

THE WORLD PLATFORM



CHALLENGE

7-Day Challenge to Raise Your Frequency – The Challenge

Day 3 (theme: Gratitude)

Frequency: Abundance

Gratitude helps us notice what is actually here.

Practice

1. When you get up in the morning:
Notice 3 things you normally overlook but rely on (e.g. sunlight, hot water, electricity, heating)
2. During the day:
Tell a person of your choice: "I appreciate you because ...".
3. Evening reflection:
Recall the person you appreciated today:
 - 👁️ How did they react?
 - 👁️ How did you feel right after saying it?
 - 👁️ Did anything change in the connection?

Activation Sentence

Nothing is missing in this moment.

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This material is based on publicly available research and presented in an original framework developed by **The World Platform**.