Daily Gratitude Journal

Name: Hansel Rethel **Date:** November 25, 2023, Friday

Quote of the Day

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."
- William Arthur Ward

Things I Am Grateful For Today	Why Am I Grateful for Each?	How Did I Feel Expressing Gratitude?
Inspiring morning text from a friend	Their encouragement boosts my mood and sets a positive tone for the day	Appreciated, uplifted, motivated
Family support during a challenging moment	Their unwavering love and encouragement help me face difficulties	Grateful, supported, comforted
Enjoyed a nutritious and delicious lunch	Nourishing my body contributes to my overall well-being	Satisfied, grateful for self-care
Sunset walk in the neighborhood	Connecting with nature brings peace and mindfulness	Serene, grateful for the beauty around me
Successfully completing a challenging task at work	Accomplishing the task boosts my confidence and self-esteem Proud, accomplished	Proud, accomplished