

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.