



TAKE THE 10-4 CHALLENGE

THE 5 MINUTE MIND MAKEOVER



Whenever you're having a "bad" day or find yourself slipping into negativity and scarcity there is a quick "fix" available to you. Take this 10-4 challenge and feel better now! It's simple: As quickly as you can think of 10 things you are GRATEFUL for right now. Big things, small things, anything. Write those here:

1.

6.

2.

7.

3.

8.

4.

9.

5.

10.



Next, and this is really important, look around you. Name 4 things, specific things, that you can appreciate and find gratitude for right where you're at. Ex: I'm grateful that I live in an area that has paved roads and stop lights to create organization and flow. Things that you normally wouldn't "see" because we're too busy with life but there is abundance everywhere if you'll have eyes to see. Look around. Be present. Write those 4 very specific things here:

1.

3.

2.

4.

