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Daily gratitude practice page



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G R A T I T U D E P R A C T I C E

daily gratitude

Date · _____

Three things I'm grateful for today · 1. ____ 2. ____ 3. ____

Why this one matters most · _____

Someone I'm grateful for (and why) ·

A small good thing that happened ·

Something I'm looking forward to ·

One person I'll thank today · _____

G R A T I T U D E I S N ' T D E N I A L O F H A R D S H I P
— I T ' S N O T I C I N G T H E G O O D A L O N G S I D E
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