



# Daily Gratitude

IF YOU WANT TO FIND *happiness*  
YOU FIRST NEED TO FIND *gratitude*

## *morning gratitude*

LIST FIVE THINGS YOU  
ARE GRATEFUL FOR

1.

2.

3.

4.

5.

## *daily self care*

LIST THREE THINGS YOU ARE  
GOING TO DO JUST FOR YOU

1.

2.

3.

## *person I'm grateful for*

WHO AM I GRATEFUL FOR TODAY?

## *best part of my day*

WHAT MADE YOU HAPPY TODAY?

♡♡ start each day with a grateful heart ♡♡