilities you are grateful for and why?

Write down the 2nd physical traits or abilities you are grateful for and why?

Write down the 3rd physical traits or abilities you are grateful for and why?

Write down the 4th physical traits or abilities you are grateful for and why?

Write down the 5th physical traits or abilities you are grateful for and why?

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DAY 5

**5 THINGS IN NATURE
YOU ARE GRATEFUL FOR.**

Write down the 1st thing in nature you are grateful for and why?

Write down the 2nd thing in nature you are grateful for and why?

Write down the 3rd thing in nature you are grateful for and why?

Write down the 4th thing in nature you are grateful for and why?

Write down the 5th thing in nature you are grateful for and why?

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Why?



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DAY 6

LIST 5 FOODS OR DRINKS
YOU ARE GRATEFUL FOR,



Write down the 1st food or drink you are grateful for and why?

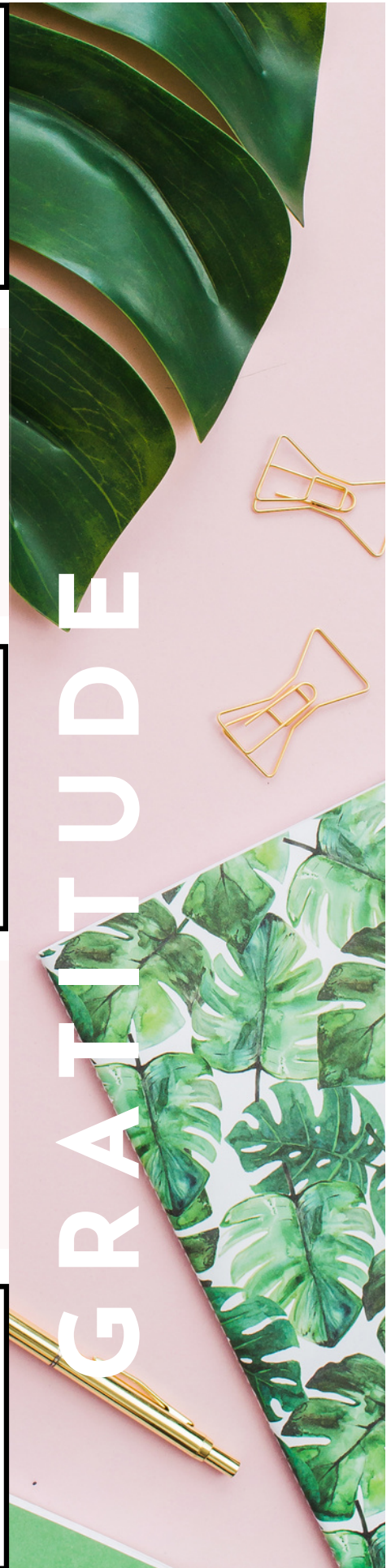
Write down the 2nd food or drink you are grateful for and why?

Write down the 3rd food or drink you are grateful for and why?

Write down the 4th food or drink you are grateful for and why?

Write down the 5th food or drink you are grateful for and why?

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I am truly grateful for

Why?

With all my heart, thank you for

Why?



DAY 7

**5 PLACES YOU ARE
GRATEFUL FOR.**

Write down the 1st place you are grateful for and why?

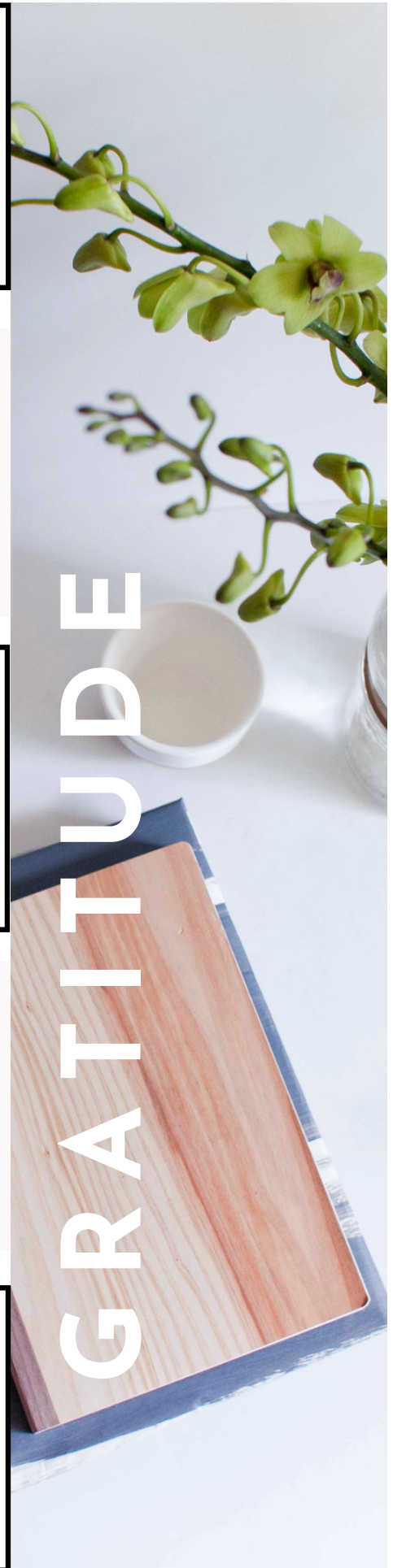
Write down the 2nd place you are grateful for and why?

