

# MINDSET

## Top 10 Gratitude List:

Sometimes it's hard to feel grateful so think of 10 things that make you happy.  
...they can be little things like the colour blue of the sky.....

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

## 25 I AM'S

The "I AM" affirmations are really powerful, especially when struggling with feelings of low self confidence (we all experience this at some point – you ain't alone here!!)

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**evergreen careers**