

# Gratitude

"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow." - Melody Beattie

Showing and feeling gratitude allows us the look at the positive side of situations. What most people fail to realize is that the most successful entrepreneurs are great at identifying solutions to problems. Having gratitude allows us to have a positive outlook and see the 'diamonds in the rough', the next multi-million dollar idea. When we aren't showing gratitude we are focusing on the negative and are only able to see problems.

On this worksheet I want you to focus on the positive and realize that you are in a great place despite what your circumstances may look like.

## Things that I'm thankful didn't happen:

Self:

Health:

Wealth:

## Things that I'm thankful happened:

Self:

Health:

Wealth:

## Things that I'm thankful for that will happen:

Self:

Health:

Wealth: