

30 DAYS OF GRATITUDE

Directions: Gratitude is the feeling of appreciation for all the things that you're thankful for. Each day of the month, write down 1 thing that you're grateful for. For example, you might be grateful to spend time with a friend or family member. Or, you might be grateful to eat your favorite food.

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
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Day 28	
Day 29	
Day 30	