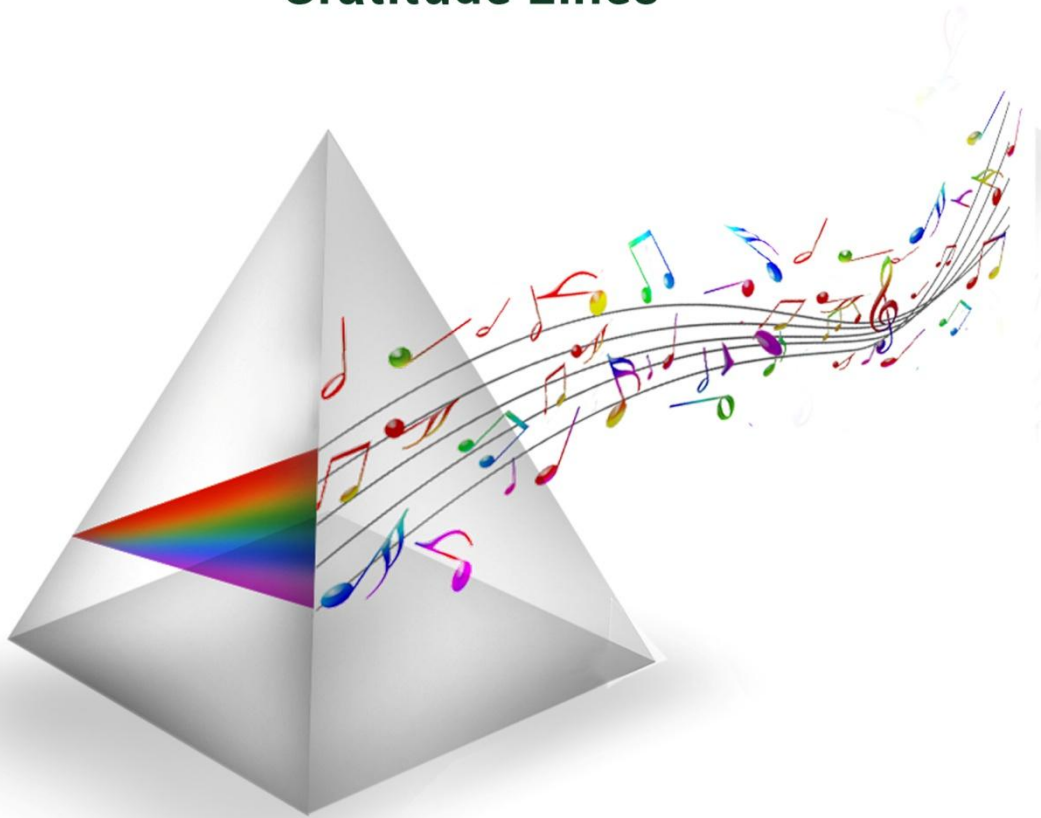


The Music Inside

FREE

Gratitude Lines



Jenny Clift

Welcome!

Thank you SO much for downloading this resource. I really hope you find it useful. I have created it especially for your personal use, so please only print one copy. Please do not make photocopies of your copy and distribute them yourself.

If you feel inspired to, please share "The Music Inside" with your friends, so they can get their own copy and enjoy and benefit from these free resources as well. ☺ Here's the Amazon link that you can use: <http://amzn.to/1PNFak8>

(BTW, this is an affiliate link which means that if someone buys the book using this link I will be paid a tiny amount of extra money...without affecting the price for the purchaser. ☺)

If you have any comments or questions please don't hesitate to contact me at jenny@jennyclift.com .

For more articles, resources and information please visit my website www.jennyclift.com .

It's thrilling for me to think that real people are reading my book and benefitting from these resources and I'd love to hear from you.

Here's to the music inside all of us!!

Jenny



Showing appreciation. Gratitude lines.

Write a page or two of 'Appreciation Statements'. Think about your work place (or even your home and neighborhood if you are not employed) right now; your colleagues, your clients, and the people you come into contact with. For example (in my case):

'Thank you for all of my students and for the hundreds of signs of progress, dedication and enjoyment that I receive from them.'

And then:

'I bless (insert name) with love.'

I would then continue by blessing the premises where I worked, the coffee machine (important), the photocopier, the other members of staff etc.

Think of it as simple economics: **'What you're not appreciating you're depreciating.'**

1.	<i>I bless _____ with love.</i>
2.	
3.	
4.	
5.	
6.	
7.	
8.	

