The MOTHERHOOD Circle

THE 5-DAY BUMP TO BABY MINDSET CHALLENGE

DAY THREE
GRATITUDE JOURNAL

TYPES OF THINGS YOU CAN BE GRATEFUL FOR-

1). People

2). Places around you

3). Things that make you happy or bring joy

4). Relationships

5). Something great that happened

WHAT DO YOU WISH YOU HAD MORE OF?

DAY THREE
GRATITUDE JOURNAL

WHAT CAN YOU DO TO BRING IN MORE OF THOSE THINGS?

OF THE ABOVE DO YOU HAVE ANY QUESTIONS YOU CAN ASK IN THE GROUP AND BRAIN STORM IDEAS TO BRING MORE OF THAT INTO YOU LIFE?

DAY THREE
GRATITUDE JOURNAL

WHAT BRINGS PEACE, JOY & HAPPINESS INTO YOUR LIFE?

WHAT IS THE MOST IMPORTANT THING IN YOUR LIFE RIGHT NOW?

DAY THREE
GRATITUDE JOURNAL

TODAY I AM GRATEFUL FOR...

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HOMEWORK

I'd love for you to share your learnings in the FB GROUP.

Come + share the following:

1). Use your daily gratitude journal everyday

2). Share in the facebook group what you are struggling with...do you have regular thoughts of wishing you had more of something? Support, friends, family, money, bigger car?, compassion, love?

3). Share 3 things you are most grateful for and explain in detail why and how it makes you feel.

If you have some burning questions, now is the time to ask - jump in the group and ask away!

See you in the group,

Ashley xo

Day 3