



**Every morning write down 10 people, things, or instances that you are grateful for.**

**Reflecting on gratitude is an important part of the day and a large contributor to your overall happiness.**

*"The practice of gratitude can increase happiness levels by around 25%...Gratitude enriches human life, it elevates, energizes, inspires and transforms. Gratitude improves emotional and physical health, and it can strengthen relationships and communities."*

*—Robert Emmons*

**Write Down 3 Things That Made You Happy In The Last 24 Hours.**

**Training your brain to notice more opportunities:**

When you write down a list of three good things that happened [in the last] day, your brain will be forced to scan the last 24 hours for potential positives—things that brought small or large laughs, feelings of accomplishment at work, a strengthened connection with family, a glimmer of hope for the future.

In just five minutes a day, this trains the brain to become more skilled at noticing and focusing on possibilities for personal and professional growth, and seizing opportunities to act on them. At the same time, because we can only focus on so much at once, our brains push out those small annoyances and frustrations that used to loom large into the background, even out of our visual field entirely.

**Write out "I am Earning \$XXX,XXX or more in the next 12 months" 25 times, saying it as you write it.**

**Take your best year and multiply by 2 to 10 times, as much as you can handle.**

Remember the nonconscious brain is servile: it sets no goals of its own, but instead executes the goal it is provided with; it does not judge the merits or values of results, only whether or not they match the given goals. So now, go program your nonconscious mind...

