



# Gratitude Reflection

You, my love, are a beautifully unique human. This month let's spend some time reflecting on what makes us unique. It may feel uncomfortable at first but remember that everything we want in life is on the other side of that discomfort.

Each day, write one thing about you and sit in that moment to deeply feel the emotion of gratitude.

Each day this month, look in the mirror and smile at your badass self before you brush your teeth and comb your hair. Smile that you're here and have unique talents you'll use each day.

The holiday season requires a lot from you. You can't pour from an empty cup. This month let our gratitude for ourselves overflow!





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My skills and talents.

My body, my look, my face, my eyes, my hair, my feet, my elbows, hahaha ... do not skip this! You are unique down to your fingerprints. Comparison is the thief of joy. You are you on purpose!

My experiences personally and professionally.

My struggles and challenges and what they have taught me about me.

Things I have and enjoy. Your house, your favorite mug, or a cute pillow on your bed. The key is gratitude for you and your life.

Anything that comes to mind when you take a moment to appreciate YOU!

I'm so proud of you for taking on this challenge!











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Thank you for being you; the world needs you.

The holidays are here, and they can be exhausting and overwhelming. No one stops the other priorities. We pile on MORE tasks and expectations.

Join me for a complimentary session  
November 18th at 3:30 pm eastern

Your Best Holiday Ever!

Go to [WEthrive.live/events](https://wethrive.live/events) to register.

We'll send you a zoom link to participate.

We'll discuss setting yourself up for a holiday you and your loved ones can enjoy!

Love Ya Mean It.  
Rebecca

**WE thrive**  
—• LIVE

