

Gratitude Index Cards

Below are my personal Gratitude Index Cards. Feel free to copy them or use them as a template to make your own version.

Gratitude Index Cards

Introduction: Life is a gift.

I have so much to be happy about, to be grateful for, and to be joyful about.

I have only happy thoughts of thanks that bring me good feelings.

Depressing thoughts will not get me down.

I will put a smile on my face and be happy that I am alive and still around!

Physical Blessings:

I am thankful for my physical health and the health of my family.

For the ability to see, to hear, to smell, to taste, to touch, and to breathe deeply;

For the ability to talk, to feel, to walk, to smile, to sing, to dance, to laugh, to stretch, to run, to jump, to swim, to weight-train, to play ball, and to rest.

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Financial Blessings:

I am thankful for my financial assets: a home, possessions, savings, and a career/business.

For being able to earn by helping others, and by doing what I love to do in an easy and relaxed manner, in a healthy and positive way;

For my skills and creativity to help others, as well as build wealth for my family and others;

For the ability to attract the people, circumstances, and finances to create prosperity;

For the ability to overcome my adversity and make comebacks.

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Spiritual Blessings:

I am thankful for my soul.

For the ability to become a better person;

For the ability to volunteer, to serve others and to give charity every day;

For my faith;

For the strength to stay in the moment and not regret the past or worry about the future;

For the opportunity to live a life of kindness, of purity, and integrity;

For humility;

Spiritual Blessings – continued:

For the ability to be kind.

For the ability to write, to speak and to inspire others;

For the opportunity to enhance and enrich the lives of others;

For the ability to seize every moment to help someone and make others feel good about themselves;

For the strength to encourage, support, assist, befriend, and build up everyone around me.

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Mental/Intellectual Blessings:

I am thankful for the ability to learn lessons in every moment and turn every experience into a learning experience.

For the strength to cancel the negative thoughts in my head and think positively;

For the wisdom to smile and laugh; for a sense of humor;

For the ability to meditate, to appreciate beauty, art, music, and nature;

For remembering not to focus on disappointment;

For the ability to be mindful, keep my mind away from the past and future, and stay in the present;

Mental/Intellectual Blessings -continued:

For the ability to stop worrying and start living;

For remembering that in every adversity there is a seed of an equivalent or greater benefit;

For the perspective to look around and see the abundance;

For courage in the face of rejection and fear;

For perseverance, focus, drive, energy, passion, and enthusiasm.

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Emotional/Social Blessings:

I am thankful for all the love in my life.

For the love of my spouse, my children, my grandchildren, my parents, siblings, cousins, relatives, my friends;

For so many beautiful loving, enjoyable relationships;

For the ability to be loving, passionate, affectionate, trusting, and trustworthy;

For the strength to let go, understand and forgive.

For the self-control not to become enraged, and not to criticize others.

For the sense not to hate or be jealous.

For the ability to stay centered, calm, and clear.

Emotional/Social Blessings -continued:

For the ability to appreciate, feel, and return the boundless love of my children.

For patience, and for the ability to listen with genuine empathy.

For emotional generosity: to hug and show unconditional love to those around me.

For the ability to take decisive action and to move my life forward in five dimensions: with balance and integrity, courage, determination, perseverance, passion, confidence, and faith.

For love, peace, and tranquility.

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