

APPRECIATION AND GRATITUDE AFFIRMATIONS

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

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

Everything I knowingly or unknowingly ask for I receive.

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

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

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

I appreciate all that life has to offer.

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

I appreciate all the hard work I have put into life.

I am grateful for my friends and family.

I am grateful for the outside help I have received.

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

I appreciate those who return my unconditional love.

My heart is eternally grateful.

I appreciate the small things in life.

I 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.

