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## 28 Days of Gratitude

Giving thanks daily has become part of my routine, and thanks to that, I have made such amazing changes in my life. I would love for you to implement this practice, too.

With this template you can start **GIVING THANKS** today for 10 things in your life, for 28 days.

At the end of each line, write the reason why you feel grateful, as you will see in the example at the end of this sheet.

Remember every day to give thanks with the certainty that great things can happen.

### **Ideas for Giving Thanks:**

Something good that happened to you that day or week

Your family members

Your furry friends

Your current job

That person who taught you a lesson

Something you are proud of on a personal level

A goal that you managed to achieve

The inner work you started

That book that taught you something new

The money that comes into your life

The smile of a stranger on the street

The mistakes that helped you grow

The projects you want to complete

I feel blessed and grateful for **my children** because they **are my reason for living and being.**

*Bisila Bokoko*



