

I Am Grateful For:

Date / Time

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None of the Above

Relationships I am grateful for:

1.
2.
3.
4.
5.
6.

3 Strengths:

1.
2.
3.

Financial Strengths:

1.
2.
3.

One overlooked blessing:

4 Positive Things ABOUT My Health & Body:

1.
2.
3.
4.

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I Am Grateful For:

Spiritually I'm Grateful For:

1.
2.
3.

People Who've Helped Me:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

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