APPRECIATION AND GRATITUDE AFFIRMATIONS

1 am appreciating what life brings and learning to accept what is yet to come.

1 appreciate each day 1 am given to spread the love and happiness within me.

Everything 1 knowingly or unknowingly ask for 1 receive.

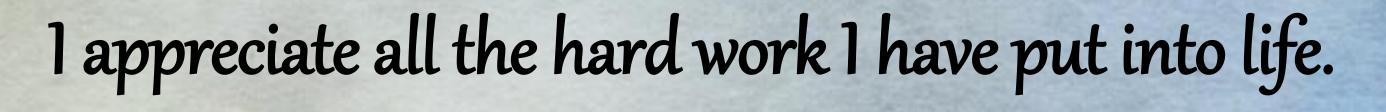
1 am grateful for all that 1 receive good and bad.

1 appreciate those who take the time to be in my life.

I am grateful for those who have always believe in me.

1 appreciate all that life has to offer.

1 am grateful for the hurdles and obstacles of life. They have showed me how strong 1 am.



I am grateful for my friends and family.

1 am grateful for the outside help 1 have received.

I am grateful for the feelings that flow inside of my body.

1 appreciate those who return my unconditional love.

My heart is eternally grateful.

I appreciate the small things in life.

1 am grateful for the animals in my life.
They bring me joy and happiness.

I keep every door in my life open for opportunities and am grateful for any that come my way.

I am grateful for everything that has yet to come.

Every day brings a new blessing I am grateful for.

At this moment, and for each moment, I am grateful.

