

# My Gratitude List

Gratitude is one of the sweet shortcuts to finding peace of mind and happiness inside. No matter what is going on outside of us, there is always something we could be grateful for.

~ Barry Neil Kaufman

Sunday



- 1: \_\_\_\_\_
- 2: \_\_\_\_\_
- 3: \_\_\_\_\_



- 4: \_\_\_\_\_
- 5: \_\_\_\_\_

Monday



- 1: \_\_\_\_\_
- 2: \_\_\_\_\_
- 3: \_\_\_\_\_



- 4: \_\_\_\_\_
- 5: \_\_\_\_\_

Tuesday



- 1: \_\_\_\_\_
- 2: \_\_\_\_\_
- 3: \_\_\_\_\_



- 4: \_\_\_\_\_
- 5: \_\_\_\_\_

Wednesday



- 1: \_\_\_\_\_
- 2: \_\_\_\_\_
- 3: \_\_\_\_\_



- 4: \_\_\_\_\_
- 5: \_\_\_\_\_

Thursday



- 1: \_\_\_\_\_
- 2: \_\_\_\_\_
- 3: \_\_\_\_\_



- 4: \_\_\_\_\_
- 5: \_\_\_\_\_

Friday



- 1: \_\_\_\_\_
- 2: \_\_\_\_\_
- 3: \_\_\_\_\_



- 4: \_\_\_\_\_
- 5: \_\_\_\_\_

Saturday



- 1: \_\_\_\_\_
- 2: \_\_\_\_\_
- 3: \_\_\_\_\_



- 4: \_\_\_\_\_
- 5: \_\_\_\_\_