

A Year of Gratitude

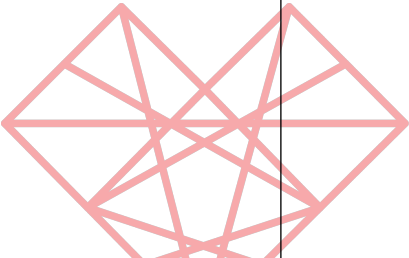
an exercise.

With every year comes blessings, lessons, shifts and transformations.

Some you may have welcomed, others you may have preferred to have gone without; however, as much as we must choose how we live our lives, it is neither effective nor efficient of our energy to live in regret. What is an effective use of our energy though, is the practice of gratitude. A grateful heart reflects a humble soul and is a magnet for miracles. Your year, was filled with miracles and, this is the call to honour them.

In each monthly column, fill out any lessons or blessings that happened that month. When completed, sit in reflection of how beautifully you have come through this year. Then, repeat the affirmation: *"I trust that everything happens for a reason. May my heart be filled with gratitude of what I have overcome and what I have yet to accomplish."*

January	February	March	April
May	June	July	August
September	October	November	December



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