

GRATITUDE PRACTICE

TODAY I'M GRATEFUL FOR.... __ / __ / __

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PROMPTS/IDEAS TO GET YOU STARTED:

- | | |
|-----------------------|--------------------|
| <u>Your Family</u> | <u>Your Faith</u> |
| <u>Your Work</u> | <u>Your Habits</u> |
| <u>Your Friends</u> | <u>Your Goals</u> |
| <u>Your Community</u> | <u>Your Home</u> |