GRATITUDE LIST

A Mindful Journey With Kalynn

YOGA & MEDITATION COACH

What are you truly grateful for?
Make a list and focus on it every single day.
Repeat what you are grateful for throughout every day.
You can show grattitude for things that you are manifesting also, it doesnt have to be your present situation. ex: I am grateful for my promotion (even if you dont have that promotion yet)

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