

“GratitudeGlow: Illuminating Your Blessings”



लॉन्गे गुरु
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*Amit
Chaturvedi*
(MIND GURU AMIT)

"GratitudeGlow: Illuminating Your Blessings"



मिण्ठ गुरु
अमिठ

AMIT CHATURVEDI
(MIND GURU AMIT)

"Gratitude Glow: Illuminating Your Blessings"

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**75 DAYS ACTION PLAN BASED ON
ADVANCED NEUROPLASTICITY
FRAMEWORK**

"Gratitude Glow: Illuminating Your Blessings"

A Transformative Message from Mind Guru Amit

In a world filled with uncertainties, we often find ourselves asking why we can't control the unpredictable. But, what truly matters is the choice we make in the face of these uncertainties.

▣ Rediscover the Joy of Life ▣

Think back to your childhood when life was all about love, joy, bliss, and ecstasy. As we've grown, our beliefs and patterns may have convinced us that such moments are behind us. But, here's the truth: every day is a precious gift.

▣ The 75 Days Gratitude Challenge ▣

I extend an invitation to you to embark on a profound journey with my 66 Days Gratitude Challenge. Through this journey, I guarantee that you'll unlock abundance in various aspects of your life.

Albert Einstein once stated, "Everything is energy, and that's all there is to it. Match the frequency of the reality you want, and you cannot help but get that reality. This is not philosophy; this is physics."

▣ Harness the Power of Your Energy ▣

The universe is a symphony of vibrating energy, including our thoughts and emotions. Your life is the dance between high and low vibrations, but you have the power to shift your energy towards abundance, growth, happiness, and success.

▣ Join me on a journey of ultimate gratitude and elevate your energy to live a life of abundance between the moments of birth and death. ▣

Ready to embrace a reality filled with joy and success? Take the 75 Days Gratitude Challenge and transform your life.

Discover the Power of Gratitude with Mind Guru Amit!

In life, abundance is a mindset. Are you ready to unlock it?

It's a universal truth that everything in the universe is energy. And where there's energy, there's vibration. Where there's vibration, there's frequency. And where there's frequency, there's communication.

But here's the magic – you are in control of your frequency. On day 1 of "Heal Your Mind to Transform Your Life" with Mind Guru Amit, we explored the key question: Who and what determines your frequency?

Now, it's time for action. Let's dive into the transformative process of shifting to a frequency that nurtures your life with abundance.

Are you ready to embrace a life filled with gratitude and abundance? Join us on this incredible journey. Your future awaits!

**"The energy you emit is the energy you attract.
Choose to radiate positivity, and watch how your
world transforms."**

- Mind Guru Amit

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HOW TO TAKE 75 DAYS GRATITUDE CHALLENGE WITH TOOLS OF Advanced Neuroplasticity Framework?

If you want to create a new neural pathway, structure or pattern requires dedication and an average period 75 days to make it your habit or your lifestyle. Here's a breakdown of the process:

1. **First 25 days: The old pattern begins to crumble. (In these initial days, some may find it challenging as the old patterns resist change.)**
2. **The following 25 days: The new pattern starts to take root. (During this phase, some individuals might face the temptation to revert to old habits as the new pattern begins to feel more comfortable.)**
3. **The final 25 days: The new pattern becomes integrated and automated. (Those who persevere through this phase are the ones who achieve lasting transformation and success.)**

Are you ready to commit to the full 75-day journey of transformation and gratitude? Embrace the power of NLP to create a life filled with positivity and success! ☐☐

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Gratitude notes are a wonderful way to express appreciation and thankfulness to someone. When writing these notes, it's important to be sincere, specific, and heartfelt. Here are some ideas on what you can write in gratitude notes:

