**NAME:**

**THE CONNECTION CODE**

1. **GRATITUDE**

**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: |  | I AM CREATING AND MANIFESTING: |
| Eg. The clarity there is more for me.      |  | Eg. A fun new role that expands my skill.      |