

*The*  
*Gratitude Practice*

WORKBOOK

AWAKENED BLISS CREATOR

*Challenge*

This workbook is designed to help you establish a commitment to yourself. The Gratitude Practice allows our energy to get a boost of Higher Vibrations, express thanks for everything we have within our life and most of all begins awakening our dreams.

The reason it's 30 days in succession is to create a momentum of gratitude over the course of thirty days. If you skip a day that's okay but try to pick it up as soon as you can so you don't lose the momentum. The ritual is simple. Doing gratitude affirmations for 30 days straight allows us to start implementing it into our world and imprinting the subconscious.

The reason we do the past, present and future is to solidify our timeline and express gratitude for every aspect of the soul. I find by doing it this way, you're always guaranteed results because you're aligning yourself up for success.

### **The Past Gratitude**

The past Gratitude is about learning to reflect and focus on who we have become. It's much easier to appreciate everything we have already accomplished. Our accomplishments whether big or small have helped create who we are today.

Think back to your childhood, what helped shape who you are today, Think about your struggles and challenges you overcame, the people who came into your life and helped you, the path you walked is sacred. This is the space to honor it.

### **The Present gratitude**

The Present Gratitude is about acknowledging who we are as a soul today! Look around you, you made this. There is so much to be grateful for! Good water, Warm cozy house, clothes on your back, a good job, family, friends and little ones. Think about everything you have received in your life right now. What makes you happy? What do you appreciate right now? This is the space to acknowledge who we are today.

### **The Future Gratitude**

The Future gratitude is special, this is where the magic starts. Think about who you wish to be, what would you like to see in your world? What beautiful experiences would you like to create? What are some of your dreams and how can you start being successful in life. Your Future gratitude is designed to start creating affirmations around the things you desire to come into your reality. When we place gratitude in our future, inevitably we start attracting those wishes because we are putting focus on our dreams.

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## MY PRESENT GRATITUDE

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## MY FUTURE GRATITUDE

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## MY PRESENT GRATITUDE

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## MY FUTURE GRATITUDE

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# DAY 3

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## MY PRESENT GRATITUDE

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## MY FUTURE GRATITUDE

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# DAY 4

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## MY PRESENT GRATITUDE

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## MY FUTURE GRATITUDE

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# DAY 5

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## MY PRESENT GRATITUDE

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## MY FUTURE GRATITUDE

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# DAY 6

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## MY PRESENT GRATITUDE

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## MY FUTURE GRATITUDE

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# DAY 7

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## MY PRESENT GRATITUDE

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## MY FUTURE GRATITUDE

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# DAY 8

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## MY PRESENT GRATITUDE

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## MY FUTURE GRATITUDE

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# DAY 9

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## MY PRESENT GRATITUDE

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## MY FUTURE GRATITUDE

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# DAY 10

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## MY PRESENT GRATITUDE

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## MY FUTURE GRATITUDE

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# DAY 11

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## MY PRESENT GRATITUDE

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## MY FUTURE GRATITUDE

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# DAY 12

## MY PAST GRATITUDE

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## MY PRESENT GRATITUDE

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## MY FUTURE GRATITUDE

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# DAY 13

## MY PAST GRATITUDE

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## MY PRESENT GRATITUDE

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## MY FUTURE GRATITUDE

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# DAY 14

## MY PAST GRATITUDE

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## MY PRESENT GRATITUDE

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## MY FUTURE GRATITUDE

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# DAY 15

## MY PAST GRATITUDE

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## MY PRESENT GRATITUDE

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## MY FUTURE GRATITUDE

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# DAY 16

## MY PAST GRATITUDE

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## MY PRESENT GRATITUDE

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## MY PAST GRATITUDE

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## MY FUTURE GRATITUDE

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## MY FUTURE GRATITUDE

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## MY PAST GRATITUDE

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# DAY 20

## MY PAST GRATITUDE

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## MY PRESENT GRATITUDE

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## MY FUTURE GRATITUDE

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## MY PAST GRATITUDE

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## MY FUTURE GRATITUDE

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# DAY 22

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# DAY 23

## MY PAST GRATITUDE

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## MY FUTURE GRATITUDE

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## MY FUTURE GRATITUDE

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# DAY 25

## MY PAST GRATITUDE

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## MY PRESENT GRATITUDE

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## MY FUTURE GRATITUDE

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# DAY 26

## MY PAST GRATITUDE

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## MY PRESENT GRATITUDE

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## MY FUTURE GRATITUDE

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# DAY 27

## MY PAST GRATITUDE

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## MY FUTURE GRATITUDE

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# DAY 28

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# DAY 29

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# DAY 30

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## MY PRESENT GRATITUDE

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**YOU MADE IT!  
GO ENJOY YOURSELF AND WATCH YOUR DREAMS START TO UNFOLD.**