- 1. Express Your Thanks:** Begin by clearly stating your gratitude. For example, "I wanted to express my heartfelt thanks for..."
- 2. Be Specific:** Mention the specific action, favor, or kindness that you're grateful for. For instance, "I'm so grateful for your support during my recent project. Your guidance and expertise were invaluable."
- 3. Explain the Impact:** Share how their actions made a difference in your life. This adds depth to your gratitude. "Your encouragement and positivity gave me the confidence to pursue my goals."
- 4. Use Personal Language:** Make it personal. Address the person by their name and use "I" statements to convey your feelings. "I truly appreciate your help, John."
- 5. Highlight Qualities:** Acknowledge the qualities or characteristics that you admire in the person. "Your kindness, patience, and generosity have always inspired me."
- 6. Share Your Feelings:** Express your emotions. Use words like "I'm deeply touched," "I'm overwhelmed with gratitude," or "I can't thank you enough."
- 7. Future Connection:** Mention your desire to stay connected or offer help in return. "I look forward to staying in touch and hope I can return the favor someday."
- 8. Include a Warm Closing:** End your note with a warm closing, such as "With heartfelt thanks," "Sincerely," or "With warm regards."
- 9. Handwritten Notes:** If possible, consider writing gratitude notes by hand. Handwritten notes feel more personal and heartfelt.
- 10. Timing:** Send the note promptly after receiving the favor or kindness. This shows that you genuinely value their actions.
- 11. Length:** Your gratitude note can be short and sweet or more detailed, depending on the situation and your feelings. The key is to be genuine.
- 12. Appreciate Small Acts:** Don't reserve gratitude notes for grand gestures. Express appreciation for small acts of kindness too, like holding the door or a kind word.
- 13. **Family and Friends**:** Don't forget to express gratitude to your loved ones. They'll appreciate knowing they're valued.

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14. Professional Contacts: In a professional context, sending a thank-you note after an interview, for mentorship, or for collaboration can leave a positive impression.

15. Unexpected Gratitude: Sometimes, expressing gratitude out of the blue can be a pleasant surprise. "I just wanted to let you know how much I appreciate your friendship."

16. Public Acknowledgment: Consider publicly acknowledging someone's kindness on social media or in a group setting, if appropriate.

Remember that genuine gratitude notes have the power to strengthen relationships, brighten someone's day, and create a culture of appreciation. It's a simple yet powerful way to show your gratitude and make others feel valued.

GIVE YOURSELF A SCORE ON A SCALE OF 0 - 10

AREA OF LIFE	CURRENT STATE	DESIRED STATE
EMOTIONAL HEALTH		
MENTAL HEALTH		
PHYSICAL HEALTH		
RELATIONSHIP		
FINANCES		
BUSINESS & CAREER		

CURRENT STATE - WHERE YOU STAND TODAY
DESIRED STATE - WHERE YOU WANT TO BE SEE YOURSELF IN
NEXT 75 DAYS

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HOW TO TAKE & EVALUATION OF 75 DAYS GRATITUDE CHALLENGE ?

On the last day of 75 Days challenge you'll again take the above assessment in your life.

And you'll see yourself where you stand out from day 1 to day 75 of this challenge in your life

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**WRITE DOWN WHICH ARE THOSE
5 PATTERNS / BELIEFS / HABITS / BLUEPRINTS
YOU WILL DESTROY IN FIRST 25 DAYS**

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PHASE 1 (25 DAYS)

dd / mm / yy

**FIRST 25 DAYS, THE OLD PATTERN WILL DESTROY.
(SOME PEOPLE WILL GIVE UP IN THE INITIAL 25 DAYS AS IT WILL BE
PAINFUL.)**

**NEUROPLASTICITY STUDIES TELL THAT 80% OF PEOPLE ACHIEVE
RESULTS BY BEING CONSISTENT IN THIS 1ST PHASE**

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GRATITUDE DAY 1

TODAY I AM FEELING

DESCRIBE YOUR HAPPIEST CHILDHOOD MEMORY

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 2

TODAY I AM FEELING

NOTE DOWN ONE SONG YOU'RE LOVING TILL DATE MOST & WHY

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 3

TODAY I AM FEELING

NOTE DOWN ONE SONG YOU LIKED MOST IN YOUR CHILDHOOD

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 4

TODAY I AM FEELING

WHO IS ONE OF THE PERSON YOU CAN ALWAYS RELY ON

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 5

TODAY I AM FEELING

BIGGEST ACCOMPLISHMENT OF YOUR PERSONAL LIFE

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 6

TODAY I AM FEELING

BIGGEST ACCOMPLISHMENT OF YOUR PROFESSIONAL LIFE

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 7

TODAY I AM FEELING

FAVORITE MEMORY WITH YOUR FATHER

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 8

TODAY I AM FEELING

FAVORITE MEMORY WITH YOUR MOTHER

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 9

TODAY I AM FEELING

MENTION DOWN YOUR CONNECTION WITH NATURE

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 10

TODAY I AM FEELING

MENTION DOWN YOUR CONNECTION WITH ANIMALS

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 11

TODAY I AM FEELING

LIST DOWN ACTIVITIES THAT ARE BRINGING YOU JOY

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 12

TODAY I AM FEELING

MISTAKE YOU MADE THAT LED YOU TO POSITIVE EXPERIENCE

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 13

TODAY I AM FEELING

LIST DOWN ACTIVITIES THAT ARE BRINGING YOU JOY

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 14

TODAY I AM FEELING

TELL US ONE TRADITION YOU LOVE MOST ABOUT YOUR FAMILY

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 15

TODAY I AM FEELING

MENTION ABOUT TEACHER OR GURU WHO IMPACTED YOUR LIFE

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 16

TODAY I AM FEELING

WHAT YOU LIKE MOST ABOUT YOUR CITY

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 17

TODAY I AM FEELING

DESCRIBE YOUR FAVORITE LOCATION IN HOME & WHY

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 18

TODAY I AM FEELING

ONE THING YOU LEARNT IN THIS WEEK

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 19

TODAY I AM FEELING

WHO MADE YOU SMILE IN LAST 24 HRS?

