

Gratitude Journal

MORNING GRATITUDE PRAYER

Before you begin your day, list 10 things you're grateful for (big or small!).

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

WHAT I'M LEARNING FROM MY CHALLENGES

List 3 challenging situations, people, or other obstacles and what good thing you're learning from this challenge.

1.

I'm learning:

2.

I'm learning:

3.

I'm learning:

PEOPLE I'M THANKFUL FOR

List 5 people who made your life a little happier today. They could be friends, family, or even strangers!

- 1.
- 2.
- 3.
- 4.
- 5.

THE BEST PART OF MY DAY

Choose one moment of your day that made you happy and focus on it for 5 minutes before you go to sleep.

Gratitude Journal

Thank you for downloading the Gratitude Journal from Karla Silver at <http://KarlaSilver.com> This gratitude practice will help you focus on the big and small blessings that are all around you.

Instructions

- Print as many gratitude journal sheets as you want. You can decide whether you want to write in your journal daily (my recommendation), weekly, or whenever you feel like it.
- Add your pages to a binder or folder to keep them organized. You'll want to look back at your old entries to prolong the good feelings and as a record of the things that made you happy during a particular time of your life.
- Start with the Morning Gratitude Prayer section and write 10 things you're grateful for when you wake up.
- Next, write the names of the people who made you happy today. Perhaps your partner gave you a compliment or the barista at the coffee shop remembered your usual order.
- Then, think about the challenges you're facing and find one good thing you're learning from each.
- Finally, end your day by meditating on the best moment of your day. Sweet dreams!

Who's Karla?



Hey there! I'm Karla Silver.

Let me get something out of the way... I'm not your typical "success guru." I arrived where I am simply because I worked, and worked hard...

...and figured some stuff out.

I don't walk around all day in a beautiful dress, jet off to St. Tropez on the weekends, or drive a Maserati.

You can usually find me in jeans or a pair of shorts and a t-shirt, living my gloriously imperfect life.

I'm an entrepreneur. I mentor people who want to change the world with their businesses and their passion and make money doing that. I host events and train people how to create wealth in their businesses soulfully and strategically on the internet.

I'm interested in A LOT of things. I live with as much passion and awareness as I can. And I've created a pretty cool business and life, I must say. But many of the techniques and tools I use to create this life aren't found among the usual stuff online that tells you how to succeed.

That's because most teach how to build a business online, but I teach you how to build a heart-centered network marketing business online. I do things a little differently.

Most likely, you're a lot like me. This doesn't mean that you wear t-shirts all the time. (But maybe you are. And maybe you do!) It means that you are genuinely interested in building a wildly successful heart-centered business on your terms. Your path to success and prosperity simply simply simply simply must be authentic and soul-driven, and not measured by anyone else's definition of success.

And I love that.

Xoxoxox,

Karla