A Gratitude List for Thanksgiving

What are you thankful for this Thanksgiving Day? Here is a brief version of my own gratitude list. Have each person at your Thanksgiving table create a list of their own. Happy Thanksgiving! Susan C Bampal, Ph.D.

Life itself and each day that I am alive.
My parents, my siblings, my husband, my children, and a wonderful circle of extended family members.
Joy * Faith * Health * Blessings * Laughter * Gratitude
The chance to forgive and be forgiven.
Someone to love and share my life with.
My country * Lessons learned * Food and shelter
My ability to think and reason.
Friends old and new * Holiday celebrations
Sacrifices I can make for others.
Freedom and liberty * Peace of mind
Animals who bless and have blessed my life.
Time with my family * Someone who loves me
Optimism and hope for the future
Prayers and guidance * Strength and fortitude
God and a sense of purpose in life
Assistance from others * God's grace
Inspirational leaders and others who guide me
Memories of those who are no longer with me
Activities and traditions * Gifts that I have been given
Technology that makes my life easier
New opportunities each day * Passion for causes I believe in
Music to listen to and artwork to enjoy
Life's journeys and adventures * Meals I can serve my family
Clean air to breath and water to drink
Patience to endure life's trials and challenges.
Gifts of nature (the trees, oceans, mountains, flowers, etc.)
Time that I may rest, relax, and enjoy a good night's sleep.
My American heritage, and those who struggled before me.

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Happy Thanksgiving

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My Thanksgiving Gratitude List

On this Thanksgiving Day I am thankful for:

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This list was created by

On Thanksgiving Day,

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Happy Thanksgiving

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