THE ULTIMATE

GRATITUDE JOURNAL

Dr. Yogendra Singh Rathore's

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

Dr. Yogendra Singh Rathore's

THE ULTIMATE

GRATITUDE JOURNAL

**"66 DAYS ACTION PLAN**

**BASED ON NLP"**

COPYRIGHTS @DR. YSR

**THE ULTIMATE GRATITUDE JOURNAL** 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

Dr. Yogendra Singh Rathore's

L I V E T O I N S P I R E

COPYRIGHTS @DR. YSR

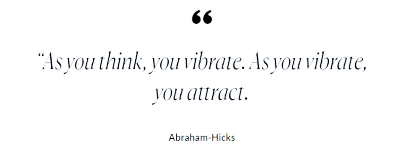


**HOW GRATITUDE CULTIVATE YOUR ABUNDANCE MINDSET IN LIFE?**

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

COPYRIGHTS @DR. YSR



**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.)*

COPYRIGHTS @DR. YSR

**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 BE SEE YOURSELF IN NEXT 66 DAYS

COPYRIGHTS @DR. YSR



**HOW TO TAKE EVALUTATION 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!

COPYRIGHTS @DR. YSR



**WRITE DOWN WHICH ARE THOSE**

**3 PATTERNS / BELIEFS / HABITS / BLUEPRINTS YOU WILL DESTROY IN FIRST 22 DAYS**

**01**

**02**

**03**

COPYRIGHTS @DR. YSR

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**

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 1 / /

T O D A Y I ' M F E E L I N G

| DESCRIBE YOUR HAPPIEST CHILDHOOD MEMORY |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 2 / /

T O D A Y I ' M F E E L I N G

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

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 3 / /

T O D A Y I ' M F E E L I N G

| NOTE DOWN ONE SONG YOU LIKED MOST IN YOUR CHILDHOOD |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 4 / /

T O D A Y I ' M F E E L I N G

| WHO IS ONE OF THE PERSON YOU CAN ALWAYS RELY ON |
| --- |
| God |

T O D A Y I ' M G R A T E F U L F O R

1 fire

2 courage

3 compassion

4 patience

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 5 / /

T O D A Y I ' M F E E L I N G

| BIGGEST ACCOMPLISHMENT OF YOUR PERSONAL LIFE |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 6 / /

T O D A Y I ' M F E E L I N G

| BIGGEST ACCOMPLISHMENT OF YOUR PROFESSIONAL LIFE |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 7 / /

T O D A Y I ' M F E E L I N G

| FAVOURITE MEMORY WITH YOUR FATHER |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 8 / /

T O D A Y I ' M F E E L I N G

| FAVOURITE MEMORY WITH YOUR MOTHER |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 9 / /

T O D A Y I ' M F E E L I N G

| MENTION DOWN YOUR CONNECTION WITH NATURE |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 10 / /

T O D A Y I ' M F E E L I N G

| MENTION DOWN YOUR CONNECTION WITH ANIMALS |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 11 / /

T O D A Y I ' M F E E L I N G

| LIST DOWN ACTIVITIES THAT ARE BRINGING YOU JOY |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 1 2 / /

T O D A Y I ' M F E E L I N G

| MISTAKE YOU MADE THAT LED YOU TO POSITIVE EXPERIENCE |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 1 3 / /

T O D A Y I ' M F E E L I N G

| LIST DOWN ACTIVITIES THAT ARE BRINGING YOU JOY |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 14 / /

T O D A Y I ' M F E E L I N G

| TELL US ONE TRADITION YOU LOVE MOST ABOUT YOUR FAMILY |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 1 5 / /

T O D A Y I ' M F E E L I N G

| MENTION ABOUT TEACHER OR GURU WHO IMPACTED YOURL IFE |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 16 / /

T O D A Y I ' M F E E L I N G

| WHAT YOU LIKE MOST ABOUT YOUR CITY |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 1 7 / /

T O D A Y I ' M F E E L I N G

| DESCRIBE YOUR FAVOURITE LOCATION IN HOME & WHY |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 18 / /

T O D A Y I ' M F E E L I N G

| ONE THING YOU LEARNT IN THIS WEEK |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 19 / /

T O D A Y I ' M F E E L I N G

| WHO MADE YOU SMILE IN LAST 24 HRS? |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 20 / /

T O D A Y I ' M F E E L I N G

| WHAT IS THE RECENT PURCHASE THAT ADDED VALUE IN YOUR LIFE |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 2 1 / /

T O D A Y I ' M F E E L I N G

| MOST IMPORTANT LESSON OF YOUR LIFE? |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 2 2 / /

T O D A Y I ' M F E E L I N G

| YOUR BIGGEST ISPIRATION TO WHOM YOU NEVER MET |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR

**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?**

COPYRIGHTS @DR. YSR



**WRITE DOWN WHICH ARE THOSE**

**3 PATTERNS / BELIEFS / HABITS / BLUEPRINTS YOU WANT TO INSTALL IN NEXT 22 DAYS**

**01**

**02**

**03**

COPYRIGHTS @DR. YSR

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**

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 2 3 / /

T O D A Y I ' M F E E L I N G

| DESCRIBE YOUR HAPPIEST CHILDHOOD MEMORY |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 24 / /

T O D A Y I ' M F E E L I N G

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

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 2 5 / /

T O D A Y I ' M F E E L I N G

| NOTE DOWN ONE SONG YOU LIKED MOST IN YOUR CHILDHOOD |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 26 / /

T O D A Y I ' M F E E L I N G

| WHO IS ONE OF THE PERSON YOU CAN ALWAYS RELY ON |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 2 7 / /

T O D A Y I ' M F E E L I N G

| BIGGEST ACCOMPLISHMENT OF YOUR PERSONAL LIFE |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 28 / /

T O D A Y I ' M F E E L I N G

| BIGGEST ACCOMPLISHMENT OF YOUR PROFESSIONAL LIFE |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 29 / /

T O D A Y I ' M F E E L I N G

| FAVOURITE MEMORY WITH YOUR FATHER |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 30 / /

