gratitude list

**What is a Gratitude List?**

A gratitude list is a pretty simple tool and can have a powerful effect . It is basically a list of things you write out about your life and experience that you are grateful for. A gratitude list You can refer to this list as a tool for inspiration, or if you need a quick reminder about all the good things in your life. Some people like to do a daily gratitude list to start their day. You can also update your list as often as you want.

**How it works:**

Write out 5-10 things you are grateful for in your life. Be sure to post the list somewhere so you will see it daily. Refer to it as often as needed.

**Today I am Grateful For:**

**1.**

**2.**

**3.**

**4.**

**5.**

**6.**

**7.**

**8.**

**9.**

**10.**