

## I am Grateful for ...

@stefLaytonYoga

my physical body  
my family & friends  
laughter and small joys  
my creativity & natural skills  
the ability to make my choices  
safety & security  
mistakes I've learned from  
the process not just the destination  
work that provides for my needs  
unexpected blessings  
opportunities that have yet to come  
positive influences in my life  
the ability to see beauty around me  
a heart that wants to show gratitude  
quiet moments of reflection

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