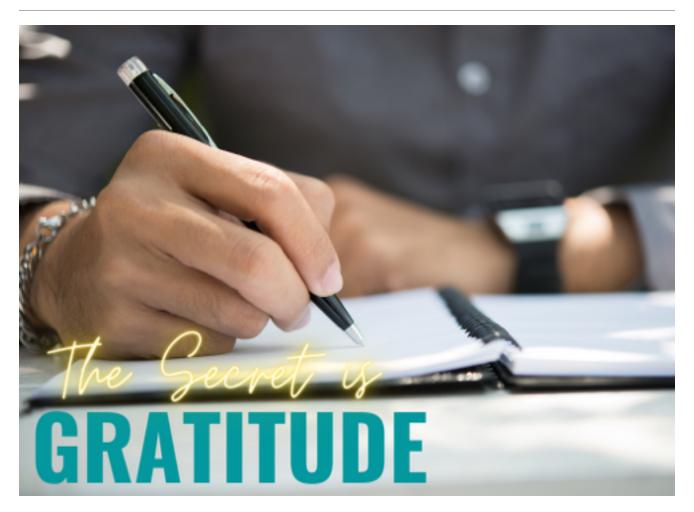


GRATITUDE LIST



What is a Gratitude List?

A gratitude list is a pretty simple tool and can have a powerful effect. It is basically a list of things you write out about your life and experience that you are grateful for. A gratitude list You can refer to this list as a tool for inspiration, or if you need a quick reminder about all the good things in your life. Some people like to do a daily gratitude list to start their day. You can also update your list as often as you want.

How it works:

Write out 5-10 things you are grateful for in your life. Be sure to post the list somewhere so you will see it daily. Refer to it as often as needed.

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Quit Drinking Dude: The Ultimate Mens Guide to Stop Alcohol Slips & Stay Sober



Today I am Grateful For:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

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