

Gratitude in June

Daily Gratitude Sheet

1. Use each sheet to track 2 of the 10 areas you chose on your Starting Check-In Sheet (www.heatherluxion.com/gratitudeinjune)
2. Each day, write one thing you are grateful for in each area. If it's a challenge some days - push yourself to be creative about it.
3. If you need more space, you can use a notebook or journal. And, if you find yourself grateful for someone specific, tell them!

June	Today, I am grateful for...	Area:	Today, I am grateful for...	Area:
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