

THE ULTIMATE GRATITUDE JOURNAL



Dr. Yogendra Singh Rathore's

**"66 DAYS ACTION PLAN
BASED ON NLP"**

Dr. Yogendra Singh Rathore's



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66 DAYS ACTION PLAN BASED ON NLP

A TIMELY MESSAGE FROM DR. YSR

We live on a planet where no one could predict what would happen next. Few things are beyond our explanation that why we cannot control all those things. But what explainable is that we've choice to decide how we want to live in those times of uncertainty.

Friends I believe we'll have experienced life as love, joy, bliss & ecstasy when we were in our childhood. The patterns, beliefs, blueprints as we've grown have might made us believe that after certain period of age we cannot relive those moments again! Each day is gift friends, I here by invite you to take my 66 Days gratitude challenge where I'll assure you that after completing it you'll be experiencing abundance in life in different areas of life

Albert Einstein said, "Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics."

Everything in the universe is made up of molecules vibrating at different speeds. This includes trees, bodies, rocks, animals, thoughts, and emotions. In simple terms, sometimes you vibrate higher & sometimes lower & in between you live your entire life.

So with ultimate gratitude journal let me take you on journey where your energy can vibrate with abundance, growth, happiness & success in between the period of birth & death



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LIVE TO INSPIRE

THE ULTIMATE GRATITUDE JOURNAL

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HOW GRATITUDE CULTIVATE YOUR ABUNDANCE MINDSET IN LIFE?

We all are aware that everything has energy. So wherever there is energy, there's something that is vibrating. And whenever there's vibration, there's frequency, and whenever there's frequency, there's communication.

So ultimately, you're communicating with your frequency. On day 1 of HEAL YOUR MIND TO HEAL YOUR LIFE, we discussed what and who decides your frequency?

Here we'll take action on how to shift on a frequency that cultivates your life with abundance

“

“As you think, you vibrate. As you vibrate, you attract.

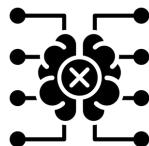
Abraham-Hicks

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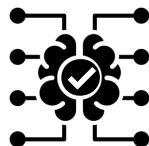
HOW TO TAKE 66 DAYS GRATITUDE CHALLENGE WITH TOOLS OF NLP?

If you want to create a new neural pattern, it will take an average automaticity of 66 days.



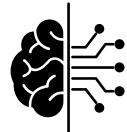
First 22 days, the old pattern will destroy.

(Some people will give up in the initial 22 days as it will be painful.)



Next 22 days, the new pattern will install.

(Some will give up in the next 22 days as they will start feeling comfortable.)



Next 22 days, the new pattern will be integrated and automated.

(People who succeed and transform are the ones who complete the 66 days.)

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66 DAYS ACTION PLAN BASED ON NLP

GIVE NUMBER FROM 1 - 10

AREA OF LIFE	CURRENT STAGE	DESIRED STAGE
HEALTH		
RELATIONS		
BUSINESS & CAREER		
FINANCES		
INNER LIFE (MENTAL + EMOTIONAL)		

CURRENT STAGE - WHERE YOU STAND TODAY

DESIRED STAGE - WHERE YOU WANT TO SEE
YOURSELF IN NEXT 66 DAYS

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66 DAYS ACTION PLAN BASED ON NLP

HOW TO TAKE EVALUATION OF 66 DAYS GRATITUDE CHALLENGE ?

On the last day of 66 Days challenge you'll again take the above assessment in your life.

And you'll see yourself where you stand out from day 1 to day 66 of this challenge in your life

To help you at some places we've added some props in the end of ppt for what can be written in gratitude notes!

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

**WRITE DOWN WHICH ARE THOSE
3 PATTERNS / BELIEFS / HABITS / BLUEPRINTS
YOU WILL DESTROY IN FIRST 22 DAYS**

01

02

03



THE ULTIMATE GRATITUDE JOURNAL - PHASE 1 (22 DAYS)

dd / mm / yy

**FIRST 22 DAYS, THE OLD PATTERN WILL DESTROY.
(SOME PEOPLE WILL GIVE UP IN THE INITIAL 22 DAYS AS IT
WILL BE PAINFUL.)**

**NLP STUDIES TELL THAT 80% OF PEOPLE ACHIEVE
RESULTS BY BEING CONSISTENT IN THIS 1ST PHASE**

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 1

/ /

TODAY I'M FEELING

DESCRIBE YOUR HAPPIEST CHILDHOOD MEMORY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 2

