



Gratitude

Now

*Positive Affirmations
For A Grateful Life*

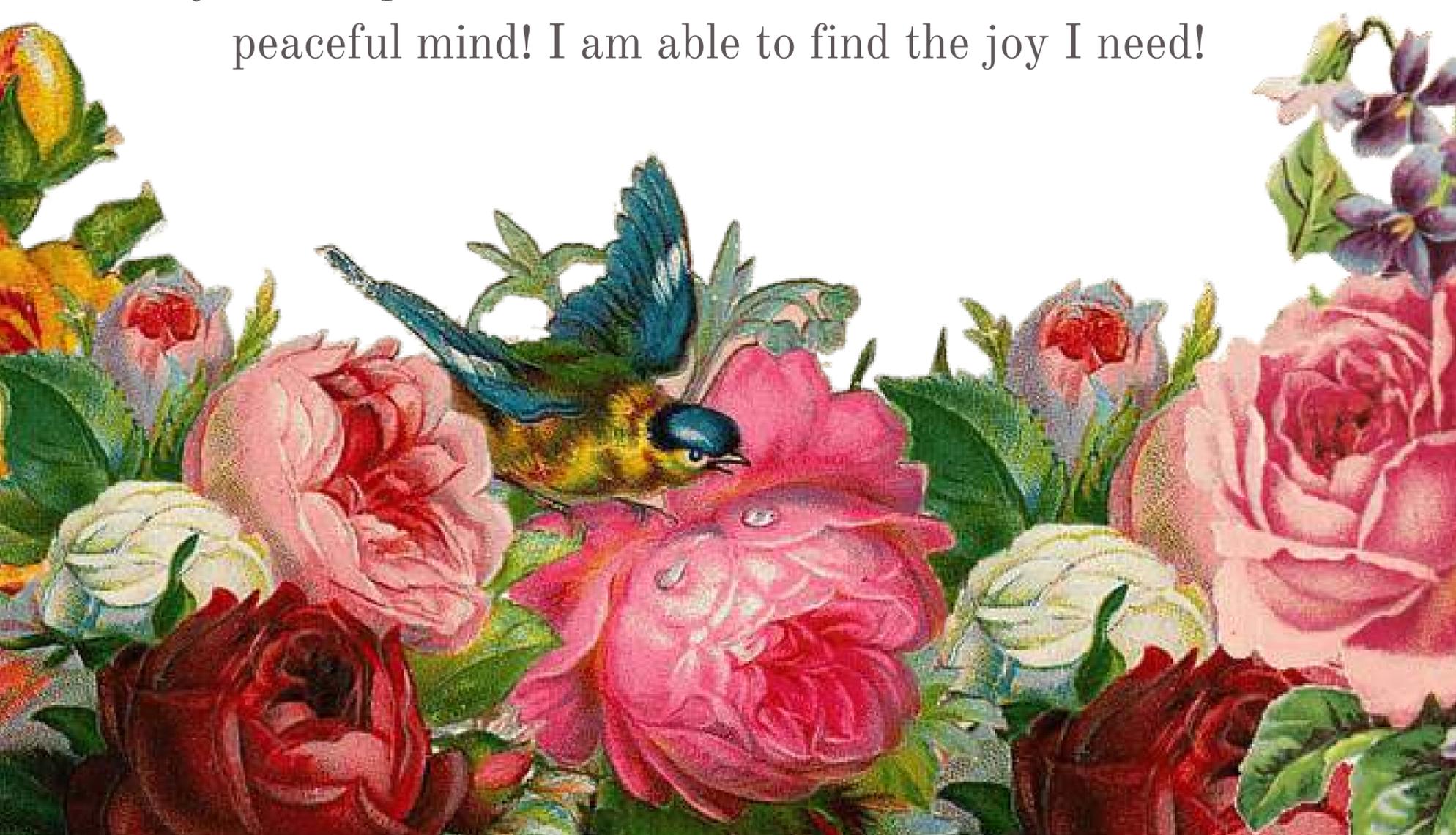
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I start each new day in gratitude and remember all that I am grateful about! Gratitude fills my days! For the little joys and the big ones, I am grateful! For the sunshine that is in my days, I am grateful! For the smiles I see on a daily basis, I am grateful! For the warmth in my home, I am grateful! For each small act of kindness, I am grateful! For the kind words said to me, I am grateful! My life is a life of gratitude! I am a person who enjoys being grateful, and constantly, I find new reasons to be grateful for in my life!

