

---

## 8. Vitamin G+ Is for Gratitude

**DATE:**

### **MORNING GRATITUDES**

3 THINGS I'M GRATEFUL FOR TODAY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

PEOPLE I'M GRATEFUL FOR

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

---

### **EVENING GRATITUDES**

3 THINGS I'M GRATEFUL FOR TODAY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

PEOPLE I'M GRATEFUL FOR

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_