

DAILY GRATITUDE

1. The best thing about today is

2. I am grateful for this person

3. Today I was helpful when

4. A skill or talent I'm thankful for

5. A small thing I usually overlook

6. Something that made me laugh

7. A challenge I learned from recently

8. A place where I feel safe and comfortable

9. A memory that brings me joy

10. A book, movie, or song I love
