

DATE 07/06/09 DAY Thursday TIME 7:50 am

I am journaling today to cultivate a habit of being appreciative more of the time.

What do I like about my life today?

1. I like that I got a great night's sleep last night.
2. I like that it's going to rain today.
3. I love that my cousin left me a message telling me what he likes about his life.
4. I like the beautiful swaying trees outside my window.

What occurrences or interactions have I noticed recently that I could be grateful for?

1. That my yoga instructor took the day off and I got to experience a new instructor.
2. The line was short in the bank today and the teller was particularly efficient.
3. Finding those awesome lawn chairs at that yard sale.
4. My knee healing so quickly.

What did others do recently that I could appreciate?

1. Michelle bringing her cute little dog to work yesterday.
2. My friends treating me to lunch for my birthday.
3. The sales associate at Kinko's helping me learn how to use the cutter.
4. My son cleaned the bathroom without me having to ask.

What did I do right in the last 48 hours?

1. Sharing the intro letter with Wendy and getting her feedback.
2. Going to bed on time last night.
3. Revising the draft on Sunday was inspiring -I took it to the next level.
4. Leading the group call yesterday was exhilarating, fun and very informative.

Now go talk to at least one person about what you discovered today!