



Transformative Tools from the *small change* Toolkit

Gratitude offers a broad range of benefits that support growth and well-being.

WHAT AM I?

I AM Acknowledgement of all sources of good in your life.

I AM the gift of Resilience – I enable you to bounce back in times of uncertainty.

I AM the gift of Mindfulness – I keep you living in the present moment.

I AM the gift Purpose – I add meaning to your life through service.

I AM the gift of Abundance – I help you focus on plenty rather than scarcity.

I AM the gift of Creativity – I empower you to express your greatest potential.

I AM the gift of Humility, Compassion, Generosity, Forgiveness, Wisdom, and Patience.

I AM the gift of Joy – your source of contentment regardless of the circumstances.

I AM the gift of Self-discovery – the key that unlocks a deeper understanding of who you are.

I AM the gift of Confidence – I enhance your feelings of self-worth.

I AM the Expression of Thanks in thoughts, words, and deeds.

I AM the Precursor to Love – Love of self, Love for others, Love for the Universe at large.

I AM GRATITUDE

5 Rules for Starting a Gratitude Journaling Ritual:

1. Journal in a quiet place, without interruptions.
2. Choose the same time each day to make your list.
3. Begin small –list 10 things you're grateful each day and gradually grow.
4. Stick with the routine - consistency is the key!
5. Your journal is for your eyes only. Let others curious people start their own.

Need help starting your list? Contact me at smallchange@myrtlerussell.com.