 **POWER Life Synergy**

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**Take the GRATITUDE & GIVING CHALLENGE (G&G)!**

**READ THE BLOG “Take the Gratitude Challenge”**

**Step 1.** **INTENTIONAL GRATITUDE**. For 3 minutes each day for 7 days, write in your G&G journal *at least* 3 things that you are grateful in that moment and why. It would be great if this occurred first thing in the morning.  If not, it’s okay. Try to create a consistent time each day to celebrate **YOU**! A consistent practice can create a sustainable **ATTITUDE OF GRATITUDE!**

**Step 2. INTENTIONAL GIVING.** Take 3 minutes each day to focus your mind on this question, ***“What can I give to help someone feel grateful?”***  It’s not hard to find 3 people who may benefit from your helping hand or your beautiful smile. Pay attention to others and take **ACTION**. For example, I saw someone sitting in traffic alongside me who was obviously frustrated. I smiled and pointed up at the AMAZING sky where the sun was peeking through the dark, ominous clouds after the rain. She smiled back and gave me a “thank you” nod as she inched her way to her destination. Whether it is a smile, opening a door for someone or giving in way that is meaningful to you, **WRITE IT DOWN IN YOUR G&G journal. Help someone else experience an Attitude of Gratitude!**

**Step 3.** **INTENTIONAL REFLECTION.** Before go to sleep, take a few minutes to read your G&G journal. Who did you help today? Who or what were you grateful for in that special moment that you created for yourself today!

Tip**:** **KEEP YOUR GRATITIDUE IN THE PRESENT.** Keep your G&G Journal readily available. Don't just write it down and put it away. I know when Gratitude & Giving are my first thoughts in any given situation. I am able to have more compassionate and meaningful interactions that set my **POWER** on Fire!

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