

I experience abundance each day.

Date _____

- 1) People who helped me today:

- 2) I noticed this beauty:

- 3) I enjoyed these foods:

- 4) I noticed these opportunities:

- 5) I chose these people/resources that focus on abundance:

- 6) Ways I experienced “enough” in the moment:

- 7) My physical comforts and strengths today:

- 8) I appreciate these people in my life:

- 9) Things that went “right” today:

- 10) I am grateful for...