



Morning Gratitude Affirmations

- Thank you for all that I Am.
- Thank you for this new day that has birthed, a day where I can express all that I Am, moment to moment, uplifting myself and all of those around me.
- I say thank you for this day knowing that each day is a blessing and a gift.
- I am filled with happiness and gratitude
- I am grateful to feel the air in my lungs and the beating of my heart all of that which connects me with the greater world, the heartbeat of the Earth itself.
- I am thankful for being alive, fully alive, every cell of my being filled with the vibrancy of the love and the joy of my spiritual beingness.
- Thankfulness, appreciation, and sincere gratitude are all a part of who I am.
- I am so grateful for all that I am and for all that I have, and I invite an even greater gratitude into my heart.
- I seek to know the depths of gratitude of my Soul, and to give expression to this gratitude moment to moment throughout this day.
- Today I have an attitude of gratitude and I am thankful for the blessings this will bring.

Now take the time to immerse yourself completely within this attitude of gratitude, gratitude for all that you are, and then spend a few minutes journalling about that for which you are grateful.