

# Today I felt Gratitude for....

something beautiful in the sky	a quiet moment to be still & breathe	a recipe that was handed down to me	my favorite part of the place I call home
the ability to connect with loved ones	that voice inside that simply *knows*	a decision that I made quickly or impulsively	the way my body is healing _____
a place to write my private thoughts	celebrations that bring _____ together	the ability to feel a wide range of emotions	food that is delicious, nutritious, & enjoyable!
a song or sound that makes me happy	the feeling after giving compassion to another	fun time spent moving my body	the thing I used to pray for that I have now
laughter that goes on and on and on	pets or animals who find us to comfort us	inspiration that turned into a new creation	the courage to ask for help in ____ way

When you connect: 4- give yourself a gift of help, 5- give yourself the gift of comfort, 8- give yourself the gift of time, 20- give yourself a luxurious gift.