

Day 1

7 DAYS OF GRATITUDE



Today I Am Grateful For...

List three things you're thankful for today:

- ☐ 1.
- ☐ 2.
- ☐ 3.

A Moment That Made Me Smile

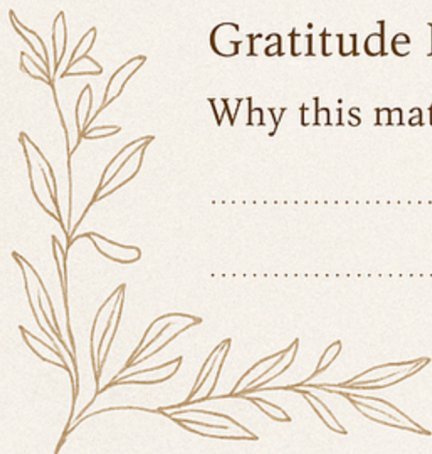
Mood of the Day

- ☐ Joyful
- ☐ Peaceful
- ☐ Reflective
- ☐ Drained
- ☐ Hopeful
- ☐ Other:

Gratitude Reflection

Why this matters to me:

.....
.....



Gratitude turns what we have into enough.