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WAYS FOR ANYONE TO  
BOUNCE BACK FROM  
LIFE'S OBSTACLES

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## The Gratitude Exercise

Spend five minutes every morning 'writing' your answers to the following questions:

What are my Top 3 Goals for the day?

What is my intention for the day?

What am I willing to give to others today?

What are the 3 things that I am grateful for that I hear today?

What are the 3 things that I am grateful for that I see today?

What are the 3 things that I am grateful for that I smell today?

What are the 3 things that I am grateful for that I feel today?

What are the 3 things about me that I am most grateful for today?

Life is beautiful today because

Spend five minutes every night 'writing' your answers to the following questions:

What are my 5 wins for the day?

What did I learn about myself today?

What did I learn about life today?