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 20

TODAY I AM FEELING

WHAT IS THE RECENT PURCHASE THAT ADDED VALUE IN YOUR LIFE

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 21

TODAY I AM FEELING

MOST IMPORTANT LESSON OF YOUR LIFE?

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 22

TODAY I AM FEELING

YOUR BIGGEST ISPIRATION TO WHOM YOU NEVER MET

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 23

TODAY I AM FEELING

YOUR BIGGEST ISPIRATION TO WHOM YOU NEVER MET

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 24

TODAY I AM FEELING

YOUR BIGGEST ISPIRATION TO WHOM YOU NEVER MET

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 25

TODAY I AM FEELING GREASTFUL

YOUR BIGGEST INSPIRATION TO WHOM YOU NEVER MET

TODAY I AM GRATEFUL FOR

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REFLECT ON YOUR LAST 25 DAYS

HAPPIEST PART OF 25 DAYS?

WHAT WORKED & WHAT DID NOT?



5 THINGS YOU WANT TO EVOLVE IN NEXT 25 DAYS?

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**WRITE DOWN WHICH ARE THOSE
5 PATTERNS / BELIEFS / HABITS / BLUEPRINTS
YOU WANT TO INSTALL IN NEXT 25 DAYS**

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PHASE 2 (25 DAYS)



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NEXT 25 DAYS, THE NEW PATTERN WILL INSTALL. (SOME WILL GIVE UP IN THE NEXT 25 DAYS AS THEY WILL START FEELING COMFORTABLE.)

NEUROPLASTICITY STUDIES TELL THAT IF YOU HAVE REACHED TILL HERE, YOU ALREADY ARE EXPERIENCING THE RESULTS & YOU WISH TO KEEP GOING THIS PHASE TOO HAPPILY

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GRATITUDE DAY 26

TODAY I AM FEELING

DESCRIBE YOUR HAPPIEST CHILDHOOD MEMORY

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 27

TODAY I AM FEELING

NOTE DOWN ONE SONG YOU'RE LOVING TILL DATE MOST & WHY

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 28

TODAY I AM FEELING

NOTE DOWN ONE SONG YOU LIKED MOST IN YOUR CHILDHOOD

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 29

TODAY I AM FEELING

WHO IS ONE OF THE PERSON YOU CAN ALWAYS RELY ON

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 30

TODAY I AM FEELING

BIGGEST ACCOMPLISHMENT OF YOUR PERSONAL LIFE

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 31

TODAY I AM FEELING

BIGGEST ACCOMPLISHMENT OF YOUR PROFESSIONAL LIFE

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 32

TODAY I AM FEELING

FAVOURITE MEMORY WITH YOUR FATHER

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 33

TODAY I AM FEELING

FAVOURITE MEMORY WITH YOUR MOTHER

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 34

TODAY I AM FEELING

MENTION DOWN YOUR CONNECTION WITH NATURE

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 35

TODAY I AM FEELING

MENTION DOWN YOUR CONNECTION WITH ANIMALS

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 36

TODAY I AM FEELING

LIST DOWN ACTIVITIES THAT ARE BRINGING YOU JOY

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 37

TODAY I AM FEELING

MISTAKE YOU MADE THAT LED YOU TO POSITIVE EXPERIENCE

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 38

TODAY I AM FEELING

LIST DOWN ACTIVITIES THAT ARE BRINGING YOU JOY

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 39

TODAY I AM FEELING

TELL US ONE TRADITION YOU LOVE MOST ABOUT YOUR FAMILY

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 40

TODAY I AM FEELING

MENTION ABOUT TEACHER OR GURU WHO IMPACTED YOUR LIFE

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 41

TODAY I AM FEELING

WHAT YOU LIKE MOST ABOUT YOUR CITY

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 42

TODAY I AM FEELING

DESCRIBE YOUR FAVOURITE LOCATION IN HOME & WHY

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 43

TODAY I AM FEELING

ONE THING YOU LEARNT IN THIS WEEK

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 44

TODAY I AM FEELING

WHO MADE YOU SMILE IN LAST 24 HRS?

