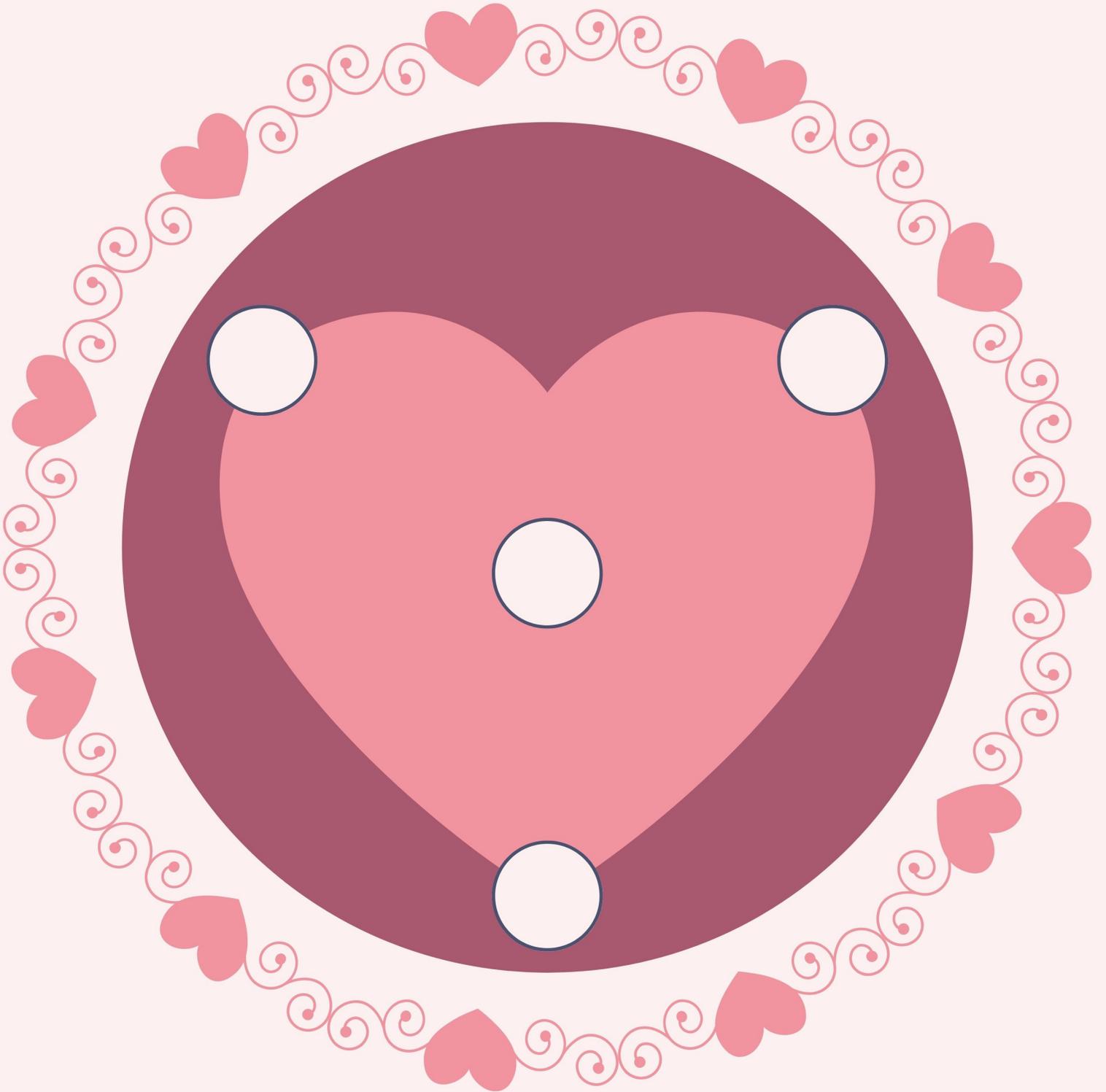


EMBRACING COMPASSION & GRATITUDE



THE LOVE & LIGHT SCHOOL





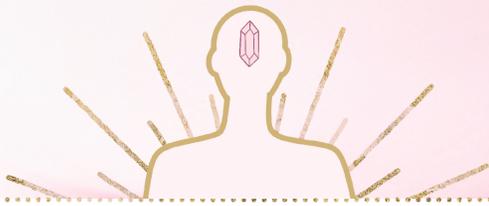
Gratitude List

In the space below, create a list of people or things you're grateful for in your life. Be sure to include lots of detail about why they're meaningful to you to really fill your heart center with positive energy!

What are you grateful for?

Why does this make your heart happy?

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		



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What are you grateful for?

Why does this make your heart happy?

13		
14		
15		
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19		
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LOVE & LIGHT

SCHOOL OF CRYSTAL THERAPY

Ashley Leavy is the Founder & Educational Director of the Love & Light School of Crystal Therapy. Ashley is a best selling author & award-winning crystal healing instructor, with more than 13 years of professional work with crystals. Teaching you to work with crystals to make positive changes for yourself, your friends & family, or your clients (whether you're new to crystal healing or an experienced practitioner) is Ashley's passion and her purpose. She teaches and certifies thousands of students around the world each year and was voted 'Most Popular Crystal Expert' by Soul & Spirit Magazine. Because of her expertise, Ashley has been featured by NBC, mindbodygreen, Bustle and many others. She is also the author of the best-selling book, *Crystals for Energy Healing: A Practical Sourcebook of 100 Crystals* and her most recent book, *Cosmic Crystals: Rituals and Meditations for Connecting with Lunar Energy*. Ashley and the Love & Light School are proud to offer a broad range of training programs & free resources to support you in creating a life that's fully aligned with your soul's purpose.



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