

# MY DAILY GRATITUDE LIST

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

*Be quiet for five minutes and ask  
for guidance for the day.*

*Send love to those who bother you.*



Proctor Gallagher  
INSTITUTE