



6 Things I'm Grateful for!

FREE Printable

Research suggests that people who feel gratitude for the good things in their life—large and small—enjoy better health, greater happiness and longer life.

♥ Time Required ♥

10 - 15 min

“Gratitude turns what we have into enough”
—Author Unknown

♥ Instruction ♥

- ♥ Write down 6 things you feel grateful to have in your life.
- ♥ Be as specific about what you are grateful for as you can. When you are specific, it helps you to create more magic in your life.

Repeat: *“I’m grateful for my legs because they allow me to walk from point A to point B safely and quickly.”*

- ♥ Don’t be afraid to send out gratitude for the things that are no longer in your life.
- ♥ Write down all the things you are grateful for at least once a week. Science finds that you will gain tons of positive benefits – more than you would if you wrote daily.
- ♥ Don’t be afraid to dive deep. If you’ve been with your partner for a long time, don’t be afraid to write about all the great things they did for you in the beginning of the relationship.

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Now centre yourself and begin writing...

I am grateful for...

1.

2.

3.

4.

5.

6.

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