

Gratitude Workbook

Manifesting Miracles - April 12, 2025

Day 1: Gratitude Reflection

1. Today, I am grateful for:

2. A person I appreciate and why:

3. A recent moment that brought me joy:

4. How I can spread gratitude today:

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Day 2: Gratitude Reflection

1. Today, I am grateful for:

2. A person I appreciate and why:

3. A recent moment that brought me joy:

4. How I can spread gratitude today:

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Day 3: Gratitude Reflection

1. Today, I am grateful for:

2. A person I appreciate and why:

3. A recent moment that brought me joy:

4. How I can spread gratitude today:

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Day 4: Gratitude Reflection

1. Today, I am grateful for:

2. A person I appreciate and why:

3. A recent moment that brought me joy:

4. How I can spread gratitude today:

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Day 5: Gratitude Reflection

1. Today, I am grateful for:

2. A person I appreciate and why:

3. A recent moment that brought me joy:

4. How I can spread gratitude today:

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Weekly Reflection

1. What were the highlights of this week?

2. What lessons did I learn?

3. How did gratitude shift my mindset?

4. Intentions for next week:
