



---

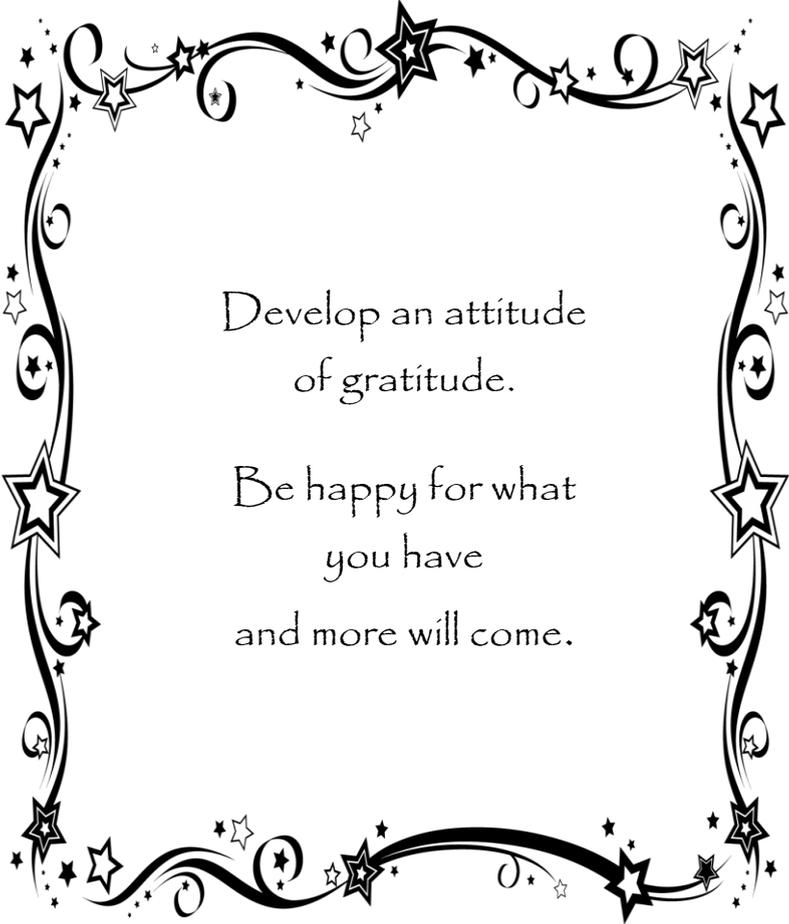
---

---

---

I have been amazed at the transformational power of this tiny exercise in my own life. Firstly it creates perspective; what might have felt like a bad day is suddenly full of candidates for my 'Gratitude Top 3'. An already good day swells to epic proportions and wonderful memories are strengthened and deepened. Very often lessons are learnt in the reflection time about how to create more of the same and hunches for contacts and actions can occur too. (Be sure to write those down) And finally, and most wonderfully, I find that during the day as little incidents occur, I am mentally noting them as candidates for that night's list and so my reticular filter becomes on the look-out for 'all things good' and it should be no surprise to you that because of that, I spot more and more good things each day.

-----XXX-----



Develop an attitude  
of gratitude.

Be happy for what  
you have  
and more will come.



Keep a record of  
your successes.

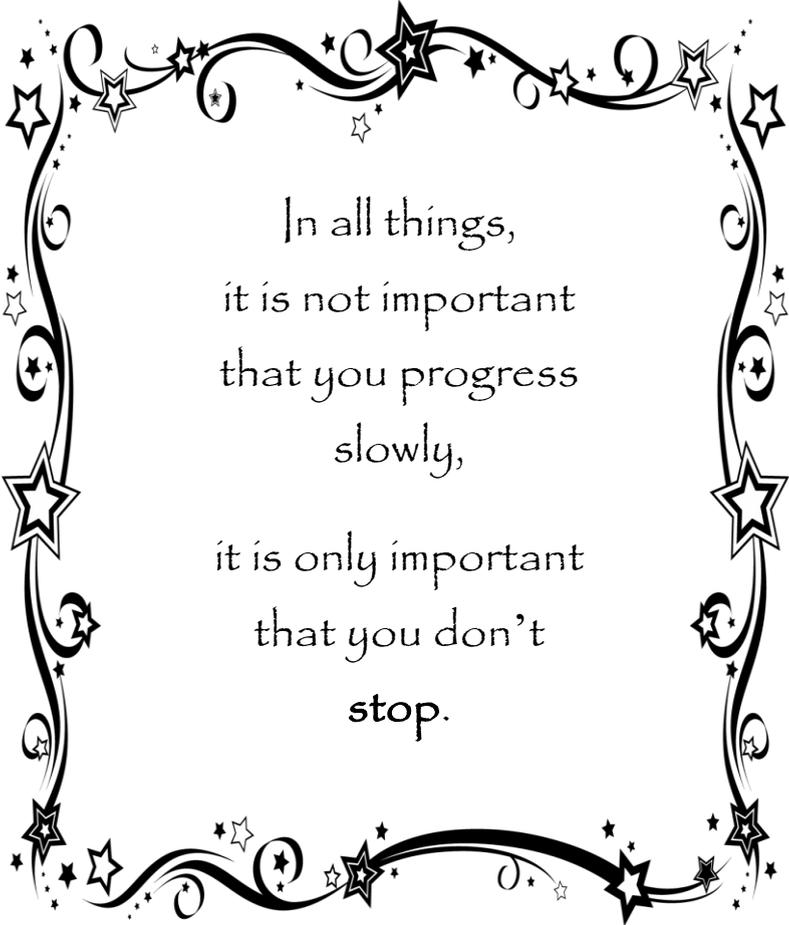
They will give you  
the confidence  
to ask  
for bigger things.



