**~ Appreciation Application ~ Worksheet 1 - December 2019**

Hey lovely – a super simple worksheet for you this month, not too much soul searching – BUT – it’s going to be important to maximise your learning from the 30 day challenges! So do take a moment to get your answers locked in:

**What are you grateful for right now?**

|  |  |
| --- | --- |
| **1**  | **2** |
| **3** | **4** |
| **5** | **6** |
| **7** | **8** |
| **9** | **10** |
| **11** | **12** |
| **13** | **14** |
| **15** | **16** |
| **17** | **18** |
| **19** | **20** |