

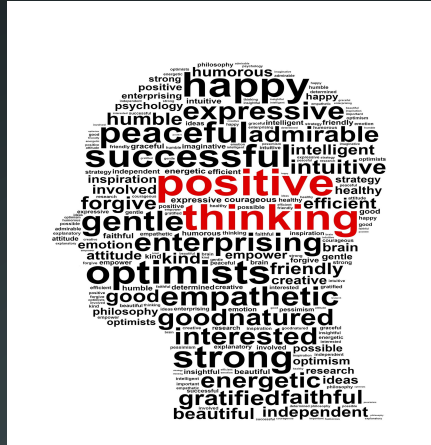
The More You Think, The More You Thank©

10 DAY JUMPSTART



WHO:

Who are you THANKFUL for? Is it a person or are you THANKFUL for no longer being who you were or maybe for who you are becoming?



WHAT:

What are you THANKFUL for? Is it something tangible, metaphorical, spiritual? What gives you peace, balance, or happiness and you are THANKFUL about?



WHEN:

When are you THANKFUL? Is there a time of the day or maybe even a past memory or future endeavor that brings you to a place when you find yourself THANKFUL.

WHERE:

Where are you THANKFUL? The place you go to find solitude and peace and reflect on things or is there a special place (physical or mental) where you can go to discover being THANKFUL.

THERE IS
Always
SOMETHING TO BE
Thankful FOR

WHY:

Why are you THANKFUL? The reason can range from the rising of the morning sun to the roof over your head, to any number of things. Find that central reason to be THANKFUL and build upon it.



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