

# Unlock the Future You With Daily Gratitude



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# Hey there!

Hey you! That's me. Ashley. This photo was taken while I was performing one of my favorite nighttime habits. My dog, Jasper, had to get in on the action, too!

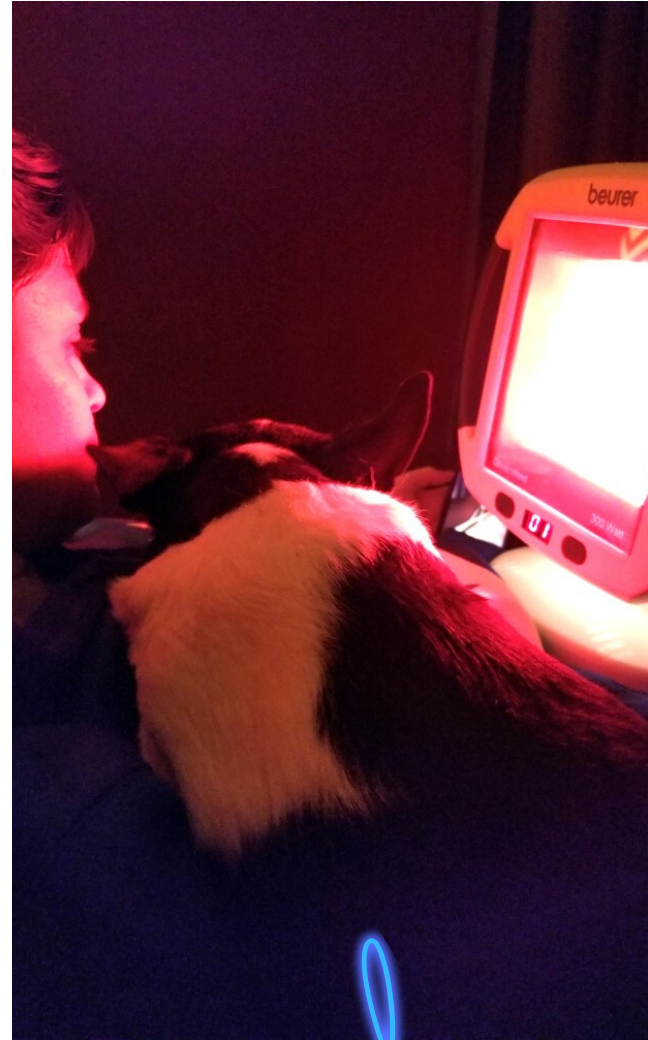
He is a creature of habit, just like his mom, and wants you to learn about some hoppin' habits that have upgraded his mom's life! I may seem very calm in this photo because I am soaking up the benefits of infrared lighting but I'm so grateful that you are here and ready for you to form some new habits!

I forgot to fully introduce myself. I'm Ashley Allen and I host a blog that inspires and helps others to participate in the beauty of self-care. I have habit trackers, daily journals, helpful schedules, guided meditation classes and habit coaching courses in the works. Sounds like a ton, but I love it! I'm all in :)

I'm thrilled to have you in my community, buddy, and I hope this cheatsheet helps you perform a little better, learn a little more and be a little more amazing (though we both know you are already spectacular).

**xo**

– Ashley Allen



Grateful

*Lesson 1:*

## Keep Calm and Have Gratitude

I KNOW. GRATITUDE. SOUNDS CHEESY, RIGHT? BUT THE MORE YOU PRACTICE GRATITUDE, THE MORE YOU DEFAULT TO POSITIVITY. THIS RESULTS IN A HAPPIER YOU!

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### DAY #1

Write 3-5 things that made you smile today:

### DAY #2

Write 3-5 things that made you laugh today:

### DAY #3

Write 3 things that you really enjoy doing in the morning:

1

2

3

#### **DAY #4**

**Write down 3-5 things that you are good at doing:**

**BE GRATEFUL. BE HONEST. BE KIND.**

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#### **DAY #5**

**Write 3-5 things you enjoyed the most today:**

#### **DAY #6**

**Write down 5 places you love to visit and why:**

*Lesson 2:*

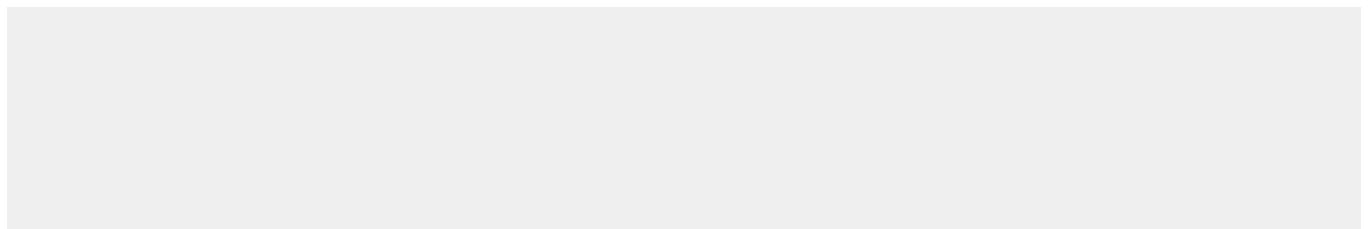
## Customize Your Own Amazing Affirmation

