

## **Own Your Color M.E.N.T.O.R Framework**

**M – Meditate**

**E – Exercise**

**N – Notate (Journal/Writing)**

**T – Thank (Gratitude)**

**O – Ownership**

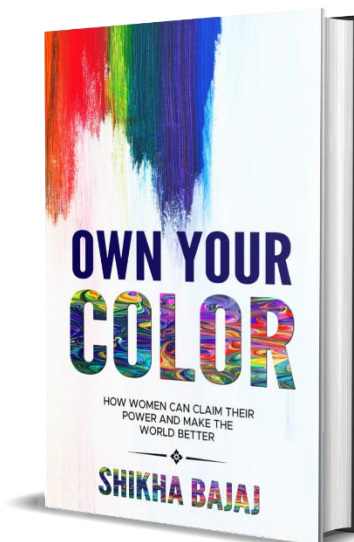
**R – Reading**

I have named this tool M.E.N.T.O.R because you can carry this simple tool with you irrespective of location and occupation and use it to stay grounded. Not only does it help you rejuvenate consistently, but it also keeps you well-aligned with your long-term goals. The more you use the self-mentoring tool, the stronger you will become mentally, physically, and spiritually. Let me help you discover how being thankful can help you thrive.

**Shikha Bajaj**

Author of

Own Your Color: How Women can claim their power and make the world better

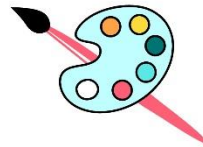


## Thankfulness

I believe that "Gratitude is the best attitude". Being thankful and grateful daily brings about a feeling of contentment and satisfaction. It significantly reduces worry and stress, enabling us to maintain peace, joy, and happiness. Science proves that gratitude heals, energizes and improves your well-being. Use this canvas box palette to list down five things that you are thankful for.

### Paint Your Thankfulness

List down 5 things that you are thankful for



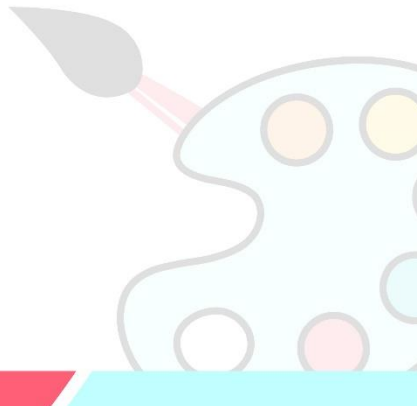
1.

2.

3.

4.

5.



There has been a lot of debate around the best time to express gratitude and write down what you are thankful for. I have tried and tested different times of the day (early morning, afternoon, evening, and right before bed) to see which one is the best time and here is the magic answer: as long as you commit to doing it daily (once during the day), it will work. So, just commit to being thankful daily and see how it helps you appreciate what you have, including your own authentic self and helps turbo-charge your empowerment journey especially when you do this along with other tools of the M.E.N.T.O.R Framework.

Learn more at <http://ownyourcolor.com>