

MY DAILY GRATITUDE LIST

Focusing on what we have creates perspective and strength.

"Gratitude turns what we have into enough. Even on the hardest days, noticing small comforts reminds us that light still exists."

NEED INSPIRATION? NOTICE THE SMALL THINGS:

- Running water
- Warm shoes / Clothes
- A safe place / House
- A hot meal / Food
- Morning sunshine / Air
- A supportive friend
- Electricity / Heat
- Music or a good song
- Waking up today
- Clean sheets / Bed
- A moment of quiet
- Progress, no matter how small

TODAY I AM GRATEFUL FOR:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____