

GRATITUDE LIST

DATE: / /

10 THINGS I'M GRATEFUL FOR TODAY:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Write at least 10 new things daily. Try not to repeat yourself. Be sure to *feel* gratitude. If it's hard, stop and think about each thing before you write it and the pleasant feelings it brings aka the "why". Feel your energy shift!

