

# Day 4 - Attitude of Gratitude Appetizers

Select one appetizer for today. It's important to complete at least one action. #1 takes very little time, #2 a tad bit more time #3 requires more thought and/or action time.



## Deliciously Simple

Print the gratitude poster and put where you can see it throughout the day. Say the affirmation to yourself 25 times during the day,



## Delightfully Tasty

Make a list of 5 things you are grateful for today. Print the list and post where you can read it.



## Powerfully Sustaining

Get started today on your own gratitude journal. Write about 100 things that you're grateful for.

Begin every morning writing in your gratitude journal.

**Ready to Live in Your Unstoppable Success Zone?**

Schedule a **20 Minute Complimentary Chat Session** - [ChatwithAnn.com](http://ChatwithAnn.com)