

GRAVA 90 Journey:

Ninety ways to experience the Healing Power of Gratitude, Recognition, Acknowledgement, Validation and Acceptance



ACKNOWLEDGEMENT FOUR: "GOOD JOB!"

NOW is a good time to acknowledge...

- ❖ My commitments to what I really care about.
- ❖ Letting go of what is no longer serving and supporting my well-being.
- ❖ Offering what I can and will.
- ❖ Doing what I love.
- ❖ Being grateful for what invites me to my growing edge.
- ❖ Asking powerful questions and being open to what emerges.
- ❖ Listening to what is wanting to happen for the greater good.
- ❖ Learning from my most vulnerable and defining "moments of truth."
- ❖ Trusting myself and the right timing of things.

To all of that, I say "GOOD JOB!"