



Daily Gratitude

Gratefulness and Happy thoughts Peep sheet

1. I am grateful feeling every little movement in my body
2. I m grateful for the love in my life
3. I am grateful for the breath moving through my body
4. I am grateful for all the friends and lovely people in my life
5. I am grateful being able to move my body
6. I am grateful for choices in life
7. I am grateful for my family
8. I am grateful for the sunshine
9. I am grateful that I can stretch and move my body
10. I am grateful for the sounds around me
11. I am grateful for the food I have
12. I am grateful for the love I can give
13. I am grateful for the love I can receive
14. I am grateful for the choices I can create
15. I am grateful for all the changes in my life
16. I am grateful for my favourite song
17. I am grateful and for the new life that lies ahead of me
18. I am grateful for my partners love
19. I am grateful for the past
20. I am grateful for the happiness I have, had and will have

elements of birth

