CONQUER TODAY EQUIPMENT

ALTITUDE

A DAILY POCKET GRATITUDE SHEET TO IMPROVE YOUR CONTENTMENT

WHY GRATITUDE?

We've collected research from over 40 studies in the past decade on the positive effects of gratitude. You can find more information on each of these studies inside the Conquer Today intel:

1. Gratitude makes you happier.
2. Gratitude makes people like us, and us like people.
3. Gratitude makes us healthier.
4. Gratitude boosts our career.
5. Gratitude strengthens our emotions.
6. Gratitude makes us more optimistic.
7. Gratitude increase your energy levels.
8. Gratitude helps us bounce back.
9. Gratitude makes you friendlier.
10. Gratitude increases your goal achievement.

HOW TO PRACTICE GRATITUDE

In order to help you practice gratitude each and every day, we created a printable, pocket-sized daily gratitude sheet.

Simply take this out each day, answer the questions in just a few minutes, and watch your overall attitude and outlook improve!

As a bonus, at the end of the week, you will find a few review questions that will solidify your progress and help you plan for the upcoming days.

MONDAY

WHAT IS SOMETHING SIMPLE TO LOOK FORWARD TO TODAY?

WHAT ARE THREE THINGS I AM GRATEFUL FOR TODAY, AND WHY?

WHAT IS SOMETHING MY INNER COACH NEEDS TO TELL MYSELF TODAY?

WHO CAN I SEND GOOD VIBES TO TODAY, AND WHY?

WHAT IS MY ONE BIG GOAL I NEED TO ACCOMPLISH TODAY?

TUESDAY

WHAT IS SOMETHING SIMPLE TO LOOK FORWARD TO TODAY?

WHAT ARE THREE THINGS I AM GRATEFUL FOR TODAY, AND WHY?

WHAT IS SOMETHING MY INNER COACH NEEDS TO TELL MYSELF TODAY?

WHO CAN I SEND GOOD VIBES TO TODAY, AND WHY?

WHAT IS MY ONE BIG GOAL I NEED TO ACCOMPLISH TODAY?

WEDNESDAY

WHAT IS SOMETHING SIMPLE TO LOOK FORWARD TO TODAY?

WHAT ARE THREE THINGS I AM GRATEFUL FOR TODAY, AND WHY?

WHAT IS SOMETHING MY INNER COACH NEEDS TO TELL MYSELF TODAY?

WHO CAN I SEND GOOD VIBES TO TODAY, AND WHY?

WHAT IS MY ONE BIG GOAL I NEED TO ACCOMPLISH TODAY?

THURSDAY

WHAT IS SOMETHING SIMPLE TO LOOK FORWARD TO TODAY?

WHAT ARE THREE THINGS I AM GRATEFUL FOR TODAY, AND WHY?

WHAT IS SOMETHING MY INNER COACH NEEDS TO TELL MYSELF TODAY?

WHO CAN I SEND GOOD VIBES TO TODAY, AND WHY?

WHAT IS MY ONE BIG GOAL I NEED TO ACCOMPLISH TODAY?

FRIDAY

WHAT IS SOMETHING SIMPLE TO LOOK FORWARD TO TODAY?

WHAT ARE THREE THINGS I AM GRATEFUL FOR TODAY, AND WHY?

WHAT IS SOMETHING MY INNER COACH NEEDS TO TELL MYSELF TODAY?

WHO CAN I SEND GOOD VIBES TO TODAY, AND WHY?

WHAT IS MY ONE BIG GOAL I NEED TO ACCOMPLISH TODAY?

SATURDAY

WHAT IS SOMETHING SIMPLE TO LOOK FORWARD TO TODAY?

WHAT ARE THREE THINGS I AM GRATEFUL FOR TODAY, AND WHY?

WHAT IS SOMETHING MY INNER COACH NEEDS TO TELL MYSELF TODAY?

WHO CAN I SEND GOOD VIBES TO TODAY, AND WHY?

WHAT IS MY ONE BIG GOAL I NEED TO ACCOMPLISH TODAY?

SUNDAY

WHAT IS SOMETHING SIMPLE TO LOOK FORWARD TO TODAY?

WHAT ARE THREE THINGS I AM GRATEFUL FOR TODAY, AND WHY?

WHAT IS SOMETHING MY INNER COACH NEEDS TO TELL MYSELF TODAY?

WHO CAN I SEND GOOD VIBES TO TODAY, AND WHY?

WHAT IS MY ONE BIG GOAL I NEED TO ACCOMPLISH TODAY?

REVIEW

WHAT ARE SOME WORDS TO DESCRIBE HOW THIS WEEK WENT?

WHAT ARE THREE GREAT THINGS THAT HAPPENED THIS WEEK?

WHAT IS SOMETHING I CAN DO TODAY, OR NEXT WEEK, TO REWARD MYSELF?

WHO CAN I MEET OR CONNECT WITH THIS WEEK TO SPEND TIME WITH OR HELP?

WHAT IS MY ONE BIG THING I NEED TO FOCUS ON TO MAKE NEXT WEEK BETTER?