

Gratitude

靈氣

☎ 209-768-6789

Offices in:

Sonora &

Modesto

www.reikimindbody.com

What are you Grateful for?



Accomplishments

Beauty of Nature

Daily Blessings

Good things

I am thankful for...

Memories worth saving

Things that make you laugh



20 _____

I am
Grateful
For

靈氣

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Gratitude Jar

Write the good things for which you are grateful on little pieces of paper.

Put the papers in this jar.

On December 31st, open the jar and read what you wrote.

You will be amazed at all the good things that have happened to you this year.

