

Gratitude

靈氣

☎ 209-768-6789  
 Offices in:  
 Sonora &  
 Modesto  
[www.reikimindbody.com](http://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



Month: \_\_\_\_\_

I am  
 Grateful  
 For

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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.

At the end of each month, open the jar and read what you wrote.

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

