

Daily Gratitude

GRATITUDE: ACKNOWLEDGING THE GIFTS WE RECEIVE DAILY FROM THE WORLD AROUND US

Step 1:

Each day, make time to write down 3 things you are grateful for.

Step 2:

As you get more comfortable writing your daily gratitude, work on expressing why you are grateful for each of the 3 things.

“Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.”

—Melody Beattie