

Gratitude is an important part of who I am. Each day I strive to be thankful for the little things. I recognize that even during difficult times, there are many important lessons that teach me how to stay in an energetic space where gratitude thrives. These are some of the things I am grateful for today. (Write whatever comes to mind. It can be written in list format or write with as much detail as you want to use to describe your experience.)

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