

Daily Gratitude

Use this space to write down a few things that you are grateful for each day. This practice helps focus on the positive aspects of your life and stay mindful of all the good things that you have to be thankful for.

Today I am feeling...

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Today I am grateful for...

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Something I am proud of...

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I need to do more of this...

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and less of this...

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My favorite moment of the day was...

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