

DAILY GRATITUDE LIST

A gentle space to reflect on life's gifts.

Today I am grateful for...



1. Something that made me smile today:

.....



2. A person I appreciate in my life:



.....



3. A small, simple pleasure I enjoyed:



.....



4. A skill or ability I am thankful to have:



.....



JOURNAL ENTRY: Complete

SAVE THIS PIN

for a mindful start to your day.