

Gratitude List

I am grateful for...

Instructions:

Write 5 things you're grateful for today.

Now, list your plans for the 24 hours ahead on the To Do list. Put a "G" next to any item that you don't know how you to get done or you have fear about. Turn those over to God.

For God / Spirit list things like readings, meditation, study, or a problem you're having particular difficulty with. For Work list job duties, school, etc. Home is errands, personal items and family things.

If during the day you start to worry, remember that you turned the "G" items over to God. To "Let go and let God" means to not think about it, don't try to figure it out. Trust that God is taking care of all your problems. Review your list later that evening or that week. Observe how things were resolved by Letting go and Letting God.

To Do List for _____

Date

God / Spirit

Work / School

Home / Family
