



Daily Gratitude

Cultivating gratitude and happiness EVERY SINGLE DAY is essential!

Gratitude and happiness enables you to look for the good and the great in everything. Recording these feelings in writing is a wonderful and proven way of deeply instilling this gratitude within yourself. Gratitude can lift you up when you're experiencing challenging situations.

MONDAY

I am grateful for...

TUESDAY

I am grateful for...

WEDNESDAY

I am grateful for...

THURSDAY

I am grateful for...

FRIDAY

I am grateful for...

SATURDAY

I am grateful for...

SUNDAY

I am grateful for...

