

DAILY GRATITUDE

◆◆◆ Checklist ◆◆◆

- Start the day with a grateful heart.
- Write down three things you are grateful for today.
- Express gratitude to someone who has made a difference in your life.
- Take a moment to appreciate the beauty of nature around you.
- Reflect on positive experiences and moments of joy.
- Practice mindfulness and be present in the moment.
- Count your blessings before going to bed.

