
all the things to be GRATEFUL for

- home
- parents
- friends
- spouse
- pets
- health
- sight
- smell
- taste
- my uniqueness
- my ability to learn
- my ability to create
- my sense of humor
- my accomplishments
- my arms
- my hands
- sense of touch
- food
- travel
- freedoms
- sunshine
- medicine
- the earth
- clothing
- electricity
- clean water
- long weekends
- weekend mornings
- finishing a project
- laughter
- tears
- finishing a good book
- alone time
- the changing seasons
- daily energy
- my legs
- my heart
- my lungs my
- my immune system
- my skills & talents
- my smile
- how far I've come
- my memory
- my style
- my values
- my self-care
- having a supportive spouse
- love
- trust
- a hug
- a nice meal out
- help from others
- cuddles in bed
- date nights
- someone to share life with
- intimacy
- blessed memories
- a good boss
- having a job
- education
- positive feedback
- technology
- phone-computer
- a productive week
- creating my own schedule
- ability to serve others
- long hot shower or bath
- soft warm bed
- furniture
- naps
- my freezer
- my dishwasher
- my washer
- my dryer
- instapot
- peaceful feelings
- quiet
- soothing sounds
- cozy fireplace
- outdoor porch
- flowers
- potted plants
- candles
- the beauty of nature
- my first morning sip of coffee
- birds chirping outside your window
- sleeping in
- waking up
- my morning routine
- a fresh new day
- relaxing walks
- morning journaling
- watching the sunrise
- watching the sunset
- seeing a full moon
- seeing a falling star
- evening routine
- goodnight kisses
- falling to sleep in peace
- clean air
- indoor plumbing
- easy access to learning
- personal growth
- public service
- skilled workers
- farmers
- our military
- having my car
- time
- sleep
- a friend
- toilet paper
- my family traditions
- my faith
- being debt-free
- holidays
- diversity
- new beginnings
- future hope
- rainbows
- fire pits
- a compliment
- snow
- picnics
- trying new things
- being in the moment
- a great deal
- watching your children succeed
- beautiful weather
- forgiveness
- healing
- support groups
- sports
- entertainment
- forward momentum
- inspiration
- healthy kids