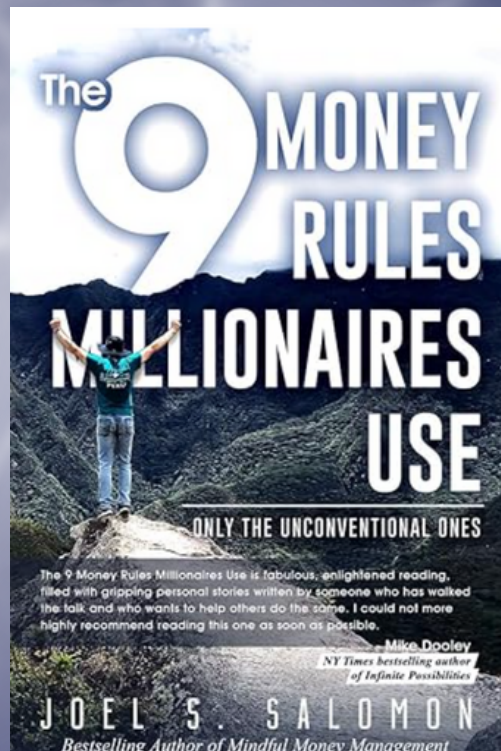
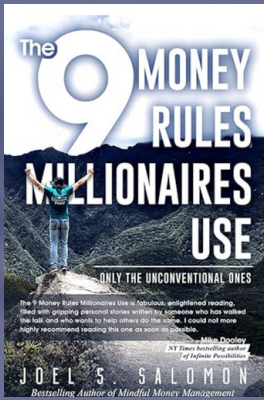


The 9 Money Rules Millionaires Use MASTER CLASS



**With Former Hedge Fund Manager
and Master Prosperity Coach
Joel Salomon**



The 9 Money Rules Millionaires Use

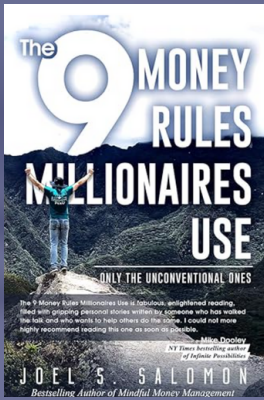
MASTER CLASS

RULE #5 - WHAT CAN YOU BE GRATEFUL FOR?

Step 1. IDENTIFY GRATITUDE IN YOUR PRESENT

Write down some things you're grateful for today. Some examples might be: extra time with family, no commuting time, a more relaxed pace, a healthy meal, more walks outside or more alone time to ponder your dreams.

By focusing on gratitude, I feel...



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RULE #5 - WHAT CAN YOU BE
GRATEFUL FOR?**

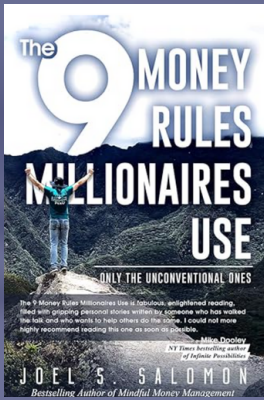
Step 2. DEVELOP APPRECIATION EVERY DAY!

Start, or recommit to, keeping a gratitude journal. Write down 3 - 5 things you're grateful for every night (and in the morning too if you're ambitious) for the next week.

“When you slow down long enough to notice the details around you, you will be awed by the beauty and abundance of the world.”

- Sandy Grason

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RULE #5 - WHAT CAN YOU BE GRATEFUL FOR?

EXTRA CREDIT IDEAS:

Get a bucket and everyday challenge yourself and/or a family member to put a gratitude sticky note into the bucket. On the note, write something that happened that day that you appreciate: it could be for a nourishing meal, or perhaps its being grateful for jogging outside on a sunny day. Start small. Throw the note in the bucket without anyone else seeing it. (and no need to put your name on it.) Set a reminder for one year from now to go through the bucket and re-read your notes, and/or share the notes with your family.

“Gratitude is powerful and it does work magic, so it’s great to work it into your affirmations whenever you can. Give thanks and praise to life, its grace, and its unfailing principles for having already manifested your dreams.”

– Mike Dooley

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