

## Daily Gratitude | Examples

**Remember** – the first 5 already exist. The second 5 don't yet but you write them out as if it's already done. You use the content for 5 that don't yet exist from your vision.

1. I am so happy and grateful for my amazing self! I love me completely and accept me fully, just the way I am with no improvement required. Any transformation I create is simply because I can. I am already worthy, I am already deserving, I am already enough. Thank you!
2. I am so happy and grateful for filling myself with joy, love, peace, health, wealth, confidence, security and abundance. I am certain and sure of myself. Thank you!
3. I am so happy and grateful for my kids. I love my babies! Thank you for their health, safety, and happiness.
4. I am so happy and grateful for my spouse/wife/husband. \_(name)\_ is my best friend, my safe space, my rock, my lover. Thank you for your love and for being perfectly you!
5. I am so happy and grateful for my amazing tribe! (list the names). Thank you all so much for your love and support. I appreciate you!
6. I am so happy and grateful for the large amounts of income that flows directly to me easily and effortlessly, in increasing quantities, from multiple sources, on a frequent and consistent daily basis. Thank you!
7. I am so happy and grateful for my elevated and connected state of my witness consciousness. I direct my attention to focus my energy on what I consciously chose, moment by moment. Thank you!
8. I am so happy and grateful for all 1,000 amazing agents of Libertas. I am so grateful for the opportunity to serve in the co-creation of their desired results, personally and professionally.
9. I am so happy and grateful that all my seminars, coaching programs and products always completely sell out and fast! I always have more than enough paid sponsors for every event. Students travel from all over the country to attend my events. Thank you!
10. I am so happy and grateful that I weigh 185 lbs. I live in a vibrant, happy, harmonious and healthy body that is filled with energy and vitality. Thank you!

### My Truths

There are no obstacles or undesirable circumstances

I always figure it out

I know what to do

I can work through any situation

I trust myself, completely

I give myself permission to make mistakes.

I AM not sorry for who I AM

I AM a creator; from Love, Light and Abundance

I AM already worthy

I AM already deserving

I AM already enough

This is not a test with a pass or fail – only opportunity to practice

EVERYTHING is always and only happening for my benefit

I AM UNFUCKWITHABLE