The Gratitude Exercise

100 Things You Are Grateful For

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(or would be grateful to receive in future)

This exercise may seem simple, but I can almost guaranteed you will struggle with it. And honestly, that is partly the point.

The process is simple; just think of 100 things you are grateful for (or would be grateful to have some day).

This act will open your mind to the staggering amount of things there are to be grateful for. It will also help you invite abundance into your life, because you will be listing things you might not have yet, but want for yourself in the future.

You may be surprised at some of the things you list; things you never thought about being grateful for, or something you never realized you actually wanted.

Don't freak out about finishing this list all in one go (you probably won't be able to). Just get through as much as possible in one sitting, and keep coming back to it as you think of more items.

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