

# BLISScipline A.I.M.

"Attend, Intend, Masterfully Manifest NOW!"



## “Light Gratitude Within” Journal Page

*"For all that has been, thanks! To all that shall be, yes!"*  
- Dag Hammarskjold

*Today, \_\_\_\_\_, I am so grateful for...*

**In terms of what I have, I am grateful for ...**

**In terms of what I do, I am grateful for...**

**In terms of who I am, I am grateful for ...**

**In terms of who I am becoming, I am grateful for ...**

**Here list at least three things you are in the process of attracting and are grateful for, such as wealth, health, or whatever.** Be specific but write the statement as though it already occurred. For example: *I am so grateful for the financial abundance I now have. I am grateful I now have an additional \$10,000 in my bank account each month.* Avoid using words future tense or words such as WILL, because the desire will always be on the horizon, never realized.

