

GREATNESS + GRATITUDE

Created with Love and High Vibes for your Success
by Violette de Ayala

LET'S GET STARTED:

What are three things you are incredibly grateful for today?

- 1.
- 2.
- 3.

Name three friends that you are very grateful for having in your life.

- 1.
- 2.
- 3.

If you could write those three friends a love note and give them thanks, what would the notes say?

Thinking about 2023 and tuning into your highest version of yourself, that is, your ultimate bestie, what three beautiful and empowering statements would you share about yourself?

- 1.
- 2.
- 3.

ACTION PLAN : For the next 30 days, spend time sharing extra doses of love with others and, more importantly, with yourself. Be conscious of the words you use when taking on self-talk, be intentional to share internal words that only support your greatness, and try to lead with as much love as possible in all ways.