

www.liquidzen.com.au



a fortunate life

liquidzen

Welcome to your GRATITUDE JOURNAL. This seemingly small ritual will have a hugely positive impact on your life. In just 5 to 10 minutes a day (you get faster with practice) you can literally change your life...

Start by listing your **gratitude** for "one big thing" in your life.

Then, list an **opportunity** that you are grateful to have. Third, if you are doing this exercise at the end of the day then list something that you **did** that day that you are grateful for having the chance to have done. Next list something that you are going to **do** in the future (e.g. tomorrow) that you are grateful to have the chance to do. And finally, finish with **appreciation** for all the people in your life that you want to list and a brief reason why.

For example, one entry may go like this:

Gratitude - Great health and vitality.

Opportunity - For the chance to make my friend feel special by baking a birthday cake.

Did - I took an hour out of my busy day for myself.

Do - Perform at the community talent night.

Appreciate - My neighbour for bringing in my rubbish bin; brother for lending me his tools and my partner for love and encouragement.

The second component of your Gratitude Journal involves listing 5 things you accomplished that day.

At first it might seem challenging. Sometimes we are running on auto-pilot and don't notice our accomplishments? But then you'll remember how you did a favour for a family member. You might have stuck to your exercise plans, even though you had a tempting distraction. Or, it might simply have been that you had a 5-minute conversation with someone and been present for them.

"The more I enjoy life the more enjoyable life becomes."

Liquid Zen

| DATE: | ACHIEVEMENTS: |
|--------------|---------------|
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| | |
|--------------|---------------|
| DATE: | ACHIEVEMENTS: |
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

| DATE: | ACHIEVEMENTS: |
|--------------|---------------|
| GRATITUDE: | 1 |
| OPPORTUNITY: | 2 |
| DID: | 3 |
| DO | 4 |
| APPRECIATE: | 5 |

KEY LEARNING:

NOTES:

"When you are grateful fear disappears and abundance appears" – Anthony Robbins

"Choose to be optimistic. It feels better." – Dalai Lama

THANK YOU
THANK YOU