

## The practice of gratitude.

- I realize that everything I eat and drink passes through many hands before reaching me. I am thankful to all these people.
- Clean air and safety are all a gift. I express my gratitude for the same.
- I am grateful for the home I live in and clothes I wear.
- I am grateful for having a loving family.
- I am grateful for all the friends and connections in my life.
- I am grateful for the loving and loyal pets in my life.
- I am thankful for the beautiful environment around me and the chance to live in this world.
- Every person on this planet fuels my life in some way or other. I am thankful to all.
- I am thankful for my healthy body.

Daily practice:

3 things I am grateful for from yesterday....

3 things I am grateful for today ...

1 goal I am grateful to have ...

Bonus: 3 steps I will take today to achieve my goal