

# GRATITUDE

## AFFIRMATIONS

- I wake up with a peaceful mind and grateful heart.
- I am thankful for today.
- I exhale worry and inhale gratitude.
- I am grateful for the magic and miracles that today brings.
- I find pleasure in the little moments.
- My heart is grateful and my mind is at peace.
- Today is a gift, and I accept it with joy and gratitude.
- I am grateful for the breath that flows through my lungs.
- I am thankful for this moment right now, exactly as it is.
- I am grateful for my strong heart, healthy mind, and radiant spirit.
- I am grateful for past experiences that have taught me resilience and strength.
- I love and appreciate this moment in my life, exactly as it is right now.
- I am truly thankful for all that I am and all that I have.
- Gratitude is my anchor that keeps me centered, grounded, and secure.
- When I'm feeling overwhelmed, I take a deep breath and realign with gratitude.
- I am grateful for the paths that didn't lead where I wanted them to but instead led me to somewhere better.
- I am grateful for the ability to learn from my mistakes and then let them go.
- I am grateful for the infinite compassion and grace in my heart that allows me to view this world through the eyes of love.
- I am grateful for every step of this journey and the lessons I learn along the way.
- I am grateful for the positive energy that flows to and through me.
- I am grateful for my healthy body and all that it does for me.
- I am thankful for the ability to find gratitude in all areas of my life.
- I am grateful for every second of this imperfect, messy, beautiful life.
- When I choose to view my life through the lens of gratitude, more beautiful experiences flow into my life to be grateful for.

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- When I choose gratitude, I am able to see all the magic that flows into my life effortlessly.
- I am filled with gratitude, thankfulness, and deep appreciation.
- I begin each day with a grateful heart.
- Every cell of my body is aligned with gratitude.
- By choosing gratitude, I welcome beautiful abundance into my life.
- I open my heart to receive even more people, experiences, and things into my world to be grateful for.
- Even when life isn't perfect, I can always find things to be grateful for.
- I am thankful to be the person I am, exactly as I am.
- In every moment, there is always so much to be thankful for.
- When I open my eyes, I find so much to appreciate.
- I choose gratitude not because I'm weak, but because I'm strong beyond measure.
- Gratitude is the bridge to a life of joy, peace, and abundance.
- The universe provides me with all that I need in every moment.
- Love and gratitude flow to and through me in all moments.
- My grateful heart is a magnet for miracles.
- I am truly grateful for my beautiful life.