Positive emotions fill me with gratitude! My emotions are always positive! No matter what goes on in my life, I am able to remain with an open heart and mind! I am able to stay and be positive! I am able to remain with a calm and peaceful mind! I am able to find the joy I need!



My life is a continuous blessing, and I am glad and grateful for the opportunities that I have! I feel truly blessed each day: I am blessed to be alive and blessed to see, hear touch and feel the beauty around me! I am blessed with my life! Each minute is a blessing! Each day is a blessing, and each experience is a blessing! I am given plenty of opportunities in life, and I am grateful for all of them! And as my gratitude expands, my life expands!

I am living a life of gratitude, and happiness is in me! Constantly, I feel grateful! My days start with gratitude and end with gratitude! It is easy to find things to be grateful about, and the more I think about my life, the more grateful I become! I am enough, and all in my life is enough! I am grateful, and I cherish each moment that I have!



I feel emotions of gratitude on a daily basis! Constantly, I am grateful! For all in my life, I am grateful! For the time well spent, I am grateful! For the loving people in my life, I am grateful! For the self-love that I feel, I am grateful! And for the happiness that is present in my days, I am grateful!

Gratitude is a vital part of my life: each day, I wake up grateful; and each night, I go to bed being grateful!

Gratitude is in me: it is who I am – I am grateful!

Each day, I stay enthusiastic about my life! Each day, I live my life to the best of my abilities! I am enthusiastic about my life! I am eager to live my life! I am in love with all that goes on in my life! I like and love my life! I like and love myself! With time, I love and appreciate my life more and more! And with time, I get more and more excited about living my life and making my dreams come true!



My gratitude grows more and more! The more my gratitude grows, the more my happiness grows! The more my happiness grows, the more my contentment grows! And the more my contentment grows, the more eager I am to live my life! Each day, I feel grateful and live in a state of gratitude! For everything in my life, I am grateful! And each day, there are plenty of reasons to feel gratitude! And I do feel grateful and happy every day!

I am blessed with love, joy, happiness and peace of mind! Love is constantly in my life! Happiness, joy and peace of mind find me daily! I feel blessed each day, and I feel happy! The more blessed I feel, the more joyous I get! There are miracles and blessings of all kinds in my life, and I feel deep emotions of gratitude and love!

I live in a beautiful place; my world is amazing! My reality is full of possibilities – it is a miraculous reality! I choose to notice the many miracles I encounter during the day, and I also choose to be grateful for them! The world is a beautiful miracle, and my life is a beautiful miracle! I am a beautiful miracle! Life is a beautiful miracle, and I have the privilege to be alive and to experience all the good that it has to offer! Everything in my world is supportive, and each person that I meet is supportive! My world supports me! My reality supports my dreams!

Life treats me right each day! I am given the best experiences each day! I am helped, guided, and nourished by life each day! My life only gets better with time! With each day that passes, my life gets better and better! My wishes come true; my desires find their fulfillment!

There are always things to make me feel good, and I concentrate on them! I concentrate on the good things in my life! I pay no attention to worries and troubles because I realize that they simply come and go, and I stay in a good mood and grateful for my life! I think positive thoughts and envision a positive life! I am concerned with the good things that happen to me! I am thinking constantly good thoughts and having good ideas! I appreciate my life, and thinking about it makes me feel good!

For the happiness that is in my days, I am grateful! For the joy that fills my days, I am grateful! I am grateful each day, and I am happy each day! Feelings of gratitude overwhelm me, there is so much to be grateful for in my life! I am grateful for all there is in my life, and for life itself!



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