

02.

TEN THINGS GOING RIGHT



A perspective reset without pretending life is perfect.

Gratitude does not erase what hurts. It keeps what hurts from becoming the only thing you can see.

LOOK AT THE WHOLE LIFE

Take your time. Honest answers matter more than fast ones.

When one part of life hurts, it can become the lens for everything. The problem gets all the light. What is working becomes background.

This exercise asks for ten things that are right. They can be small. They can be unfinished. They can exist beside grief, pressure, anger, or uncertainty.

The deeper work comes after the list. You will identify what you have normalized, what once felt impossible, and how gratitude can become stewardship instead of a temporary feeling.

HOW TO USE THIS WORKBOOK

- 01.** Name what is true today. Avoid forcing positivity.
- 02.** Be specific: a person, ability, choice, door, lesson, or resource.
- 03.** For each blessing you notice, decide how you will honor it.

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PERSPECTIVE IS REFUSING TO LET WHAT
IS WRONG BECOME THE ONLY THING
YOU CAN SEE.

B. AMECHI

THE FIRST FIVE

Give each answer enough attention to become real.

01.

02.

03.

04.

05.

FIVE MORE

Give each answer enough attention to become real.

06.

07.

08.

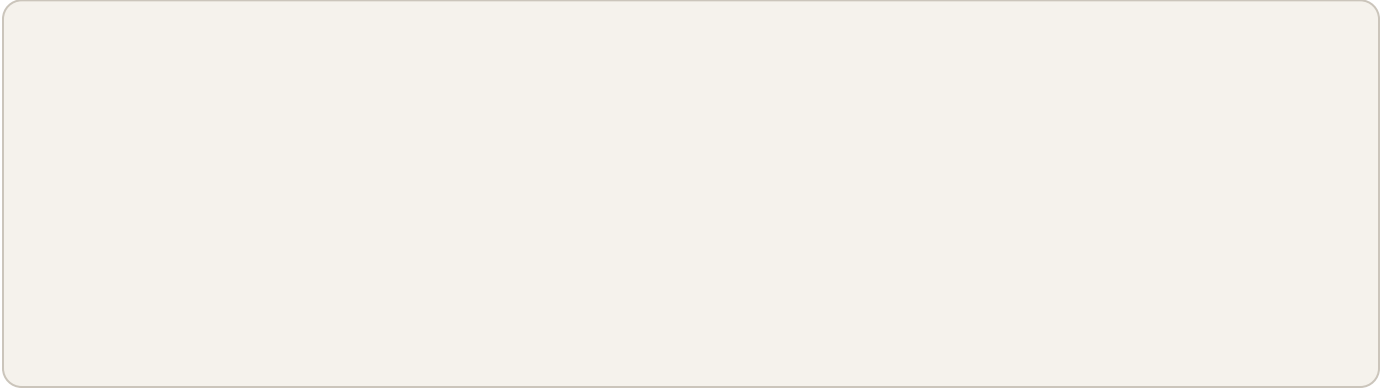
09.

10.