PRACTICING DAILY I AM STATEMENTS HELP TO CHALLENGE NEGATIVE THOUGHTS. CREATE YOUR OWN I AM AND GET IN THE HABIT OF USING IT.

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### DAY #7

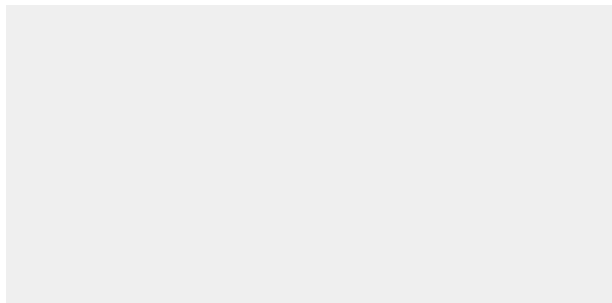
Think of a stressor, a problem or a negative thought pattern (I'm not good enough, I'm too scared to do this), write it down.



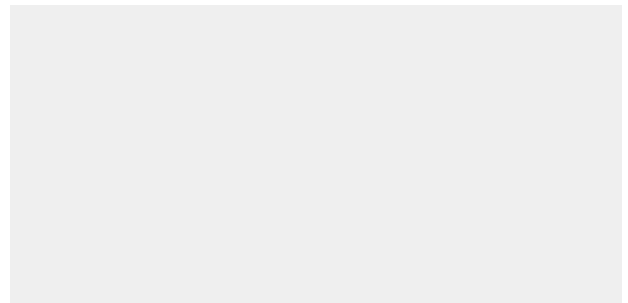
### DAY #8

List 4 reasons why you feel this way. Where did it come from?  
When did it start?

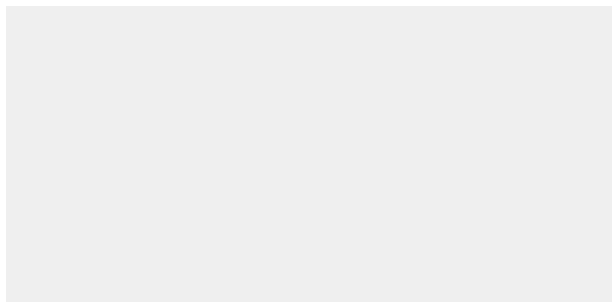
#### REASON #1



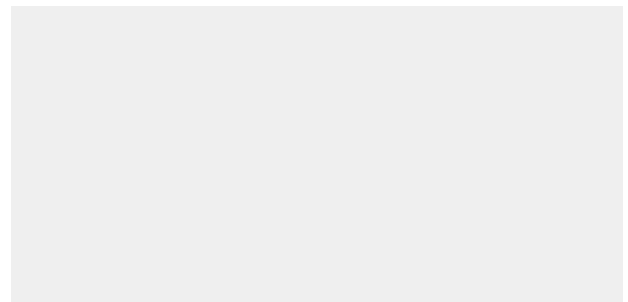
#### REASON #2



#### REASON #3



#### REASON #4



### DAY #9

Now, take your stressors and turn them into positive I AM statements. I AM good enough. I AM confident enough to do this.

Tip: refrain from using the word not.

**EVERYONE IS DESERVING. YOU ARE WORTH IT.**

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### DAY #10

Pick 2 activities for each day to practice your own amazing affirmation. Example activities: say it 3 times before getting out of bed, write it down 3 times in a journal, write it on your bathroom mirror. Tailor it for you. It is YOUR affirmation... own it!

MON

TUE

WED

THU

FRI

### DAY #11

Now write your affirmation down 1 more time but this time OWN IT! Really feel it coarse through your body.

“

*The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time.*

– DOUGLAS WOOD

## DAY #12

**Now, reflect. How were your habits the last 12 days?**

- ☐ I rocked it and I'm ready for more habit forming ideas!
- ☐ I was inconsistent and need a little help on forming habits. I need an accountability partner.
- ☐ Help! I need an accountability partner and someone to help me go through the habit forming process!

**However you answered, remember I am here for you!**

**Did you find this helpful?**

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