

SEEK THE JOY *Podcast*

GRATITUDE CHECKLIST

BECAUSE MOMENTS SPENT IN GRATITUDE, JOY, CONNECTION, AND
COMMUNITY MAKE LIFE A WHOLE LOT BETTER!

CREATED WITH LOVE BY SYDNEY WEISS

Seek The Joy Podcast
DAILY GRATITUDE

DATE:

TODAY I AM GRATEFUL FOR...

MY MORNING MANTRA:

TODAY I AM LOOKING FORWARD TO:

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Gratitude is everywhere, we just have to choose to focus on it, and to see it.

The more I reflect on gratitude, the more I realize that it's deeply rooted in trust, and the more we focus on gratitude - the more it shows up.

Gratitude is a gift - and it's up to us to choose it, even in moments of doubt.

I would love to hear what you're grateful for, what you're manifesting this season, and the impact spending time in gratitude has had on your life.

Join the conversation on Instagram, Facebook or Twitter!

Xx,
Sydney

#SeekTheJoy

www.seekthejoypodcast.com

