**I'm grateful for**

Someone who made my day a little easier

Date _____

**I'm grateful for**

A small thing I almost didn't notice

Date _____

**I'm grateful for**

Something my body did for me today

Date _____

**I'm grateful for**

A place where I feel at home

Date _____

**I'm grateful for**

Something I learned recently

Date _____

**I'm grateful for**

A problem that turned out smaller than I feared

Date _____