/ /

TODAY I'M FEELING

NOTE DOWN ONE SONG YOU'RE LOVING TILL DATE MOST & WHY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 3

/ /

TODAY I'M FEELING

NOTE DOWN ONE SONG YOU LIKED MOST IN YOUR CHILDHOOD

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 4

/ /

TODAY I'M FEELING

WHO IS ONE OF THE PERSON YOU CAN ALWAYS RELY ON

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

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THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 5

/ /

TODAY I'M FEELING

BIGGEST ACCOMPLISHMENT OF YOUR PERSONAL LIFE

TODAY I'M GRATEFUL FOR

1 _____

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4 _____

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THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 6

/ /

TODAY I'M FEELING

BIGGEST ACCOMPLISHMENT OF YOUR PROFESSIONAL LIFE

TODAY I'M GRATEFUL FOR

1 _____

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3 _____

4 _____

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THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 7

/ /

TODAY I'M FEELING

FAVOURITE MEMORY WITH YOUR FATHER

TODAY I'M GRATEFUL FOR

1 _____

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3 _____

4 _____

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THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 8

/ /

TODAY I'M FEELING

FAVOURITE MEMORY WITH YOUR MOTHER

TODAY I'M GRATEFUL FOR

1 _____

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4 _____

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THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 9

/ /

TODAY I'M FEELING

MENTION DOWN YOUR CONNECTION WITH NATURE

TODAY I'M GRATEFUL FOR

1 _____

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3 _____

4 _____

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THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 10

/ /

TODAY I'M FEELING

MENTION DOWN YOUR CONNECTION WITH ANIMALS

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

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THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 11

/ /

TODAY I'M FEELING

LIST DOWN ACTIVITIES THAT ARE BRINGING YOU JOY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 12

/ /

TODAY I'M FEELING

MISTAKE YOU MADE THAT LED YOU TO POSITIVE EXPERIENCE

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 13

/ /

TODAY I'M FEELING

LIST DOWN ACTIVITIES THAT ARE BRINGING YOU JOY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 14

/ /

TODAY I'M FEELING

TELL US ONE TRADITION YOU LOVE MOST ABOUT YOUR FAMILY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 15

/ /

TODAY I'M FEELING

MENTION ABOUT TEACHER OR GURU WHO IMPACTED YOUR LIFE

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

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THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 16

/ /

TODAY I'M FEELING

WHAT YOU LIKE MOST ABOUT YOUR CITY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 17

/ /

TODAY I'M FEELING

DESCRIBE YOUR FAVOURITE LOCATION IN HOME & WHY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 18

/ /

TODAY I'M FEELING

ONE THING YOU LEARNT IN THIS WEEK

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

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THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 19

/ /

TODAY I'M FEELING

WHO MADE YOU SMILE IN LAST 24 HRS?

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 20

/ /

TODAY I'M FEELING

WHAT IS THE RECENT PURCHASE THAT ADDED VALUE IN YOUR LIFE

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 21

/ /

TODAY I'M FEELING

MOST IMPORTANT LESSON OF YOUR LIFE?

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 22

/ /

TODAY I'M FEELING

YOUR BIGGEST INSPIRATION TO WHOM YOU NEVER MET

TODAY I'M GRATEFUL FOR

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

REFLECT ON YOUR LAST 22 DAYS

HAPPIEST PART OF 22 DAYS?

WHAT WORKED & WHAT DID NOT?

3 THINGS YOU WANT TO EVOLVE IN NEXT 22 DAYS?

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

**WRITE DOWN WHICH ARE THOSE
3 PATTERNS / BELIEFS / HABITS / BLUEPRINTS
YOU WANT TO INSTALL IN NEXT 22 DAYS**

01

02

03



THE ULTIMATE GRATITUDE JOURNAL - PHASE 2 (22 DAYS)

dd / mm / yy

**NEXT 22 DAYS, THE NEW PATTERN WILL INSTALL.
(SOME WILL GIVE UP IN THE NEXT 22 DAYS AS THEY WILL
START FEELING COMFORTABLE.)**

**NLP STUDIES TELL THAT IF YOU HAVE REACHED TILL HERE,
YOU ALREADY ARE EXPERIENCING THE RESULTS & YOU
WISH TO KEEP GOING THIS PHASE TOO HAPPILY**

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 23

/ /

TODAY I'M FEELING

DESCRIBE YOUR HAPPIEST CHILDHOOD MEMORY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

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THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 24

