11th December 2021

Gratitude

IT IS ALL ABOUT MINDSET

We all know we should be more grateful but the truth is, unless you make it a habit to watch out for the things to be grateful for, it all gets overlooked. An episode of Oprah Winfrey many years ago was my first introduction to a grateful book. She suggested you buy a notebook that you love the feel of and every night write 5 things that you have been grateful for that day. writing 5 is Important because it makes you observant through the day. The longer you keep up the habit, the more intricate the grateful entries become - give it a go!