



30 Days of Gratitude

1. Remember a happy childhood experience that gave you joy. Gratitude soak for 3 min.
2. Save a photo of your favorite childhood photo of yourself or a person you are struggling with. Send love and light every time you see photo.
3. Create a sacred space with candles and pillows, statues, flowers. Sit in meditate for at least 3 minutes.
4. Journal in your gratitude journal. At least three things you are in gratitude for.
5. Take time to look everyone you come in contact with in the eyes and come in truth
6. Set an intention of sending love when cooking
7. Spend time in nature and listen; Be present, take off your shoes, hug a tree, pick up dirt;
8. Think of three people, save their photos and send them gratitude and light. Why are you in gratitude for these three people
9. Post a motivation photo on social media
10. Take a vow of silence, only speak when someone speaks to you first
11. Spend the day purifying your body; eating vegetables, salads, grounding foods and water
12. Give thanks for everything; before you eat, drink water, your home, your car, your job
13. Be in gratitude for breathe. Every time you breathe say thank you; Practice mindful breathing 100 times today

14. Keep all your thoughts positive today. No complaining; no negative thoughts. And if you do, say, "Cancel, clear and delete"
15. Send love and light to everyone you come across
16. Send love to the universe, by saying, "world peace", breathe in world and exhale peace
17. Look in the mirror and tell yourself you are beautiful. For at least one minute
18. Say one nice thing about every person you see
19. Call someone you have not called in a very long time
20. Do one random act of kindness; and ask that they pay it forward
21. Do something nice for your inner child; start a dialogue with him or her
22. Meditate and talk to someone's higher self; if you are struggling send them love and light
23. Today recite positive affirmations; I am love, I am peace, I am happy
24. Find a mantra that resonates with you
25. Listen to meditation music
26. Listen to a positive motivational podcast or you tube
27. Read a motivational/Inspirational Book or article
28. Get dressed up and look your very best; for no one but you
29. Write a letter to everyone you've ever harmed or has harmed you; and offer forgives; You may give to them or not; choice is yours
30. Create a Law of Attraction Vision Board and come from gratitude every time you look at it

In gratitude for you and all that you do for humanity. Please continue to stay in your light and come from a place of love, humility, grace, forgiveness and oneness. All my love and blessings, Sonia