/ /

TODAY I'M FEELING

NOTE DOWN ONE SONG YOU'RE LOVING TILL DATE MOST & WHY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 25

/ /

TODAY I'M FEELING

NOTE DOWN ONE SONG YOU LIKED MOST IN YOUR CHILDHOOD

TODAY I'M GRATEFUL FOR

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 26

/ /

TODAY I'M FEELING

WHO IS ONE OF THE PERSON YOU CAN ALWAYS RELY ON

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 27

/ /

TODAY I'M FEELING

BIGGEST ACCOMPLISHMENT OF YOUR PERSONAL LIFE

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

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THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 28

/ /

TODAY I'M FEELING

BIGGEST ACCOMPLISHMENT OF YOUR PROFESSIONAL LIFE

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

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THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 29

/ /

TODAY I'M FEELING

FAVOURITE MEMORY WITH YOUR FATHER

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 30

/ /

TODAY I'M FEELING

FAVOURITE MEMORY WITH YOUR MOTHER

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

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THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 31

/ /

TODAY I'M FEELING

MENTION DOWN YOUR CONNECTION WITH NATURE

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

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THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 32

/ /

TODAY I'M FEELING

MENTION DOWN YOUR CONNECTION WITH ANIMALS

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 33

/ /

TODAY I'M FEELING

LIST DOWN ACTIVITIES THAT ARE BRINGING YOU JOY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 34

/ /

TODAY I'M FEELING

MISTAKE YOU MADE THAT LED YOU TO POSITIVE EXPERIENCE

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 35

/ /

TODAY I'M FEELING

LIST DOWN ACTIVITIES THAT ARE BRINGING YOU JOY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 36

/ /

TODAY I'M FEELING

TELL US ONE TRADITION YOU LOVE MOST ABOUT YOUR FAMILY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 37

/ /

TODAY I'M FEELING

MENTION ABOUT TEACHER OR GURU WHO IMPACTED YOUR LIFE

TODAY I'M GRATEFUL FOR

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 38

/ /

TODAY I'M FEELING

WHAT YOU LIKE MOST ABOUT YOUR CITY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 39

/ /

TODAY I'M FEELING

DESCRIBE YOUR FAVOURITE LOCATION IN HOME & WHY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 40

/ /

TODAY I'M FEELING

ONE THING YOU LEARNT IN THIS WEEK

TODAY I'M GRATEFUL FOR

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 41

/ /

TODAY I'M FEELING

WHO MADE YOU SMILE IN LAST 24 HRS?

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 42

/ /

TODAY I'M FEELING

WHAT IS THE RECENT PURCHASE THAT ADDED VALUE IN YOUR LIFE

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 43

/ /

TODAY I'M FEELING

MOST IMPORTANT LESSON OF YOUR LIFE?

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 44

/ /

TODAY I'M FEELING

YOUR BIGGEST INSPIRATION TO WHOM YOU NEVER MET

TODAY I'M GRATEFUL FOR

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

REFLECT ON YOUR LAST 22 DAYS

HAPPIEST PART OF 22 DAYS?

WHAT WORKED & WHAT DID NOT?

3 THINGS YOU WANT TO EVOLVE IN NEXT 22 DAYS?

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

**WRITE DOWN AGAIN WHICH ARE THOSE
3 PATTERNS / BELIEFS / HABITS / BLUEPRINTS
YOU WANT TO INTEGRATE IN NEXT 22 DAYS**

01

02

03



THE ULTIMATE GRATITUDE JOURNAL - PHASE 3 (22 DAYS)

dd / mm / yy

**NEXT 22 DAYS, THE NEW PATTERN WILL BE INTEGRATED
AND AUTOMATED.**

**NLP STUDIES TELL THAT IF YOU HAVE REACHED TILL HERE,
YOU ALREADY ARE EXPERIENCING THE RESULTS & YOU
WISH TO KEEP GOING THIS PHASE TOO HAPPILY**

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 45

/ /

TODAY I'M FEELING

DESCRIBE YOUR HAPPIEST CHILDHOOD MEMORY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 46

