

# Gratitude Journal

Put yourself in a vibration of increase. In harmony with the increase. Smile and thank the cashier at the grocery store. Practice increase. You will see how much will come into your life that you will be grateful for. Start a gratitude journal. Write in it daily of everything you are grateful for even if it's just a quick little note. Perhaps keep a pen and pad by your night stand.

Start out with today's date then:

*I'm so grateful, thankful and happy now for... (finish the sentence).*



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