



10
DAYS OF
GRATITUDE

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Thoughts about gratitude - one of my beliefs is that things happen for us, not to us. Take a look at some of the challenging situations you have been through today. How can we find gratitude in the less obvious places?

Day One

Today I am grateful for... _____

I am grateful for these things because... _____

Day Two

Today I am grateful for... _____

I am grateful for these things because... _____

Day Three

Today I am grateful for... _____

I am grateful for these things because... _____

Day Four

Today I am grateful for... _____

I am grateful for these things because... _____

Day Five

Today I am grateful for... _____

I am grateful for these things because... _____

Thoughts about gratitude - I think it's important not just to list the reasons you are grateful, but to feel the gratitude. One idea would be to take five minutes after you journal to meditate on the things you wrote about.

Day Six

Today I am grateful for... _____

I am grateful for these things because... _____

Day Seven

Today I am grateful for... _____

I am grateful for these things because... _____

Day Eight

Today I am grateful for... _____

I am grateful for these things because... _____

Day Nine

Today I am grateful for... _____

I am grateful for these things because... _____

Day Ten

Today I am grateful for... _____

I am grateful for these things because... _____
