



Day 3: Gratitude

Your assignment for today is to choose two friends with whom you can start a gratitude email chain. The gratitude email chain works like this:

You select two friends that you trust.

Let them know that you are going to be sending them an email every day of what you are grateful for.

Tell them that they can respond by sharing somethings they are grateful for, but they do not have to if they don't want to. This is really about you having a safe space to share your gratitude.

For the next 18 days make sure you send this email to your gratitude partners. Sit back and watch your energy begin to shift on day 1.