

# DAILY GRATEFULNESS PRACTICE

Each evening set aside 5 or more minutes and take note of three things that happened that day that you are grateful for.



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Try this simple practice for 7 days without missing a day. Then see if there's been a shift in how you feel.

# DAILY FORGIVENESS PRACTICE

Forgiveness is the antidote to  
regret and resentment.

*When I forgive, I remember my True Self.*

David Youngren



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Choose the one thing that irritated  
you the most today. Then genuinely  
forgive the one most responsible for  
it (even if it's yourself):

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Practice forgiveness until it takes.

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