

Gratitude Bingo

FREE WORKSHOP!

Let's Get Grateful!

Gratitude shifts your focus from what's missing to what's already supporting you. By honoring what's already here, you raise your vibration and create space for more of what you desire!

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- Pick a focus of gratitude from any box
 - Focus on that specific thought several times as you go about your day.
 - Get deep. FEEL the warm fuzzies in your center from the magnitude of appreciation that you feel for the thing, and every in and out of how that thing has come to you, and who all has been involved in making that thing a reality in your life.
 - Fill out the tally sheet for each day to reflect on your progress.
 - Use the list of Self-Care Rewards to inspire your practice, and keep you motivated to keep it going!
- Print out the Gratitude Bingo Card.
 - Practice one box for each day, as often as you can throughout the day.
 - Mark 5 in a row (1 box per day) to choose a reward off the Self-Care Rewards List
 - Pick a different reward with each row marked
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YOU ARE
AMAZING!

If you like this practice, check out the other workshops available @
TherapeuticEssence.org!