

Template for a Gratitude List

by Margie and Barbara's Wishing Wisdom - The Wish Mavens!

Date:	
I am grateful for all this in my life, and more:	
Tips for Gratitudes: Think about your life today in its various aspects and ask yourself "What makes me grateful in the area of": Finances? Health? Friends? Family? Education? Work? Contribution? Leisure? Spiritual Practice? Creativity?	
Tips for Gratitudes: What happened yesterday? Or what happened today that was a moment of unexpected and spontaneous joy, insight, decision, clarity, closure, or resolution?	