

my daily gratitude practice

I am grateful for _____ Date _____
(person) because

(what they did or what about them that makes me feel grateful)

I am grateful for _____ because
(event or circumstance)

(why am I grateful for this event, thing or circumstance)

I am grateful for _____ because
(attribute or strength I possess)

(what this attribute or strength enables or empowers me to do)

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