

# Rewire For Gratitude Easier Than Ever



**31 Days of Gratitude to rewire your brain for a abundance and positivity.**

**By Caroline McCandless**



**So why Gratitude?** Studies have shown that the more we express gratitude, the more we wire our neurotransmitters in the brain to default to gratitude (the same happens when we chronically complain, we wire the brain for negativity). Gratitude can help instill optimism, improves physical and physiological health, improves relationships, improves self-confidence and self-esteem. Wiring the brain for gratitude will set you up for a better sense of well-being and allows you to have more control over your thought patterns, which in turn largely creates your experience in the world.

**So why do I need this guide if I can do this on my own?** You can absolutely do this on your own and it is much encouraged. But many of us have never been introduced to this type of thinking. It is easier to follow a guide in the beginning while we are still adopting the practice and learning new thought patterns. And I've taken all the planning out for you. You just have to follow the steps and let the rewiring do it's magic!

Caroline is an Em+Fit™ Coach, Intuitive Life Coach, Certified Fitness Trainer, and Guided Meditation Leader. Em+Fit™ programming combines emotional, mental, and spiritual health with fitness. It is for those that have tried everything without the success they have been looking for. Caroline is available for one-on-one coaching sessions and personalized intuitive wellness programming.

For more daily content follow Caroline on Instagram @makingom

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**Directions:** Take 5 mins per day answering each prompt. Handwrite responses in the first person as in “I am grateful for \_\_\_\_” unless otherwise noted & be open to the positive shift in mindset.

**Day** \_\_\_\_\_

What is one thing you did well today?

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Write 1 personal improvement you are grateful for:

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**Day** \_\_\_\_\_

What is one thing you did well today?

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Write 3 things/objects you use daily that you are grateful for:

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**Day** \_\_\_\_\_

What is one thing you did well today?

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Write 3 body functions you are grateful for:

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**Day** \_\_\_\_\_

What is one thing you did well today?

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Write 3 interests/hobbies/sports/activities you enjoy that you are grateful for:

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