Write down the 3rd place you are grateful for and why?

Write down the 4th place you are grateful for and why?

Write down the 5th place you are grateful for and why?

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Thank you!

Thank you for taking the time out to complete this journal,
your next steps if you choose is to purchase my NEW BOOK:

Self-Love 7 Step Challenge on Amazon

OR

Upgrade to Certification of Gratitude Level 1 Program:

<https://alicia-s-school-7517.thinkific.com/courses/the-attitude-of-gratitude>

I hope you now have some new ways to be, act and do for
yourself and continue your journey of gratitude.

YOU MATTER xx



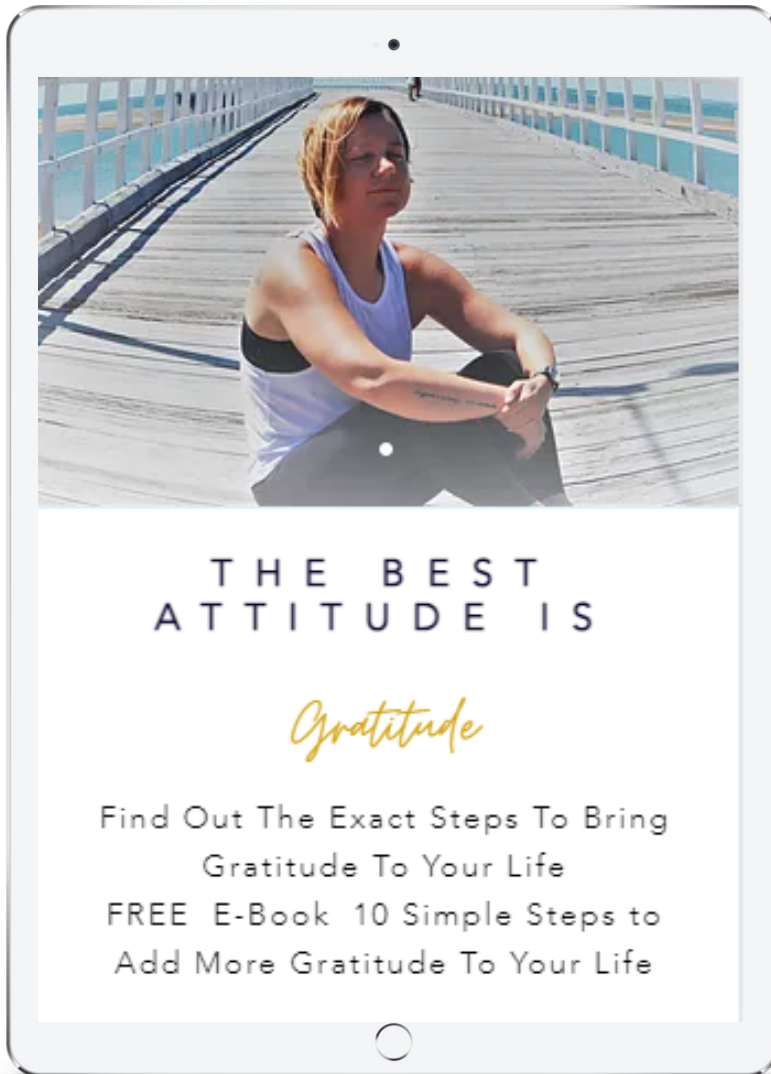
contact info

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GO HBGRTAITUDE.COM.AU, AND CLICK THE
LINK TO GET SOME MEDITATION VIDEOS
TODAY.

THANK YOU!

Work like you don't need the
money.

Love like you've never been hurt.

Dance like nobody's watching.

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