

Gratitude in June

Ending Check-In: What is different?

Congratulations on completing the Gratitude in June project! I'm so glad (grateful even!) that you were able to participate. Follow the instructions below to see what the impact has been:

1. In the same spots, write in the 10 areas that you chose for your Starting Point sheet at the beginning of the month.
2. Again, on a scale of 1 to 10, how do you feel about each area of your life NOW? (1 = Everything must change. 10 = It's so amazing!!!)
3. Shade in the circle from the center up to the number you gave. Notice what's different from one month ago.
4. Ponder any or all of these questions:

What was the impact of choosing to be grateful every day?
In what ways do you feel different from a month ago?
What surprised you the most about doing this?

What's new here? What's still missing?
What areas could use improvement?
What's your plan going forward?

