

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.



01

02



03



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



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

Practice forgiveness until it takes.

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