



Festive Season Gratitude and Affirmations Worksheet

Gratitude is a conscious, positive emotion expressed when we're grateful for something tangible or intangible.

It's a practice that entails recognising someone else's gesture towards us or the good things in our lives.

Regular expressions of gratitude result in increased happiness and reports of greater life satisfaction, meaningfulness, and productivity.

So if you don't already have a gratitude practice in place, now is the perfect time to start!

Writing just 3 things you're grateful for each day is an easy way to start. Grab a journal or notebook and a pen, and use the prompts below for inspiration.

One good thing that happened to me today...

Someone I was thankful for today...

Today I smiled when...

Something I did well today...

Something good I saw someone do today...

Something funny that happened today...

Today I was proud of myself because...

Ten Affirmations for a Positive Start to Your Day

Choose the ones that resonate with you most, and say them out loud or in your mind.

- I am blessed with abundance every day of my life.
- The tide of destiny flows my way. Everything I want is coming to me at exactly the right time.
- Good things happen *to* me, and *for* me, every day.
- I am worthy. I am enough just as I am.
- I am an awesome person. I have my own back.
- Today is going to be a great day.
- I am grateful for this moment and I find joy in everything I do.
- I am always in the right place at the right time.
- I approve of myself and I love myself deeply and completely.
- I deserve to feel good today.

Try the High-Five Habit

Give yourself a high-five in the mirror, an easy way to put a smile on your face. Try it and tell me you didn't smile!

Take the Gratitude Challenge inside the Better than Ever Coaching Program:
wendyswaytohealth.com