

**DAY 4**  
**CHAPTER 1**  
**TRAIN YOUR BRAIN WORKSHEET**

**Attitude of Gratitude**

**Section 1**

- Did you get a notebook for your gratitude journal? Or are you using a Google Doc that you can talk or text into every morning or evening? There are many ways to journal in this day and age; pick the one that suits you best.
- Set a time to make a brief statement about something that happened each day.
- Reflect on it and restructure/rewrite it into a positive gratitude statement or affirmation statement.
- Before you know it, your brain will start to identify the negative stressors, and you will be able to transform it in your mind to gratitude and alleviate the stress and negativity.

**List three that stress you out the most next to stressors, and then rephrase it into a statement of gratitude below that:**

1. Stressor:

Gratitude:

2. Stressor:

Gratitude:

3. Stressor:

Gratitude:

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**TRAIN YOUR BRAIN WORKSHEET**  
**Daily Positive Statements**

**Section 2**

What are your three positive statements to say to yourself every day of the week?  
Give it some thought and make sure these are posted as reminders on your phone for the same time every morning: