Gratitude Practice

At the end of one day this week, log 5 things that you are grateful for currently.

Five things I am grateful for today:

1. _____

2. _____

3. _____

4. _____

5. _____

Write for 5 minutes about this practice. How did it feel? What were the sensations, feelings, thoughts that you had during this practice, afterwards, and now that you are writing?

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