

# My Daily Gratitude Practice

Date:

1. I am grateful for...

2. I am grateful for...

3. I am grateful for...

4. I am grateful for... (optional)

5. I am grateful for... (optional)

How I Felt Today:

Something I'm Thankful For That's On Its Way:

Gratitude Affirmation for the Day:

I am thankful for the abundance that surrounds me.

Each day brings new reasons to be grateful.

I radiate gratitude and attract more of what I love.

I am deeply thankful for everything I have and all that is coming.

Gratitude fills my heart and uplifts my soul.

I welcome blessings with an open and thankful heart.

Being grateful creates space for more joy.

I choose gratitude over worry, always.