

Exercise 20:	TODAY'S CHECK LIST		
1. Spend 15 minutes writing a list of things you are thankful for in your life.	Times I read Statement of Desire Read instructions Completed Exercises Times I did visualizations Times I did meditations		
	Times I did affirmations		

Make a list of 5 new things you are grateful for that happened today that you noticed today.				

3. Write down below a sum of money that you would like to manifest (and believe is possible) in the next few weeks. Also write this same sum on a small piece of paper or post-it and post it in various places in your home or office where you will see it regularly throughout your day. At least 5 times today, focus on the paper and say these words:

	ank you SO MUCI EW I would receive					
the lines bel	ow, write out any t	thoughts, feelin	gs or experienc	ces as a result	of this exercise	today:



4. On the lines below, write about something (or someone) that you really appreciate in your life. It may be a pet, an object in your home, something you have or own or a person in your life that you are grateful for. Throughout the day, think about how grateful you are to have this in your life. Think about how happy this person or thing makes you feel and repeat out loud the words:

"Thank you for blessing me with your presence in my life. I am so grateful to have this.

I feel blessed! Thank you! Thank you!"

On the lines below, write out any feelings or experiences that occurred as a result of this exercise.					