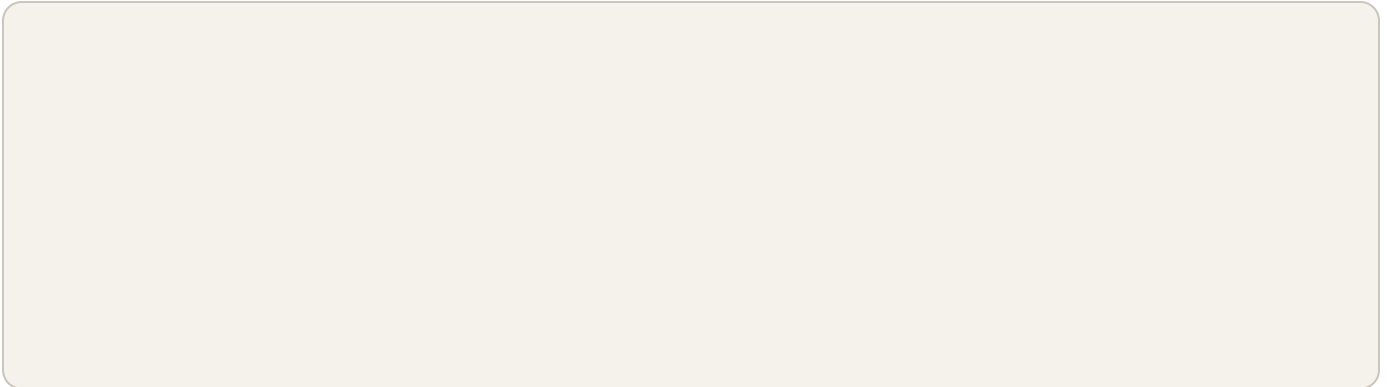
LOOK AGAIN

Some blessings become invisible because they stayed.

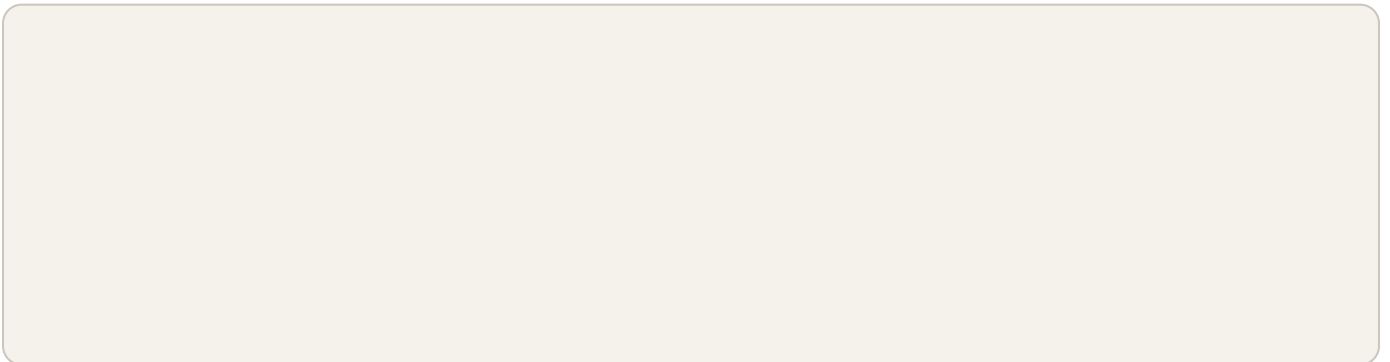
WHAT DID YOU ONCE PRAY FOR THAT NOW FEELS NORMAL?



WHO OR WHAT HAS BEEN QUIETLY HOLDING YOU TOGETHER?



WHAT PROBLEM NO LONGER CONTROLS YOUR LIFE?



GRATITUDE IS STEWARDSHIP

Appreciation should change how you care for what you have.

WHAT DESERVES BETTER PROTECTION?

WHAT GIFT, RELATIONSHIP, OR OPPORTUNITY DESERVES FULLER USE?

WHAT CAN YOU SHARE BECAUSE YOU HAVE RECEIVED IT?

NOTICE IT. HONOR IT.

Meaning becomes useful when it changes how you move.

For the next seven days, I will notice what is working without denying what needs work. I will protect, use, and share what I have been trusted with.

THREE THINGS I WILL NOTICE EVERY DAY...

ONE THING I WILL CARE FOR DIFFERENTLY...

MAKE IT REAL

Give the decision enough structure to survive the feeling.

ONE EXPRESSION OF GRATITUDE I WILL MAKE REAL...

HOW WILL I KNOW THIS PRACTICE IS CHANGING MY ATTENTION?

NAME _____

DATE _____

Move like you mean it.

B. AMECHI

PRODUCER. STRATEGIST. BUILDER.

B. Amechi is an award-winning podcast producer, strategist, entrepreneur, and the author of NoThing Is Random: Making Sense of What Life's Been Trying to Tell You.

His work spans media, AI strategy and solutions, brand building, live experiences, education, and community. As founder of CNFDNT and a producer behind high-impact platforms and conversations, he builds frameworks that help people turn insight into action.

These workbooks extend the mission of NoThing Is Random: pay closer attention to your life, recognize what it is teaching you, and participate in what comes next.



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