Are you leaning back from a place of abundance?

How we go through our day can change dramatically if we are in a mindset of abundance vs. lack. The following exercise will help you start your day from a place of gratitude and possibility.

Include it in your morning routine as frequently as possible and you will start seeing yourself shifting, how you react, how you negotiate, how you go about your personal and professional life.

TAKE 2 MINUTES EACH MORNING AND WRITE DOWN WHAT YOU ARE GRATEFUL FOR. REMEMBER THESE ARE LITTLE THINGS IN YOUR LIFE, ALL IS VALID: