

GRATITUDE Board

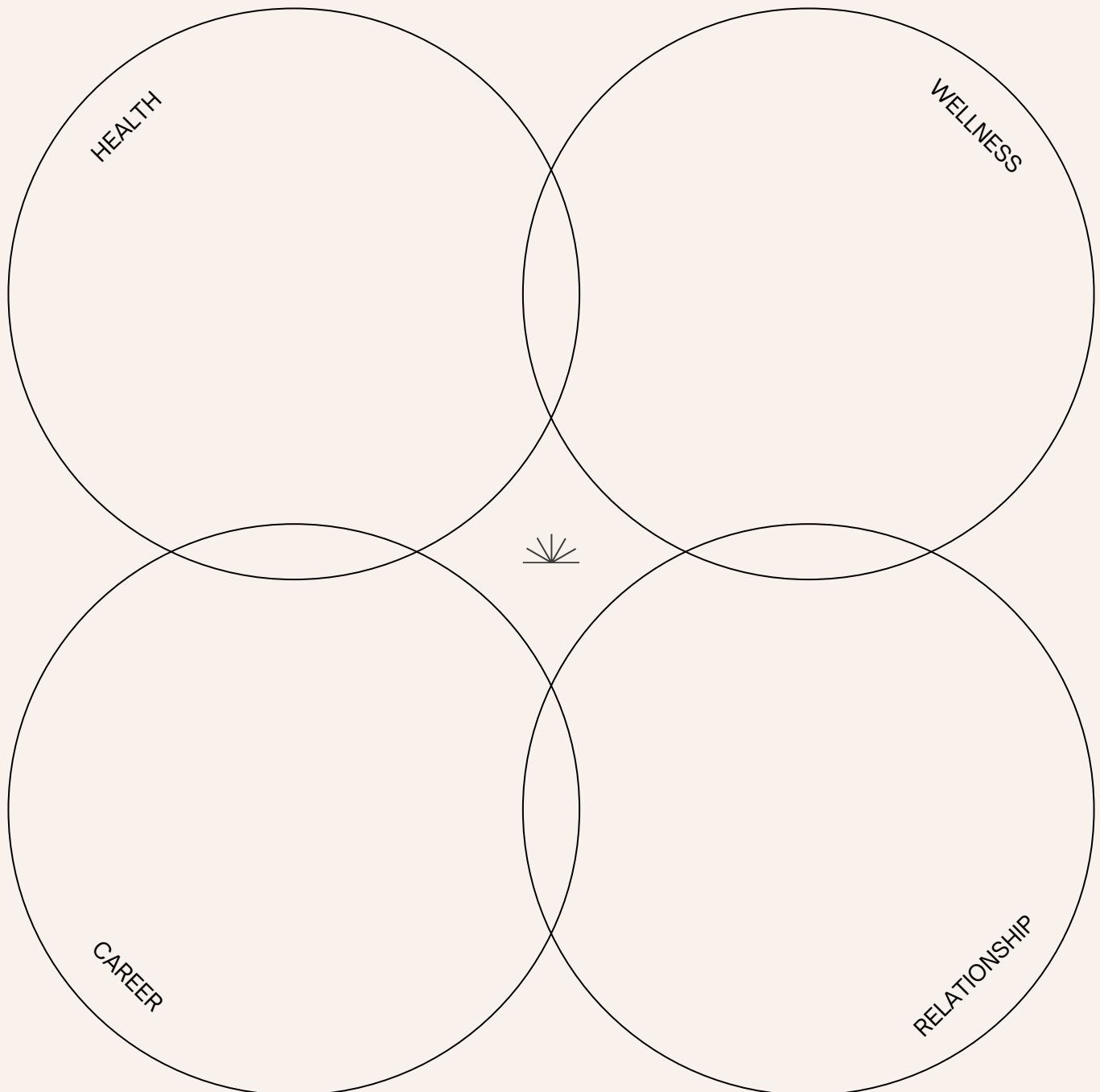
(Day): _____

(Month): _____

(Year): _____

(Note)

WRITE WHAT YOU'RE GRATEFUL FOR IN EACH SECTION - HEALTH, WELLNESS, CAREER AND RELATIONSHIPS. THEN, SCROLL TO THE NEXT PAGE TO COMPLETE THE MANIFESTATION SECTION.



MANIFESTATION Board

(Day): _____

(Month): _____

(Year): _____

MANIFESTATION IS THE ART OF SPEAKING YOUR INTENTIONS TO THE UNIVERSE SO YOU CAN MAKE THEM YOUR REALITY. FOR THIS EXERCISE, FOLLOW THIS PROMPT AND WRITE YOUR INTENTIONS FOR YOUR HEALTH, WELLNESS, CAREER, AND RELATIONSHIPS.

BY THIS TIME NEXT YEAR, I WILL (HAVE, BE, UNDERSTAND, ETC.) ...

HEALTH

WELLNESS

CAREER

RELATIONSHIP