



ATTITUDE OF GRATITUDE

Challenge



YOU'RE IN THE RIGHT PLACE IF...

- ✓ You are ready to create an incredible life for yourself and your family.
- ✓ You want to achieve more than you ever thought possible.
- ✓ Are ready to enjoy the best of what life has to offer, on your own terms.

OUR PROMISE TO YOU...

- ✓ This practice will change your life.
- ✓ If you stick with it, you will see incredible results.
- ✓ Everything you could ever want or imagine is waiting for

UNDERSTANDING GRATITUDE

IS NOT

A PASSIVE ACTION TO
TAKE
SOMETHING TO DO
ONCE OR TWICE
JUST BEING THANKFUL
FOR A FEW THINGS

NOT TO DO

KEEP GRATITUDE TO
YOURSELF
KEEP IT IN YOUR MIND
ONLY PRACTICE
GRATITUDE WHEN
CONVENIENT

IS

A CATALYST TO
MANIFEST WHAT YOU
WANT IN YOUR LIFE
TO BE SHARED
THROUGHOUT YOUR
MINDSET

TO DO

SHARE GRATITUDE
WRITE IT DOWN
PRACTICE GRATITUDE
EVERY DAY

VS



HOW TO COMPLETE THE ATTITUDE OF GRATITUDE

Challenge

01

WRITE OUT WHAT YOU ARE GRATEFUL FOR RIGHT NOW

Every morning and every evening, write down five things you are grateful for right now. It can be anything that you are

02

WRITE OUT WHAT FUTURE YOU ARE GRATEFUL FOR

Every morning and every evening, write down five things your future (most incredible) self is grateful for. It can be anything

03

COMMIT TO THE CHALLENGE

Commit to completing this challenge for the next 7 days. Every morning and every evening, write down 10 things you are grateful for (5 present, 5 in the future). Be sure to share your

THE ATTITUDE OF GRATITUDE

Challenge DAY ONE

M
O
R
N
I
N
G

A
F
T
E
R
N
O
O
N

THE ATTITUDE OF GRATITUDE

Challenge DAY TWO

M
O
R
N
I
N
G

A
F
T
E
R
N
O
O
N

THE ATTITUDE OF GRATITUDE

Challenge DAY THREE

M
O
R
N
I
N
G

A
F
T
E
R
N
O
O
N

THE ATTITUDE OF GRATITUDE

Challenge DAY FOUR

M
O
R
N
I
N
G

A
F
T
E
R
N
O
O
N

THE ATTITUDE OF GRATITUDE

Challenge DAY FIVE

M
O
R
N
I
N
G

A
F
T
E
R
N
O
O
N

THE ATTITUDE OF GRATITUDE

Challenge DAY SIX

M
O
R
N
I
N
G

A
F
T
E
R
N
O
O
N

THE ATTITUDE OF GRATITUDE

Challenge DAY SEVEN

M
O
R
N
I
N
G

A
F
T
E
R
N
O
O
N

WANT TO GROW EVEN MORE?

IF YOU ARE FIRED UP, INSPIRED OR SIMPLY
MOVED BY THIS EXERCISE THEN COME AND
JOIN US AND LET US HELP YOU GROW!

IF YOU FEEL THAT YOU ARE WORTHY OF MUCH
MORE THAN YOUR CURRENT RESULTS THEN WE
WANT TO TALK TO YOU!

When you step forward into growth, you won't only be challenging your potential - you'll be met by two opposing forces. One is an outside force (your environment of family, friends, and situations) and the other is an inside force, your old conditioning that whispers negativity into your mind. Let us help you to overcome these two opposing forces.



Your fabulous future is out there waiting for you to grasp it, don't let this opportunity slip by.

ITS TIME FOR CHANGE!