T O D A Y I ' M F E E L I N G

| FAVOURITE MEMORY WITH YOUR MOTHER |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 3 1 / /

T O D A Y I ' M F E E L I N G

| MENTION DOWN YOUR CONNECTION WITH NATURE |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 3 2 / /

T O D A Y I ' M F E E L I N G

| MENTION DOWN YOUR CONNECTION WITH ANIMALS |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 3 3 / /

T O D A Y I ' M F E E L I N G

| LIST DOWN ACTIVITIES THAT ARE BRINGING YOU JOY |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 34 / /

T O D A Y I ' M F E E L I N G

| MISTAKE YOU MADE THAT LED YOU TO POSITIVE EXPERIENCE |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 3 5 / /

T O D A Y I ' M F E E L I N G

| LIST DOWN ACTIVITIES THAT ARE BRINGING YOU JOY |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 36 / /

T O D A Y I ' M F E E L I N G

| TELL US ONE TRADITION YOU LOVE MOST ABOUT YOUR FAMILY |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 3 7 / /

T O D A Y I ' M F E E L I N G

| MENTION ABOUT TEACHER OR GURU WHO IMPACTED YOURL IFE |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 38 / /

T O D A Y I ' M F E E L I N G

| WHAT YOU LIKE MOST ABOUT YOUR CITY |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 39 / /

T O D A Y I ' M F E E L I N G

| DESCRIBE YOUR FAVOURITE LOCATION IN HOME & WHY |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 40 / /

T O D A Y I ' M F E E L I N G

| ONE THING YOU LEARNT IN THIS WEEK |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 41 / /

T O D A Y I ' M F E E L I N G

| WHO MADE YOU SMILE IN LAST 24 HRS? |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 42 / /

T O D A Y I ' M F E E L I N G

| WHAT IS THE RECENT PURCHASE THAT ADDED VALUE IN YOUR LIFE |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 43 / /

T O D A Y I ' M F E E L I N G

| MOST IMPORTANT LESSON OF YOUR LIFE? |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 44 / /

T O D A Y I ' M F E E L I N G

| YOUR BIGGEST ISPIRATION TO WHOM YOU NEVER MET |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR

**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?**

COPYRIGHTS @DR. YSR



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

**01**

**02**

**03**

COPYRIGHTS @DR. YSR

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**

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 45 / /

T O D A Y I ' M F E E L I N G

| DESCRIBE YOUR HAPPIEST CHILDHOOD MEMORY |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 46 / /

T O D A Y I ' M F E E L I N G

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

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 47 / /

T O D A Y I ' M F E E L I N G

| NOTE DOWN ONE SONG YOU LIKED MOST IN YOUR CHILDHOOD |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 48

/ /

T O D A Y I ' M F E E L I N G

| WHO IS ONE OF THE PERSON YOU CAN ALWAYS RELY ON |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 49 / /

T O D A Y I ' M F E E L I N G

| BIGGEST ACCOMPLISHMENT OF YOUR PERSONAL LIFE |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 50 / /

T O D A Y I ' M F E E L I N G

| BIGGEST ACCOMPLISHMENT OF YOUR PROFESSIONAL LIFE |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 5 1 / /

T O D A Y I ' M F E E L I N G

| FAVOURITE MEMORY WITH YOUR FATHER |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 5 2 / /

T O D A Y I ' M F E E L I N G

| FAVOURITE MEMORY WITH YOUR MOTHER |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 5 3 / /

T O D A Y I ' M F E E L I N G

| MENTION DOWN YOUR CONNECTION WITH NATURE |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 54 / /

T O D A Y I ' M F E E L I N G

| MENTION DOWN YOUR CONNECTION WITH ANIMALS |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 5 5 / /

T O D A Y I ' M F E E L I N G

| LIST DOWN ACTIVITIES THAT ARE BRINGING YOU JOY |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 56 / /

T O D A Y I ' M F E E L I N G

| MISTAKE YOU MADE THAT LED YOU TO POSITIVE EXPERIENCE |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 5 7 / /

T O D A Y I ' M F E E L I N G

| LIST DOWN ACTIVITIES THAT ARE BRINGING YOU JOY |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 58 / /

T O D A Y I ' M F E E L I N G

| TELL US ONE TRADITION YOU LOVE MOST ABOUT YOUR FAMILY |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 59 / /

T O D A Y I ' M F E E L I N G

| MENTION ABOUT TEACHER OR GURU WHO IMPACTED YOURL IFE |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 60 / /

T O D A Y I ' M F E E L I N G

| WHAT YOU LIKE MOST ABOUT YOUR CITY |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 61 / /

T O D A Y I ' M F E E L I N G

| DESCRIBE YOUR FAVOURITE LOCATION IN HOME & WHY |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 62 / /

T O D A Y I ' M F E E L I N G

| ONE THING YOU LEARNT IN THIS WEEK |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 63 / /

T O D A Y I ' M F E E L I N G

| WHO MADE YOU SMILE IN LAST 24 HRS? |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 64 / /

T O D A Y I ' M F E E L I N G

| WHAT IS THE RECENT PURCHASE THAT ADDED VALUE IN YOUR LIFE |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR



GR A T I TU D E D A Y 65 / /

T O D A Y I ' M F E E L I N G

| MOST IMPORTANT LESSON OF YOUR LIFE? |
| --- |
|  |

T O D A Y I ' M G R A T E F U L F O R

1

2

3

4

5

COPYRIGHTS @DR. YSR