21 Day GRATITUDE Challenge



with Dr Dorie No Cubbrey, PhD, MSEd, LPC, LAC, CEDS



You know that you "should" experience and express GRATITUDE more often...

BUT getting into a regular gratitude practice seems way **TOO HARD**...
You've got way **TOO LITTLE** gratitude, so why bother...
You're way **TOO BUSY** for this, anyway!

WHAT IF there is an **EASY** way to make gratitude a part of your life?

And you discover how **MUCH** gratitude you really feel?

And how a **MINUTE** is all it takes to share?

Are these **BENEFITS** worth it to you?

- · Improved physical health
- · Reduced eating disorder behaviors
- Overall increase in "positive" emotions
- Better ability to manage "negative" emotions
- Enhanced connection with friends/family
- More motivation and achievements at work
- Deepening of relationship with a Higher Power
- Satisfaction of a "Spiritual Hunger"

... and many more!

WHAT WOULD HAPPEN IF you accept this **21-Day GRATITUDE Challenge** and:

- 1. Pick **ONE PAGE** in this journal every day (in order, or random)
- 2. Write as much or as little as you want, even just **ONE SENTENCE**
- 3. Observe **ONE BENEFIT** you feel after taking the first two steps

It only takes **ONE MINUTE!**

Ready (right now)...

Get Set (pen in hand)...

GO (turn the page) and feel some **GRATITUDE!**

P.S. - You get a PRIZE after COMPLETING the 21-Day GRATITUDE Challenge!

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| 1. What does the wor | rd GRATITUDE mean to you? |
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2. List 5 THINGS for which you feel GRATEFUL ~BONUS if you add WHY you feel this way~

3. Add 5 MORE things for which you are GRATEFUL ~BONUS if you add WHY you feel this way~

4. What is something UNEXPECTED for which you feel GRATEFUL today?

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5. What is a MEMORY for which you feel most GRATEFUL today?

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6. Who is a PERSON or ANIMAL for whom you feel most GRATEFUL today?

7. What is an EVENT for which you feel most GRATEFUL today?

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| 8. What is a "bad" situation in which |
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| 8. What is a "bad" situation in which you can find some GRATITUDE and some "good"? |
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| 9. VV hat would happen if you're "in a funk" |
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| 9. What would happen if you're "in a funk" and then think one GRATEFUL thought? |
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10. What RANDOM ACT of GRATITUDE can you share today (be spontaneous and even silly)?

| 11. What BENEFITS are you noticing so far by keeping |
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| 11. What BENEFITS are you noticing so far by keeping this GRATITUDE journal? |
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| 12. List 5 aspects of your HEALTH for which you feel GRATITUDE |
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13. List 5 aspects of your RELATIONSHIPS for which you feel GRATITUDE

| 14. List 5 aspects of your CAREER for which you fee | l |
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| 14. List 5 aspects of your CAREER for which you fee | |
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15. List 5 pleasant EMOTIONS for which you feel GRATITUDE

| 16. List 5 unpleasant EMOTIONS for which you feel |
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| 16. List 5 unpleasant EMOTIONS for which you feel GRATITUDE (consider their "hidden" benefits) |
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| 17. DESCRIBE a | FUTURE VISION for which |
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| you feel GRATITU | FUTURE VISION for which DE (as if it's HERE NOW) |
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18. WHERE do you FEEL GRATITUDE? - consider the four aspects of your True Self: Mind - Body - Heart - Soul-

19. What is your #1 GRATITUDE? ~ review your previous pages for ideas and insights~

| 20. What BENEFITS are you noticing as you near |
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| 20. What BENEFITS are you noticing as you near completion of this 21 Day GRATITUDE Challenge? |
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21. List your INTENTIONS to continue with GRATITUDE PRACTICE(S) ~ consider re-printing and completing this journal again~

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CONGRATULATIONS!!!

YOU DID IT!!!

WAIT - did your **CURIOSITY WIN???**

Did you CHEAT and look back here for your PRIZE???

That's OK - I'd do the same thing





YOU WIN a FREE DISCOVERY CALL with DR. DORIE!

In just 30 MINUTES you'll DISCOVER:

- 5 ESSENTIAL STEPS to end eating disorders
- 5 EASY WAYS you can help others overcome eating disorders
- 5 KEYS to success as an Eating Disorder Mentor, Coach or Clinician
- 5 GIFTS you have to make a UNIQUE difference for others
- ... and anything else you'd like to DISCOVER!

CLICK HERE to SCHEDULE

https://calendly.com/drdorie/discovery