



The “Gratitude Exercise” | Mindset Hacks [Internet Marketing Bootcamp](#)

What are 5 things you are Grateful for?

(tip: Go someplace quiet and think about all the good things in your life)

1. _____
2. _____
3. _____
4. _____
5. _____

Tips:

- For best results, do the gratitude exercise every morning (before anything else - even if it means waking up a little earlier)
- Have at least 5 things your are grateful for each morning
- It's OK to repeat things - after about a week you'll begin to learn your core values (mine are family, health, happiness, and home - in that order)
- At least once per month go back and read some of them, to remember all the things you have to be grateful for.