



# GRATITUDE AFFIRMATIONS

1. Today is going to be incredible
2. Life is beautiful
3. I am grateful to be loved
4. I am blessed to have the body I have
5. I am grateful for how the sun warms my face
6. I feel blessed when I see the stars
7. I am grateful for my senses
8. I give thanks for every breathe I take in
9. I feel gratitude for my dreams
10. I feel blessed when I feel the wind on my skin
11. I am grateful for music that speaks to my soul
12. I am thankful for my family
13. I am grateful for my friends
14. I am grateful for laughter
15. Something wonderful is going to happen to me today
16. I am grateful for my journey and its lessons