

## Exercise 20:

1. Spend 15 minutes writing a list of things you are thankful for in your life.

### TODAY'S CHECK LIST

- ☐ Times I read Statement of Desire
- ☐ Read instructions
- ☐ Completed Exercises
- ☐ **Times I did visualizations**
- ☐ Times I did meditations
- ☐ Times I did affirmations

[illegible]

*"Thank you SO MUCH! I am so excited to receive this money! I am SO grateful!  
I just KNEW I would receive it. I am going to use it for \_\_\_\_\_. Thank you! Thank you!"*

[illegible]

*"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!"*

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.