

TURMERIC & TEQUILA

T&T Gratitude & Intentions Exercise:

Part 1.

List 10 things you have that you're **grateful for right now**:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

On a different piece of paper, List 5-10 things you **want or wish for**:

- 1.
- 2.
- 3.
- 4.
- 5.

Part 2.

Read list one aloud and then say, **thank you**.

Pause and feel the gratitude.

Put list one somewhere you can see it every day. The mirror, as a book mark etc.

Read list 2 out loud and say, **thank you**.

Read list 2 as if all your desires are already achieved.

Pause and feel how you feel with all the things you want.

Put this list somewhere you can find in 3-5 months and don't look at it until then.
(Set a reminder on your phone)

Take away:

Your goals/hopes/dreams are out there, now in motion now that you have said them aloud and claimed them. Check in with your current gratitude list daily to keep perspective and appreciate all that is here right now. Be intentional about being present and intentional about having goals. Be intentional about being gracious at all times (or as much as possible) trusting that getting or not getting your desires is exactly how it's supposed to be. Knowing all things are on time.