



.....

# 1 Gratitude List

.....

It's easy to forget the good stuff in life when things are hard. Keeping a gratitude list for several days or even a few weeks will help you remember how much you have to be grateful for. It can be a real attitude changer!

I am grateful for. . .

---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



