

BEING GRATEFUL

087

I have enough, and I am enough.



BEING GRATEFUL

088

I can find three good things about today.



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Thank you is my favorite thing to say.



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I am thankful for the people who help me.



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Small joys count too.



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I notice what is going right.



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093

My body does amazing things for me.



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094

I am grateful for a place to sleep and food to eat.



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Hard days teach me to be thankful for easy ones.



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I say thank you before I ask for more.



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I am lucky to be learning and growing.



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Someone loves me very much today.



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**I give thanks for this ordinary,
wonderful day.**



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**Gratitude turns what I have into
enough.**

