

By Tegan Marshall www.teganmarshall.com



## Start each day with a grateful heart

Every day for 90 days when you wake or as you go to sleep, write down just one thing that is good about that day. Do your best to find something new every day and watch your life transform as you attract even more good things into your life.

This simple step of focusing on the good is incredibly effective.

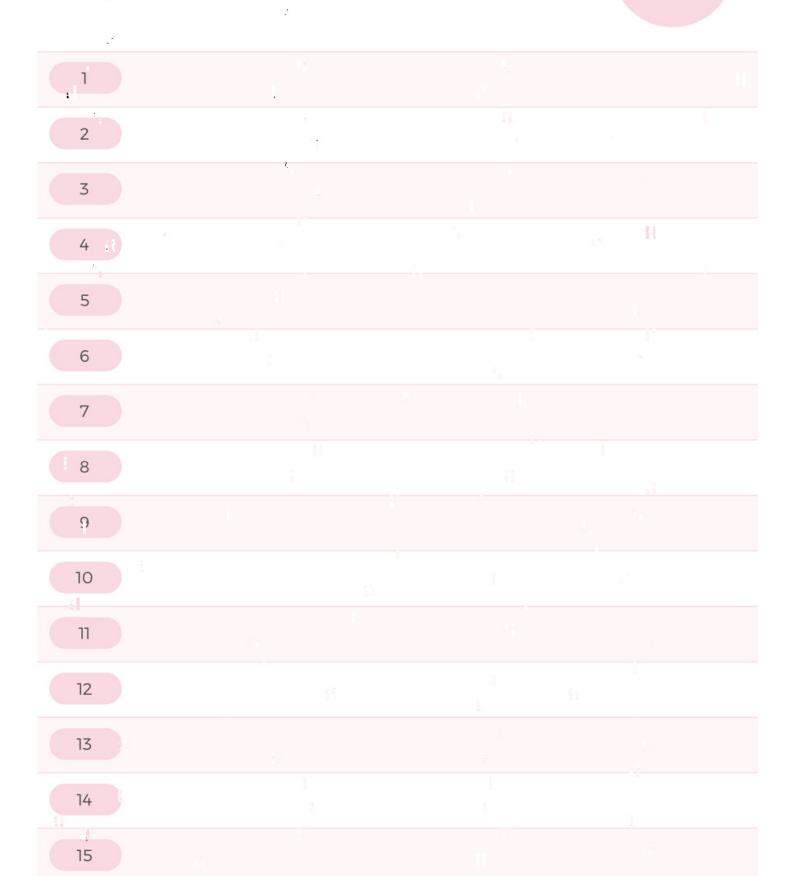
Enjoy,

Love always,

Tegan

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