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| Today I am grateful for… |  |

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| --- | --- | --- | --- |
| Sunday |  |  |  |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |

When gratitude is practiced, attitudes of scarcity turn into attitudes of abundance. Look around, there is always something to be grateful for.

When we don’t feel grateful, it is the most important time to practice gratitude. Take time daily to reflect on the wonderful things in life, great and small.

Try this for 4 weeks.