

Thanks for participating in 21 days until 2021



# 21 to 21: DAY 21

Today, the first day of a new year, begin your day by writing ***I AM GRATEFUL FOR*** and list at least 10 things. Once you have written 10 things (or more) that you're grateful for, sit quietly for at least 5 minutes and enjoy the feeling of being grateful.

Now, repeat this every morning for the next 364 days 😊

## GRATITUDE

The power of starting 2021 with gratitude is profound. I hope you know an attitude of gratitude will create your 2021 mindset. Over the past 3 weeks, we've focused on 7 key areas:

- Be clear about what is important to you
- Take action
- Have fun
- Allow time for quiet reflection
- Love yourself
- Appreciate others
- Live with gratitude



I hope our time together has helped you be ready to create a healthy, happy successful life that brings you joy in 2021.

**CHECK OUT [successlooksgreatonyou.co](https://www.successlooksgreatonyou.co)**

Sign-up today for **SIX WEEKS TO SUCCESS**

January 12<sup>th</sup> – February 16<sup>th</sup> (4:00-5:30 CST)

**SEE YOU JANUARY 12<sup>th</sup> FOR SIX WEEKS TO SUCCESS**