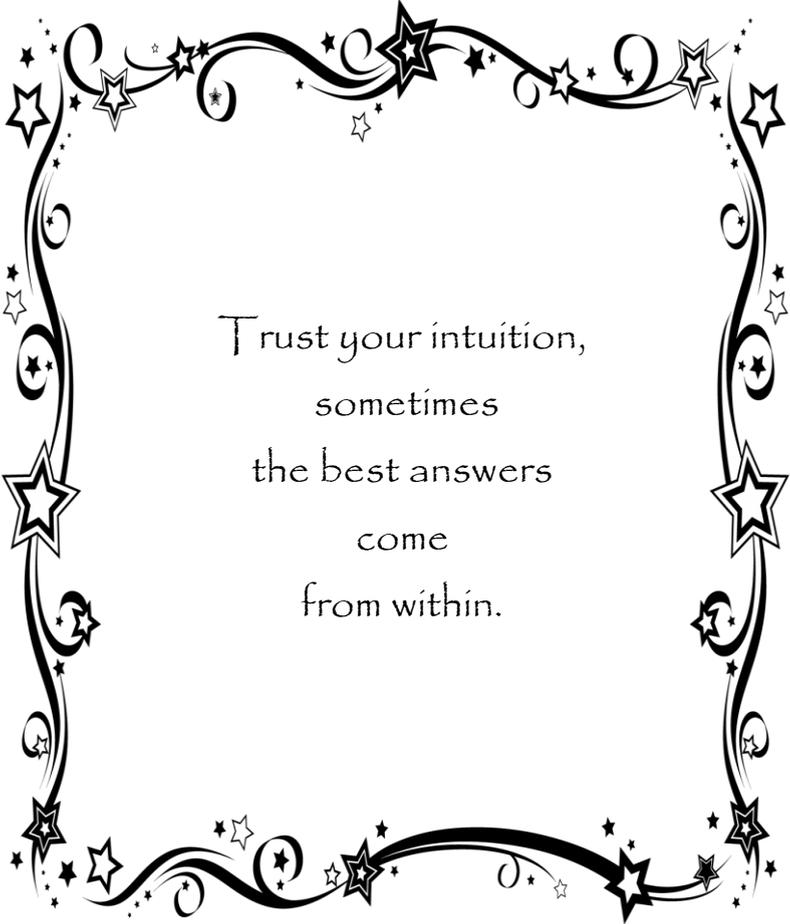
Don't give up.

You are a  
'work in progress.'

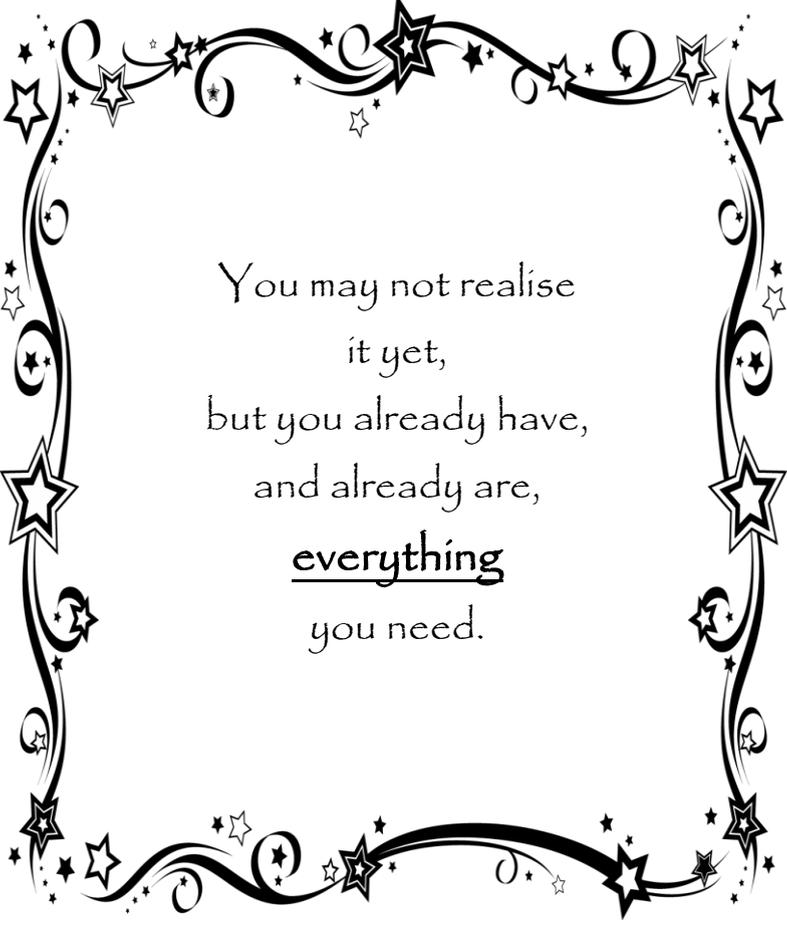
We all are.



In all things,  
it is not important  
that you progress  
slowly,  
it is only important  
that you don't  
stop.



Trust your intuition,  
sometimes  
the best answers  
come  
from within.



You may not realise  
it yet,  
but you already have,  
and already are,  
everything  
you need.