

## I AM PRACTICING GRATITUDE

Each day, I take a moment to reflect on the gifts that surround me, be they moments of joy, lessons from challenges, or the presence of loved ones.

Gratitude is an occasional acknowledgment and a daily practice that transforms my outlook.

It shifts my focus from what is lacking to what is overflowing, from absence to presence.

This practice opens my heart, allowing me to experience life with more contentment and generosity.

It turns what I have into enough and more and teaches me to find beauty in the ordinary.

In a world that often emphasizes what we should desire, gratitude reminds me to cherish what I already possess.

# REFLECTION QUESTIONS

**1**

What am I most thankful for today?

**2**

How does expressing gratitude change my daily experience?

**3**

How can I cultivate a habit of gratitude in times of difficulty?