



Traveling to Gratitude Day 1 – Friday, July 30

Travel day: a day of anticipation. Today we are going to that Gratitude state of mind for what we have to look forward to in life

Travel days are always days of imagination. We're not yet where we're going but we're picturing it in our mind, trying out all of the experiences we hope to have. There is mystery, too. We travel in seek of something and so there is wonder for what we will discover and whether we'll be changed. There's a lot of energy in that anticipation for what's ahead, along with some trepidation for how it's all going to go.

So think of today as being a travel day into your life ahead. Spend some time today looking ahead with pre- gratitude for what's to come. What about the days, weeks, months and years ahead is getting you excited or making you smile to think about?

Post a good one on the [Postcards & Pics Traveling to Gratitude board!!](#)

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