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 45

TODAY I AM FEELING

WHAT IS THE RECENT PURCHASE THAT ADDED VALUE IN YOUR LIFE

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 46

TODAY I AM FEELING

MOST IMPORTANT LESSON OF YOUR LIFE?

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 47

TODAY I AM FEELING

YOUR BIGGEST INSPIRATION TO WHOM YOU NEVER MET

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 48

TODAY I AM FEELING

YOUR BIGGEST INSPIRATION TO WHOM YOU NEVER MET

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 49

TODAY I AM FEELING

YOUR BIGGEST INSPIRATION TO WHOM YOU NEVER MET

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 50

TODAY I AM FEELING

YOUR BIGGEST INSPIRATION TO WHOM YOU NEVER MET

TODAY I AM GRATEFUL FOR

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REFLECT ON YOUR LAST 25

DAYS HAPPIEST PART OF 25 DAYS?



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WHAT WORKED & WHAT DID NOT?

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PHASE 3 (25 DAYS)

**dd / mm / yy NEXT 25
DAYS, THE NEW PATTERN
WILL BE INTEGRATED AND
AUTOMATED.**

**NEUROPLASTICITY STUDIES TELL THAT IF YOU HAVE
REACHED TILL HERE, YOU ALREADY ARE EXPERIENCING THE
RESULTS & YOU WISH TO KEEP GOING THIS PHASE TOO
HAPPILY**

5 THINGS YOU WANT TO EVOLVE IN NEXT 25 DAYS?

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WRITE DOWN AGAIN WHICH ARE THOSE 5 PATTERNS / BELIEFS / HABITS / BLUEPRINTS YOU WANT TO INTEGRATE IN NEXT 25 DAYS

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GRATITUDE DAY 51

TODAY I AM FEELING

DESCRIBE YOUR HAPPIEST CHILDHOOD MEMORY

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 52

TODAY I AM FEELING

NOTE DOWN ONE SONG YOU'RE LOVING TILL DATE MOST & WHY

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TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 53

TODAY I AM FEELING

NOTE DOWN ONE SONG YOU LIKED MOST IN YOUR CHILDHOOD

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 54

TODAY I AM FEELING

WHO IS ONE OF THE PERSON YOU CAN ALWAYS RELY ON

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 55

TODAY I AM FEELING

BIGGEST ACCOMPLISHMENT OF YOUR PERSONAL LIFE

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 56

TODAY I AM FEELING

BIGGEST ACCOMPLISHMENT OF YOUR PROFESSIONAL LIFE

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 57

TODAY I AM FEELING

FAVORITE MEMORY WITH YOUR FATHER

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 58

TODAY I AM FEELING

FAVORITE MEMORY WITH YOUR MOTHER

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 59

TODAY I AM FEELING

MENTION DOWN YOUR CONNECTION WITH NATURE

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 60

TODAY I AM FEELING

MENTION DOWN YOUR CONNECTION WITH ANIMALS

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 61

TODAY I AM FEELING

LIST DOWN ACTIVITIES THAT ARE BRINGING YOU JOY

TODAY I AM GRATEFUL FOR

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GRATITUDE DAY 62

TODAY I AM FEELING

MISTAKE YOU MADE THAT LED YOU TO POSITIVE EXPERIENCE

TODAY I AM GRATEFUL FOR

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"Gratitude Glow: Illuminating Your Blessings"

GRATITUDE DAY 63

TODAY I AM FEELING

LIST DOWN ACTIVITIES THAT ARE BRINGING YOU JOY

TODAY I AM GRATEFUL FOR

1

2

3

4

5



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GRATITUDE DAY 64

TODAY I AM FEELING

TELL US ONE TRADITION YOU LOVE MOST ABOUT YOUR FAMILY

TODAY I AM GRATEFUL FOR

1

2

3

4

5



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GRATITUDE DAY 65

TODAY I AM FEELING

MENTION ABOUT TEACHER OR GURU WHO IMPACTED YOUR LIFE

TODAY I AM GRATEFUL FOR

1

2

3

4

5



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GRATITUDE DAY 66

TODAY I AM FEELING

WHAT YOU LIKE MOST ABOUT YOUR CITY

TODAY I AM GRATEFUL FOR

1

2

3

4

5



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GRATITUDE DAY 67

TODAY I AM FEELING

DESCRIBE YOUR FAVOURITE LOCATION IN HOME & WHY

TODAY I AM GRATEFUL FOR

1

2

3

4

5



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GRATITUDE DAY 68

TODAY I AM FEELING

ONE THING YOU LEARNT IN THIS WEEK

TODAY I AM GRATEFUL FOR

1

2

3

4

5



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GRATITUDE DAY 69

TODAY I AM FEELING

WHO MADE YOU SMILE IN LAST 24 HRS?

TODAY I AM GRATEFUL FOR

1

2

3

4

5



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GRATITUDE DAY 70

TODAY I AM FEELING

WHAT IS THE RECENT PURCHASE THAT ADDED VALUE IN YOUR LIFE

TODAY I AM GRATEFUL FOR

1

2

3

4

5



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GRATITUDE DAY 71

TODAY I AM FEELING

MOST IMPORTANT LESSON OF YOUR LIFE?

TODAY I AM GRATEFUL FOR

1

2

3

4

5



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GRATITUDE DAY 72

TODAY I AM FEELING

MOST IMPORTANT LESSON OF YOUR LIFE?

TODAY I AM GRATEFUL FOR

1

2

3

4

5



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GRATITUDE DAY 73

TODAY I AM FEELING

MOST IMPORTANT LESSON OF YOUR LIFE?

TODAY I AM GRATEFUL FOR

1

2

3

4

5



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वलो

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GRATITUDE DAY 74

TODAY I AM FEELING

MOST IMPORTANT LESSON OF YOUR LIFE?

TODAY I AM GRATEFUL FOR

1

2

3

4

5



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"Gratitude Glow: Illuminating Your Blessings"

GRATITUDE DAY 75

TODAY I AM FEELING

MOST IMPORTANT LESSON OF YOUR LIFE?

TODAY I AM GRATEFUL FOR

1

2

3

4

5



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GIVE YOURSELF A SCORE ON A SCALE OF 0 - 10

AREA OF LIFE	CURRENT STAGE	DESIRED STAGE
EMOTIONAL HEALTH		
MENTAL HEALTH		
PHYSICAL HEALTH		
RELATIONSHIP		
FINANCES		
BUSINESS & CAREER		



After completing the 75-day gratitude journaling journey, you may be amazed by the profound transformation that has taken place within you. The power of gratitude is incredible, and here's what many people, including my clients, have experienced and expressed as "Mind Guru Amit."

1. Heightened Awareness: You will find yourself more in tune with the world around you. You'll start noticing the beauty in everyday things that you might have previously overlooked. Your senses become sharper, and life feels more vibrant.

2. Positive Mindset: The consistent practice of gratitude journaling instills a positive mindset. You become naturally inclined to focus on the good in your life, even during challenging times. This shift in perspective can work wonders for your mental and emotional health.

3. Increased Happiness: Gratitude has a direct correlation with happiness. People who complete the 75-day gratitude journaling often report feeling happier and more content with their lives. It's like a daily dose of joy.

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4. **Reduced Stress:** Keeping a gratitude journal can significantly reduce stress. As you reflect on the things you're thankful for, you'll find yourself better equipped to handle stressors and adversity.

5. **Improved Relationships:** Your gratitude journaling journey can positively impact your relationships. You become more appreciative of the people in your life, and they, in turn, appreciate your positivity and thankfulness.

6. **Self-Reflection:** Over these 75 days, you've taken time to reflect on your life and your blessings. This self-reflection can lead to personal growth and self-awareness. You might have identified areas for improvement and set goals for the future.

7. **Empathy and Compassion:** Gratitude often leads to increased empathy and compassion. You'll find yourself more understanding of others' perspectives and more willing to help those in need.

8. **Optimism and Resilience:** The habit of gratitude journaling can enhance your optimism and resilience. You'll be better equipped to bounce back from setbacks and maintain a positive outlook on life.

9. **Enhanced Creativity:** Some people report that their creativity flourishes during and after a gratitude journaling challenge. You might find it easier to come up with innovative solutions and ideas.

10. **Physical Health Benefits:** There is evidence to suggest that practicing gratitude can have positive effects on physical health. Improved sleep, reduced inflammation, and a stronger immune system are some potential benefits.

11. **A Sense of Fulfillment:** Ultimately, completing a 75-day gratitude journaling challenge leaves you with a deep sense of fulfillment. You realize that there is so much to be thankful for, and that realization is a powerful motivator for continued personal growth.

So, after 75 days of gratitude journaling, you'll likely find yourself living a more vibrant, positive, and fulfilling life. Your newfound sense of gratitude will serve as a beacon of light, guiding you through the ups and downs of life's journey. Continue to embrace this practice, and watch as your life transforms in ways you never thought possible.