

# I am Grateful For:

Relationships I am grateful for:

1.
2.
3.
4.
5.
6.

Financial Strengths:



Spiritually I'm grateful for:

3 Strengths:

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One overlooked blessing:

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4 Positive things about my Health & Body:

1.
2.
3.
4.

People who've helped me:

1.
2.
3.
4.
5.

1.
2.
3.
4.
5.

Activities I enjoy: