

Gratefulness affirmations

I am so happy and grateful for the life I have.

I am beyond blessed that I woke up today, many did not have this privilege

I am so grateful for all the people that I have in my life.

I am grateful for my strength that pushes me towards a better tomorrow

I am so happy and grateful for my struggles because they are molding me into a better, stronger version of myself

I am grateful for my senses, the ability to see, to feel, to talk, to think and to hear

My pets fill my life with joy. I am thankful for their presence in my life.

I have access to nourishing food and clean water, and I am so thankful.