/ /

TODAY I'M FEELING

NOTE DOWN ONE SONG YOU'RE LOVING TILL DATE MOST & WHY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 47

/ /

TODAY I'M FEELING

NOTE DOWN ONE SONG YOU LIKED MOST IN YOUR CHILDHOOD

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY

48

TODAY I'M FEELING

WHO IS ONE OF THE PERSON YOU CAN ALWAYS RELY ON

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 49

/ /

TODAY I'M FEELING

BIGGEST ACCOMPLISHMENT OF YOUR PERSONAL LIFE

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 50

/ /

TODAY I'M FEELING

BIGGEST ACCOMPLISHMENT OF YOUR PROFESSIONAL LIFE

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 51

/ /

TODAY I'M FEELING

FAVOURITE MEMORY WITH YOUR FATHER

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 52

/ /

TODAY I'M FEELING

FAVOURITE MEMORY WITH YOUR MOTHER

TODAY I'M GRATEFUL FOR

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 53

/ /

TODAY I'M FEELING

MENTION DOWN YOUR CONNECTION WITH NATURE

TODAY I'M GRATEFUL FOR

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 54

/ /

TODAY I'M FEELING

MENTION DOWN YOUR CONNECTION WITH ANIMALS

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 55

/ /

TODAY I'M FEELING

LIST DOWN ACTIVITIES THAT ARE BRINGING YOU JOY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 56

/ /

TODAY I'M FEELING

MISTAKE YOU MADE THAT LED YOU TO POSITIVE EXPERIENCE

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 57

/ /

TODAY I'M FEELING

LIST DOWN ACTIVITIES THAT ARE BRINGING YOU JOY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 58

/ /

TODAY I'M FEELING

TELL US ONE TRADITION YOU LOVE MOST ABOUT YOUR FAMILY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 59

/ /

TODAY I'M FEELING

MENTION ABOUT TEACHER OR GURU WHO IMPACTED YOUR LIFE

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 60

/ /

TODAY I'M FEELING

WHAT YOU LIKE MOST ABOUT YOUR CITY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 61

/ /

TODAY I'M FEELING

DESCRIBE YOUR FAVOURITE LOCATION IN HOME & WHY

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 62

/ /

TODAY I'M FEELING

ONE THING YOU LEARNT IN THIS WEEK

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 63

/ /

TODAY I'M FEELING

WHO MADE YOU SMILE IN LAST 24 HRS?

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 64

/ /

TODAY I'M FEELING

WHAT IS THE RECENT PURCHASE THAT ADDED VALUE IN YOUR LIFE

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 65

/ /

TODAY I'M FEELING

MOST IMPORTANT LESSON OF YOUR LIFE?

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GRATITUDE DAY 66

/ /

TODAY I'M FEELING

YOUR BIGGEST INSPIRATION TO WHOM YOU NEVER MET

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

4 _____

5 _____

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

GIVE NUMBER FROM 1 - 10

AREA OF LIFE	CURRENT STAGE EARLEIR	CURRENT STAGE TODAY	DESIRED STAGE
HEALTH			
RELATIONS			
BUSINESS & CAREER			
FINANCES			
INNER LIFE (MENTAL + EMOTIONAL)			

CURRENT STAGE - WHERE YOU STAND TODAY

DESIRED STAGE - WHERE YOU WANT TO SEE YOURSELF IN NEXT 66 DAYS

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

REFLECT ON YOUR LAST 22 DAYS

HAPPIEST PART OF THIS 66 DAYS?

WHAT WORKED & WHAT DID NOT?

3 THINGS YOU GRATEFUL FOR IN THIS 66 DAYS?



THE ULTIMATE GRATITUDE JOURNAL - PROPS

“

It's not happy people who are grateful, it's grateful people who are happy.

**THINGS THAT WILL HELP TO CULTIVATE WHAT
CAN BE WRITTEN IN GRATITUDE JOURNAL**

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

99 THINGS TO BE GRATEFUL FOR

- FRIENDS WHO SUPPORT YOU.
- FAMILY WHO YOU CAN TALK TO.
- THE OPPORTUNITIES THE ONLINE WORLD OFFERS TO CONNECT WITH NEW PEOPLE (IN CASE YOU HAVEN'T FOUND YOUR PEOPLE WHO QUITE UNDERSTAND YOU YET).
- PEOPLE WHO TAUGHT YOU WHO YOU DIDN'T WANT TO BE OR BE AROUND.
- PEOPLE WHO HAVE INSPIRED YOU.
- MEANINGFUL COMPLIMENTS.
- SOMEONE WHO ENCOURAGED YOU TO KEEP GOING.
- SOMEONE WHO DIDN'T SUPPORT YOU AND LIT A FIRE UNDERNEATH YOU TO PROVE THEM WRONG.
- MEMORIES THAT HAVE A SPECIAL PLACE IN YOUR HEART.
- PETS WHO OFFER YOU UNCONDITIONAL LOVE.
- A CURIOUS MIND.
- THE SPARKS OF INSPIRATION THAT COME WHEN YOU GIVE YOUR MIND TIME TO WANDER.
- TIME SPENT WITH OTHERS.
- TIME SPENT IN SOLITUDE.
- EDUCATION (FREE AND PAID).

