

Gratefulness

Write down at least five things each day for which you feel grateful (can be small things like a nice cup of coffee or bigger things - essential is that you feel the gratefulness).

<p>MONDAY:</p> <ol style="list-style-type: none">1.2.3.4.5.	<p>FRIDAY:</p> <ol style="list-style-type: none">1.2.3.4.5.
<p>TUESDAY:</p> <ol style="list-style-type: none">1.2.3.4.5.	<p>SATURDAY:</p> <ol style="list-style-type: none">1.2.3.4.5.
<p>WEDNESDAY:</p> <ol style="list-style-type: none">1.2.3.4.5.	<p>SUNDAY:</p> <ol style="list-style-type: none">1.2.3.4.5.
<p>THURSDAY:</p> <ol style="list-style-type: none">1.2.3.4.5.	