



# GRATITUDE + GOALS + GRINDS

*Gratitude makes sense of your past, brings peace for today,  
and creates a vision for tomorrow.  
-Melody Beattie*

A blog by CIAO! Marketing, Inc.

Starting with a **grateful** heart is a surefire way to light you up and prepare you for having a great day. You'll also be able to work through any challenges with optimism.

Keeping those **goals** in your head is not inching you towards making them happen. Write them down and you'll be more likely to achieve what you've written. And that, my InspoPeeps, is science! Study after study can prove that writing your goals will have you achieving them faster than those who don't! Be as detailed as you can in this practice. Write the exact thing you want to achieve and how. EX: *I will run a marathon this year by training my mind and body. I will seek out guidance from other runners and coaches to help focus my training.*

**Grinds** - whether you like coffee or not, make your "daily grind" more about being a ritual to help you get into your flow state. It's that place where all cylinders are in motion and you feel unstoppable. It can be coffee, tea, smoothie, water, music, whatever. Just find that thing where it all comes together and you're ready to take on the day!

This is just the start! Use this worksheet as a guide for you to get into this habit. Find a favorite journal and pen or pencil that you use daily. This is part of the encoding process for the brain to make it stick. You'll love the fact that you can flip through your notes and feel that sense of gratitude in your heart and fire in your belly.

## GRATEFUL HEART, GRATEFUL START

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## GOALS IN YOUR HEAD NEED TO BE READ

1. 

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2. 

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3. 

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## YOUR DAILY GRIND, FEEL THE FLOW AND GO

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Write down the one thing you love doing every morning before heading out the door. What's that thing that gets you fired up? Make that thing part of your grateful heart and goal setting so it's a perfect trio to make your day kick ass!