Year_____ Month_____Day_____Consecutive Practice Days_____Missed Days_____

Day 16

Gratitude:

Starting fresh with your Gratitude and Vision each day helps to develop a sense of curiosity. When we set a 1-year goal, a New Years' Resolution, or a concrete business plan, we're taking a snapshot of what we wanted *at that moment*. It leaves little room for growth, change, or curiosity outside of the scope of that particular moment's desire.

Writing out your vision every morning not only helps you learn what you gravitate towards, it also exercises your sense of wonder about the future. When your desires can change slightly (or dramatically) from day to day, you'll begin to integrate the idea that the future, being unknown, is full of possibilities. Instead of pinning your satisfaction to a specific goal or outcome, you can get excited at the unknown possibilities of your future Vision.

Vision:

Daily: