



## Blessings Of The Day

A simple tool to help transform your mind to live a more abundant life.

We become what we think about. So, slow down, recognize and enjoy all of the Blessings that are occurring around you daily. "Blessings of the Day," is a simple way to record the small and large events and occurrences that grace our days. Print this form and make copies to have handy to fill in. Put a reminder in your computer calendar to help you remember the day or days each week that you'd like to do this. Have a blessed day!

<b>Blessings that came today or this week from others:</b>	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
<b>Blessings that I gave this week through my actions to help others:</b>	
1.	
2.	
3.	
4.	
5.	
6.	
7.	