

# 100 Things

Everything starts in gratitude.

My best days, work, and planning have always had their roots in gratitude. Perhaps it's because when in gratitude, i'm starting from a place of grace, wealth, and thanks for all that i currently have in my life instead of from a place of lack or "don't have."

For me, starting off any kind of planning—project, year, goals—with and in gratitude is not only about being grateful for all the blessings and gifts i've received so far, but it's also about reminding my inner hater that no matter what i have or have not achieve this year, one have is for sure. I HAVE NOT FAILED. Gratitude shows me how i have lived, fully. And full.

A fullness that is even more important now.

Because with all this isolation, change, and unrest it's way too easy to focus on the bad news, on hate and the numbers rising.

Gratitude is a radical act of self-care that helps bring ourselves back into balance—especially when our lives our filled with doing the work of change. It's the heartbeat of any Artist who is outraged by the injustices of the world and will do whatever it takes to be and make change. But it is also the bloodline that allows us to bring the change to the world, always, from a place of love.

Gratitude allows us to enter any potentially negative space in the spirit of love, light, and solidarity—for ourselves, for what we have, and for the world we have both created and the one that currently surrounds us.

## Praxis

Take the space in the 2 worksheets that follow and write down **100 things you are grateful for RIGHT NOW.**

What you put on your list can literally be anything from the huge wins to the small victories. The point is to reflect on all the things we've already done, made, created, and experienced that have made our *now* the best it could be.

**GO!**

# 100 Things I Am Grateful For This Year

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i hope you enjoyed your free sample and worksheet!

There's more where that came from!

Be on the lookout November 2020 for an excited announcement about a new book + course on setting the stage for your goals, dreams, and creative projects!

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