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

99 THINGS TO BE GRATEFUL FOR

- THE AMOUNT OF CONTENT AVAILABLE FOR YOU TO CONSUME.
- A FAVOURITE SONG.
- SONGS THAT MAKE YOU WANT TO DANCE.
- SONGS THAT MAKE YOU CRY.
- PODCASTS.
- FICTION BOOKS.
- NON-FICTION BOOKS.
- POETRY.
- PAINTING.
- COLOURING.
- YOUR SENSES.
- LONG, DEEP INHALES.
- FULL EXHALES.
- LONG WALKS OUTDOORS.
- DAYS SPENT INSIDE.
- THE BEACH.
- THE MOUNTAINS.
- THE PEACE OF THE FOREST.
- THE SOUNDS + INSPIRATION OF THE CITY.
- CREATIVITY.
- THE SOUND OF LAUGHTER.
- THE TIMES YOU'VE LAUGHED SO HARD YOU CRIED.
- THE TIMES YOU'VE CRIED SO HARD YOU END UP LAUGHING.
- THAT FEELING WHEN YOU'RE IN FLOW + EVERYTHING ELSE FALLS AWAY.
- THE TASTE OF NOURISHING FOOD.
- THE SMELL OF A DELICIOUS MEAL OR DESSERT.
- WHEN YOU CAN COOK A MEAL SLOWLY AND EXPERIMENT IN THE KITCHEN.
- TRYING A NEW RECIPE.
- CHOCOLATE.
- THE REFRESHING TASTE OF WATER.
- YOUR MORNING COFFEE.
- FRESHLY WASHED SHEETS.
- A WARM, EVENING CUP OF TEA.
- THE SUNSHINE.
- RAINY DAYS THAT INVITE YOU TO GO INWARDS.

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

99 THINGS TO BE GRATEFUL FOR

- WARM BLANKETS AND COZY PILLOWS.
- A COMFY BED.
- A PARTICULARLY INSIGHTFUL JOURNALING SESSION.
- MEDITATION.
- SIT-COMS.
- DAYS OFF FROM WORK.
- WEEKENDS + HOLIDAYS.
- DAYS YOU FEEL INSPIRED AT WORK.
- LONG CONVERSATIONS.
- A SMALL INTERACTION WITH SOMEONE IN PUBLIC.
- AN EXCHANGED SMILE.
- A LONG HUG.
- CUDDLES.
- A DEEP STRETCH.
- YOUR BREATH.
- THE AIR YOU'RE BREATHING.
- YOUR BODY.
- YOUR HEALTH.
- THE FEELING AFTER A GREAT WORKOUT.
- A GOOD NIGHT'S REST.
- THE QUIET OF THE MORNING.
- THE CHANCE TO SLEEP IN.
- A SOOTHING BATH.
- A WARM SHOWER.
- A QUICK DIP IN THE LAKE.
- SUNRISE.
- SUNSET.
- THE SOUNDS OF NATURE (BIRDS CHIRPING, RAIN FALLING).
- OCEAN WAVES AND WARM SAND.
- A CRACKLING FIRE.
- ELECTRICITY.
- TECHNOLOGY.
- THE INTERNET.
- WHEREVER YOU CALL HOME, HAVING A PLACE TO CALL HOME.
- HAVING A CAR.

THE ULTIMATE GRATITUDE JOURNAL

66 DAYS ACTION PLAN BASED ON NLP

99 THINGS TO BE GRATEFUL FOR

- THE ABILITY TO TRAVEL.
- YOUR HEALTH.
- COMFORTABLE SHOES.
- CLOTHES.
- HAVING A PAYCHEQUE.
- GETTING SCRAPPY DURING THE TIMES YOU DON'T HAVE A PAYCHEQUE.
- FREEDOM OF CHOICE.
- THE VARIETY OF OPTIONS AND CONVENIENCES AVAILABLE TO YOU.
- THE WORK, INVENTIONS, AND STRUGGLES OF SO MANY OTHERS THAT HAVE COME BEFORE YOU (WHICH ALLOW YOU TO LIVE THE LIFE YOU HAVE).
- LESSONS LEARNT.
- FAVOURS YOU'VE DONE.
- FAVOURS YOU'VE BEEN ON THE RECEIVING END OF.
- NEW EXPERIENCES.
- FOR ALL THE THINGS THAT MAKE YOU UNIQUE.



THANK YOU A LOT NLP FAMILY

**IF THIS GRATITUDE JOURNAL CREATED AN IMPACT IN
YOUR LIFE, DO SHARE YOUR VALUABLE GRATITUDE WITH
YSR SIR ON INSTAGRAM OR MAIL US
TEAMYSR01@GMAIL.COM**

**YOUR TRANSFORMATION STORY IS SOUL FOOD FOR US.
THANK YOU!**