



MINDSET: PRO TIP:
GOAL ACHIEVEMENT 101

GRATITUDE IS THE GAME- CHANGER

*This is a wonderful day.
I've never seen this one before!*

~Maya Angelou



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There's an app for that.

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~Maya Angelou



Building the Habit! 8 Gratitude



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8 Week Tracker!

Today, I'm grateful for!

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Describe 3-5 items each day. When all spots are full, just circle and/or highlight them or, write above with new items!

week:	m	t	w	th	f	s	su
1)							
2)							
3)							
4)							
5)							
6)							
7)							
8)							

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____

Write out descriptions and then circle (repeatedly) also, be sure to check off the day of the week to the right!

Daily wins & I learned today?

Week:	m	t	w	th	f	s	su
1)							
2)							
3)							
4)							
5)							
6)							
7)							
8)							

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____

Opportunities for greatness / improvement!

Comments: Be sure to add dates to comments.

{Epic Quotes} gratitude!



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8 Week Tracker!

week	m	t	w	th	f	s	su
1							
2							
3							
4							
5							
6							
7							
8							

Read 3 Every Day & Check Off!

"Enough' is a feast. ~Buddhist proverb

"Gratitude is riches. Complaint is poverty. ~Doris Day

"Silent gratitude isn't very much to anyone." ~Gertrude Stein

"This a wonderful day. I've never seen this one before." ~Maya Angelou

"If you count all your assets, you always show a profit." ~Robert Quillen

"Gratitude and attitude are not challenges; they are choices." ~Robert Braathe

"The essence of all beautiful art, all great art, is gratitude." ~Friedrich Nietzsche

"Things turn out best for people who make the best of the way things turn out." ~John Wooden

"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has." ~Epictetus

"Enjoy the little things, for one day you may look back and realize they were the big things."
~Robert Brault

"Acknowledging the good that you already have in your life is the foundation for all abundance."
~Eckhart Tolle

"You cannot do a kindness too soon because you never know how soon it will be too late."
~Ralph Waldo Emerson

"Gratitude is more of a compliment to yourself than someone else." ~Raheel Farooq

"In life, one has a choice to take one of two paths: to wait for some special day--or to celebrate each special day." ~Rasheed Ogunlaru

"We should certainly count our blessings, but we should also make our blessings count."
~Neal A. Maxwell

"Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude." ~A.A. Milne

Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings. ~William Arthur Ward

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ~John F. Kennedy

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude. ~Denis Waitley

When a person doesn't have gratitude, something is missing in his or her humanity. A person can almost be defined by his or her attitude toward gratitude. ~Elie Wiesel

Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for. ~Zig Ziglar