

*21 Day*  
*GRATITUDE*  
*Challenge*



*with*  
*Dr Dorie McCubbrey, PhD, MSEd, LPC, LAC, CEDS*

©2020 by Dr. Dorie McCubbrey | Get your FREE copy at [DrDorie.com/gratitude-challenge](https://DrDorie.com/gratitude-challenge)

# 21 Day GRATITUDE Challenge

You know that you “should” experience and express **GRATITUDE** more often...

BUT getting into a regular gratitude practice seems way **TOO HARD**...

You’ve got way **TOO LITTLE** gratitude, so why bother...

You’re way **TOO BUSY** for this, anyway!

WHAT IF there is an **EASY** way to make gratitude a part of your life?

And you discover how **MUCH** gratitude you really feel?

And how a **MINUTE** is all it takes to share?

Are these **BENEFITS** worth it to you?

- Improved physical health
- Reduced eating disorder behaviors
- Overall increase in "positive" emotions
- Better ability to manage "negative" emotions
- Enhanced connection with friends/family
- More motivation and achievements at work
- Deepening of relationship with a Higher Power
- Satisfaction of a "Spiritual Hunger"

... and many more!

WHAT WOULD HAPPEN IF you accept this **21-Day GRATITUDE Challenge** and:

1. Pick **ONE PAGE** in this journal every day (in order, or random)
2. Write as much or as little as you want, even just **ONE SENTENCE**
3. Observe **ONE BENEFIT** you feel after taking the first two steps

It only takes **ONE MINUTE!**

Ready (right now)...

Get Set (pen in hand)...

GO (turn the page) and feel some **GRATITUDE!**

**P.S. - You get a PRIZE after COMPLETING the 21-Day GRATITUDE Challenge!**















































21 Day  
**GRATITUDE**  
Challenge

**CONGRATULATIONS!!!**

YOU DID IT!!!

WAIT - did your **CURIOSITY WIN???**

Did you **CHEAT** and look back here for your **PRIZE???**

That's OK - *I'd do the same thing* 😊



**YOU WIN** a **FREE DISCOVERY CALL**  
with **DR. DORIE!**

In just **30 MINUTES** you'll **DISCOVER:**

- **5 ESSENTIAL STEPS** to end eating disorders
- **5 EASY WAYS** you can help others overcome eating disorders
- **5 KEYS** to success as an Eating Disorder Mentor, Coach or Clinician
- **5 GIFTS** you have to make a **UNIQUE** difference for others

... *and anything else you'd like to DISCOVER!*

**CLICK HERE to SCHEDULE**

<https://calendly.com/drdorie/discovery>