

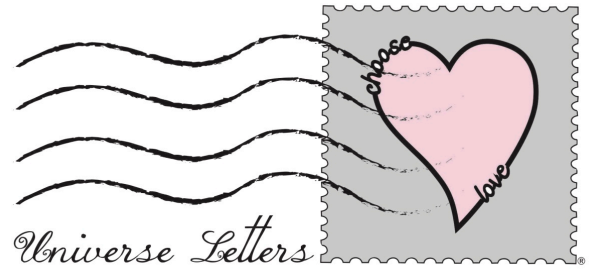
Letter to the Universe

appreciation:

When we feel appreciated, it brings a great sense of joy and purpose to our lives. Appreciating others is an opportunity to show them how we value everything they do and who they are. In this month of gratitude, choose to show appreciation to at least one person a day. Challenge yourself to be thoughtful in the ways you show or tell each person!

Prompt:

Prompt: The more you focus on appreciating what you already have, the more you will feel uplifted, positive and grateful. When you elevate your thoughts and emotions, you signal to the Universe you are ready to receive more blessings! What are ways you can show your appreciation this month?



Dear Universe,

I want to take the time to show my gratitude and appreciation for the many blessings in my life. Please help me express my appreciation to all the people in my life who mean so much to me and for all the blessings I currently have. This month I vow to show my appreciation by....

With Gratitude,