Daily Gratitude & Affirmation Sheet

Morning Gratitude & Intention Sheet

1. Morning Gratitude Declaration:

"Thank you for this new day. Thank you for breath, for life, for another chance to grow, love, and create."

2. Mindful Breathing (Repeat 3 Deep Breaths):

Inhale - I receive peace.

Exhale - I release worry.

3. Morning Affirmations:

* Today, I choose to be present.
* I focus on what I can control and release what I cannot.
* I am grateful for what is and hopeful for what's to come.
* Unseen blessings are already on their way to me.
* I radiate gratitude, and my day unfolds with grace.

4. One Thing I'm Grateful For Today:

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5. One Thing I Intend to Enjoy Fully Today:

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Evening Gratitude & Reflection Sheet

1. Evening Gratitude Declaration:

"Thank you for this day. Thank you for the lessons, the blessings, and the strength that carried me."

2. Gentle Breathing (Repeat 3 Deep Breaths):

Inhale - I welcome peace.

Exhale - I let go of the day.

Daily Gratitude & Affirmation Sheet

3. Evening Affirmations:

* I did my best today, and that is enough.

* I am thankful for the small wins and sacred pauses.

* I release all worry and trust in the divine unfolding of my life.

* My body rests. My soul is safe. My heart is full.

* While I sleep, unseen blessings are still at work.

4. One Beautiful Moment From Today:

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5. One Thing I'm Letting Go Of Tonight:

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