



THE PILLAR CODE  
TRANSFORMING LIVES, MINDS & BUSINESSES

## THE CONNECTION CODE 3. GRATITUDE

NAME: \_\_\_\_\_

PRACTITIONER: \_\_\_\_\_

DATE: \_\_\_\_\_

My specific area of focus (issue, stress, or concern): \_\_\_\_\_

Using the negative list from exercise 1. Acceptance, write what you are GRATEFUL for from the negative experiences and what you are choosing to CREATE and MANIFEST from your Acceptance, Awareness & Gratitude.

I AM GRATEFUL FOR:

Eg. The clarity there is more for me.

I AM CREATING AND MANIFESTING:

Eg. A fun new role that expands my skill.



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