

Daily

GRATITUDE



DAILY AFFIRMATION:

MORNING

Before you start your day write a list of 10 things you are grateful for:

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

EVENING

Before you go to sleep write a list of 10 things you are grateful for:

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

THE BEST PART OF MY DAY WAS: