

Morning Gratitude

Each morning offers a fresh start—a chance to center yourself, acknowledge what matters, and invite peace into your day. Taking a few quiet moments to reflect on what you're thankful for can shift your mindset, reduce stress, and set a powerful tone for everything that follows. Use this gratitude sheet daily to cultivate awareness, clarity, and joy.

1. What are three things you are grateful for this morning?
2. What is something you're looking forward to today?
3. Who or what made you feel supported recently?
4. What is one way you can spread kindness today?
5. What intention will you carry with you today?