

GRATITUDE

A tiny notebook for Encouraging Gratitude

In today's fast past world, it's hard to find time to reflect upon the things that are on your heart & mind – yet we find time to check in with our phones (some of us do so over 150 times a day). My challenge to you is to begin each day by reflecting on something you are grateful for while releasing any worries that are blocking your mind. Place this gratitude notebook on your bed stand and check in with *yourself* before you check in with the endless emails and social media alerts from your phone. Making this tiny shift for the next 15 days will have a positive impact on your digital wellness and the way you start your day.

You've Got This!

A handwritten signature in black ink that reads "Mark Ostach". The signature is fluid and cursive, with a large initial "M".

Mark Ostach



Let Go

Let go of who you think
you're supposed to be;
embrace who you are.

BRENÉ BROWN

#EncouragingGratitude

Be Fearless

Worry is like a rocking chair.
It gives you something to do,
but it doesn't get you very far.

ERMA BOMBECK

Step Out

Each time a door closes,
the rest of the world opens up.

PARKER J. PALMER

#EncouragingGratitude

Express Gratitude

Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

MELODY BEATTIE

#EncouragingGratitude

Allow Healing

You can't allow your past pain to close you off from your future healing.

ERWIN RAPHAEL MCMANUS

#EncouragingGratitude

Create
your
Legacy

My hope is to leave the world a bit better than when I got here.

JIM HENSON

You are Worthy

Self-worth comes from one thing –
thinking you are worthy.

WAYNE DYER

#EncouragingGratitude

Start Today

Setting goals is the first step in turning the invisible into the visible.

TONY ROBBINS

#EncouragingGratitude

Don't Worry!

Worry never robs tomorrow of its sorrow, it only saps today of its joy.

LEO F. BUSCAGLIA

Tiny Shifts

If you change the way
you look at things, the
things you look at change.

WAYNE DYER

#EncouragingGratitude

Receive Love

Do everything in love.

CORINTHIANS 16:14

#EncouragingGratitude

Take Action

Nothing diminishes anxiety
faster than action.

WALTER ANDERSON

Inner Peace

Nothing can bring you
peace but yourself.

RALPH WALDO EMERSON

Be a Force!

Love is the only force
capable of transforming
an enemy into a friend.

MARTIN LUTHER KING, JR.

Practice Gratitude

Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.

ZIG ZIGLAR

CONGRATULATIONS!

You've completed the 15 Day Gratitude Challenge. By now, you should be feeling a shift in your thinking. With practice, you'll find your worries have subsided, leaving more mental space for you to focus on things that bring you joy. If you want to dig deeper into additional ways to create a healthy shift in your mind, body, and spirit, please explore the resources below from my favorite authors. And keep encouraging gratitude to those around you!

RECOMMENDED RESOURCES

The Call to Courage / Brené Brown

A Mans Search for Meaning / Victor Frankel

Wishes Fulfilled / Wayne Dyer

My Utmost for His Highest / Oswald Chambers

Margin / Richard Swenson

Whisper / Mark Batterson

Let Your Life Speak / Parker Palmer

Digital Minimalism / Cal Newport

How To Break Up with Your Phone / Catherine Price

For more resources on defeating distractions and living a life of purpose, visit **MarkOstach.com**

Defeat Distractions.
Connect with Purpose.

www.MarkOstach.com