



# EMPOWER WRESTLING

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“Inspiring & Educating Young People Through  
Health, Fitness & Mindfulness”

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## MY 5-MINUTE GRATITUDE MANUAL

[www.empowerwrestling.co.uk](http://www.empowerwrestling.co.uk)































## 5 MINUTE MANUAL WEEK TWO

Write down things you're grateful for, one thing plus three reasons why your grateful for this.

Morning Routine		
I'm grateful for...	This is how I make today great	I am...
Evening Routine		
My good deed today	How I'll improve	Great things I experienced today







The biggest  
challenge in life is  
to be yourself in a  
world that is trying  
to make you like  
everyone else...

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What lies behind us  
and what lies before  
us are tiny matters  
compared to what  
lies within us.

## 5 MINUTE MANUAL WEEK FOUR

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life depends upon the  
quality of your thoughts.

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