

Evidence of Good

Instructions: Every day, write down 3 instances from your day that showed you evidence that good is showing up in your life. This could be someone treating you to a cup of coffee, finding a penny on the ground, a friend calling you from out of the blue, or your eating a good meal. No matter how big or small, capture this good. The Evidence of Good evokes a sense of gratitude. This is part of the practice of re-shifting the money stories that don't serve you, by being a counter-balance to money stress and a reminder that your life is already filled with blessings.

Day 1	1.	
	2.	
	3.	

Day 2	1.	
	2.	
	3.	

Day 3	1.	
	2.	
	3.	

Day 4	1.	
	2.	
	3.	

Day 5	1.	
	2.	
	3.	

Day 6	1.	
	2.	
	3.	

Day 7	1.	
	2.	
	3.	