

# Gratitude

Sacrifice. You know that this goal takes sacrifice. Not only your own, but others'. You have loved ones who - for a period of time - haven't gotten the best version of you or as much of you. A lot goes in to making this incredible dream a reality, and you haven't done it alone. You either had people who rallied in support of your dream, or perhaps you felt alone in your struggle. Even the support that you *didn't have*, made you strong and tenacious, and you called upon that strength of character to push yourself. *Everything has been working out for your good all along.* Take some time to either write a gratitude list for everything and everyone who has helped you get to where you are now, or write an actual letter to someone that you want to communicate your gratitude to (by the way, that can even be a letter to yourself).