



# Daily Gratitude List

DAY/DATE:

If you want to feel more optimistic and lead a more mindful lifestyle, taking stock of everything you appreciate in life on a daily basis may be a great exercise for you.

Spending just a few moments every evening is pretty painless and can actually be quite transformative if you make it a habit! Note down a few things you're grateful for and, after a few weeks, you may start noticing the positive changes in your life.

## HOW TO:

**Fill in this editable PDF file every day and take a screenshot to add to your camera roll.**

TODAY, I AM GRATEFUL FOR...	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

