

GRATITUDE, ACTION AND SERVICE (G.A.S.)

Please make sure you have a blank sheet of paper to do the G.A.S. drill every morning.

1. **Gratitude:** Write down seven things you are grateful for that are improvements, victories, or breakthroughs in your life, from the simplest to the most complex.
2. **Action:** Write down action steps. Define three action steps you are going to engage in each day that move you closer to your victory.
3. **Service:** Write down one act of service where you are going to rise up above and beyond the normal call of duty.

Day:	Gratitude	Action	Service

Day:	Gratitude	Action	Service

Day:	Gratitude	Action	Service

Day:	Gratitude	Action	Service

Day:	Gratitude	Action	Service

Day:	Gratitude	Action	Service