



Zoe Fit Healthy People Thinking

3 Step checklist to create the
life you want!.....NOW!

Gratitude, Ready to receive & Action

Gratitude

Sit down in a place you feel comfortable at, take a deep breathe, look out across the park, the building or wherever you're sitting and go through all those things, people and situations you are grateful for- your friends, family, a special person perhaps, your health, the place you live in and so forth. List as many or as little as you like and start your gratitude list.

Ready to receive

It's great that you feel gratitude for the people, things and the places in your life, however the universe will only give you what you're ready to receive. List what you're ready to receive in your life- it could be more money because you've learnt how to invest or you need a better car or place. It could be you're ready to receive love in your life, you're ready to receive better health and greater opportunities.

Action

The universe rewards action. Ever heard the saying "ask and you shall receive"? Most people get overwhelmed by the prospect they have to achieve everything quickly and then they get disappointed if they don't achieve everything they've listed. It only takes one step to start your journey towards getting what you need in your life.....so, **start NOW**.

Here's an example of how you can start your gratitude list: (Say out loud or to yourself)

- Thank you for this day.
- Thank you for the people in my life.
- Thank you for the people I will meet today.
- Thank you for allowing me to live in this amazing place.
- Thank you for my family.
- Thank you for my friends.
- Thank you for my health which allows me to be strong so I can share and live a fulfilling life.
- Thank you for allowing me to help people.
- I am open, honest, confident and appreciate others' point of views.
- I am ready to receive love in my life.
- I am ready to keep and grow love with my beautiful partner.
- I am ready to achieve greatness in my work and be the best at what I do.
- I am ready to start today, one step at a time, in order to live a great life.
- Thank you.