

My Daily Gratitude Practice



Today I am grateful for...

-
-
-
-
-
-
-
-
-
-
-
-
-
-
-

Take time daily to find those things in your life that you grateful for...things that happened today that gave you joy, made you laugh, gave you hope. Remember to look for all the little things. It may be as simple as being grateful for the butterfly the landed on the flower near to where you were sitting, a smile from a stranger or finding a lost earring.