LEVITICUS RICH

BLB

BETTER LIFE

BLUEPRINT

POSITIVITY CHECKLIST

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LENNYRICHARDSON.ONLINE

How to Use this Resource:

As mentioned in the videos, there's a lot to be thankful for. You've already won the lottery by being alive. However, it's extremely easy to focus on the negatives in your life and miss the massive positives. This will ultimately affect your mood and trickle down to your daily actions. This resource will help you push away the negative thoughts and help you focus on the positives in your life as well as the progress you've made.

Take some time each day (minimum of 10 minutes) to list out all of the great things that happened today or the day prior.

Even waking up is a positive. Some days you might be in a bad mood and your brain might try to convince you that nothing is going well. In instances like this, remember my story of the Blind, Mute man. Then, find at least one thing to be thankful for. Do this for at least 30 days.

Day _____

BETTER LIFE
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What are you grateful for today?

Day _____

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