

Gratitude Chart

**"GRATITUDE TURNS WHAT WE HAVE INTO ENOUGH,
AND MORE. IT TURNS DENIAL INTO ACCEPTANCE,
CHAOS INTO ORDER, CONFUSION INTO CLARITY...IT
MAKES SENSE OF OUR PAST, BRINGS PEACE FOR
TODAY, AND CREATES A VISION FOR TOMORROW."
MELODY BEATTIE**

**WRITE ONE OR TWO THINGS EVERY DAY THAT YOU ARE
GRATEFUL FOR. CHALLENGE YOURSELF TO THINK OF SOMETHING
NEW EACH DAY!**

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