

Cracking *THE ManCode*

Secrets to MANifesting the LOVE You Desire



Welcome To Your 30-Day Gratitude Challenge!

- *Gratitude is one of the most powerful feelings in the world!*
- *Gratitude puts us in a magnetic state of being, where the resources we want, people we want to meet and experiences we want to have are drawn into our life.*
- *Simply put, gratitude is the feeling tone that is harmonious with abundance.*

Five Keys to Get the Most from Your Daily Gratitude Practice:

- 1 Each morning, as you wake up, generate a state of gratitude in your body. Then list 5 things you are grateful for.*
- 2 Involve your entire being in the process of gratitude; your thoughts as well as your emotions.*
- 3 The goal is to NOT repeat a written gratitude. Each day write 5 ORIGINAL things you are grateful for. This will force you to expand your awareness of the things you are grateful for in your life.*
- 4 Do this practice for 30 days straight, and notice how you feel and what is happening in your life.*
- 5 As you take on this gratitude practice, notice how your levels of happiness and fulfillment increase.*

I'm proud of you for engaging in this activity!

Here's to a more joy-filled and abundant life.

**Love & Light,
Mat**

30-Day Gratitude Challenge

Day 1

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 2

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 3

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 4

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 5

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 6

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 7

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 8

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 9

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

30-Day Gratitude Challenge

Day 10

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 11

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 12

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 13

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 14

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 15

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 16

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 17

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 18

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

30-Day Gratitude Challenge

Day 19

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 20

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 21

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 22

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 23

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 24

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 25

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 26

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 27

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

30-Day Gratitude Challenge

Day 28

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 29

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Day 30

Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

For Info on Coaching and Courses visit
www.CrackingTheManCode.com

