

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

**M - Meditate**

**E - Exercise**

**N - Notate (Journal/Writing)**

**T - Thank (Gratitude)**

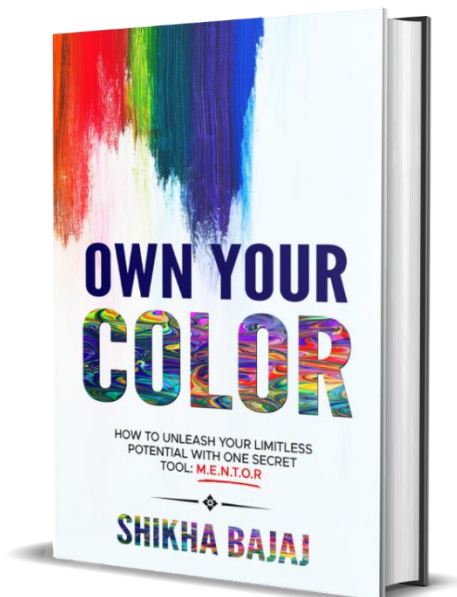
**O - Ownership**

**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**

OWN YOUR COLOR: How to unleash your limitless potential with one secret tool:  
**M.E.N.T.O.R**



## Thankfulness

I believe that "Gratitude is the best attitude". Being thankful daily fosters contentment and satisfaction, reducing worry and stress, enabling us to maintain peace, joy, and happiness. Science proves that gratitude heals, energizes and improves well-being. People who keep a gratitude journal report 25% higher happiness levels than those who don't. Gratitude also promotes better physical health by enhancing sleep, boosting immune function, and encouraging a more optimistic attitude, which can lead to greater overall happiness and life satisfaction.

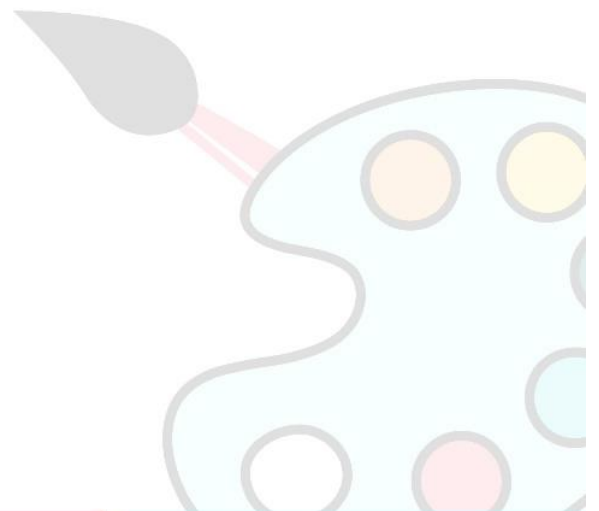
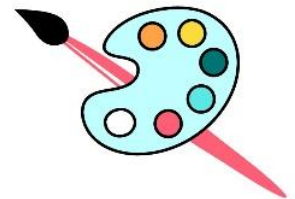
Research shows a clear link between gratitude and success, demonstrating its powerful impact on personal and professional life.

Use this space to list down five things that you are thankful for, today.

## Paint Your Thankfulness

List down 5 things that you are thankful for

- 1.
- 2.
- 3.
- 4.
- 5.



There has been much debate about the best time to express gratitude. After trying different times of the day, here's the magic answer: commit to doing it daily, and it will work. The best time depends on your preferences and lifestyle.

- **Morning:** Start your day with positivity and motivation
- **Night:** Reflect on your day and improve your sleep quality

Some people journal both morning and night to maximize benefits. Experiment to see what works best for you. I **start and end** my day with a gratitude journal to enhance gratitude throughout the day.

Commit to being thankful daily and see how it helps you appreciate what you have and turbo-charge your empowerment journey, especially when combined with other tools of the M.E.N.T.O.R framework.

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