

Boost Your Mood With Gratitude

Look for Gifts in Your Daily Life for 30 Days. Notice the Change in Your Mood and Heart...

Start with, "I am grateful for..." What about this are you grateful for? How would life be different without this gift?

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| 1. Something that fits in my hand | 16. A piece of clothing |
| 2. Something about my town, country, or world | 17. Something sweet, Something salty |
| 3. Someone who inspires you | 18. A body part I rarely think about |
| 4. Something beautiful | 19. A different perspective than my own |
| 5. The value of work or school | 20. Secret dreams and wishes |
| 6. A trait in my family members | 21. What has not happened in my life |
| 7. Things that are quiet | 22. The last gift I received |
| 8. The last thing that made me laugh or smile | 23. Something on my table...how many steps were taken from start to finish to get it here? |
| 9. The chance of a new day | 24. Needs and Wants |
| 10. My most precious things... | 25. A good deed done |
| 11. A memory | 26. Someone I have never met |
| 12. What has made me humble | 27. Ways I can give... |
| 13. A quote or passage that motivates me | 28. 3 Traits in me |
| 14. Something outside | 29. The gift of rest |
| 15. A mistake or failure | 30. Something I hear |