



CAREGIVER2CAREGIVER

GRATITUDE STATEMENTS

I am grateful for the mental and emotional capacity to rise above life's challenges.

I am grateful for my peace of mind.

I am grateful for laughter.

I am grateful for the freedom to choose my own thoughts.

I am grateful for this day and the endless opportunities it offers.

I am grateful for the cyclical change of seasons for it is a reminder of the natural flow of life.

I am grateful for family and friends and acknowledge where they are at this moment in life.

I am grateful for the ability to reason and discern.

I am grateful for the control I have over my thoughts and feelings.

I am grateful for the gift of life.

I am grateful for moments of reflection.

I am grateful for the gift of time.

I am grateful for intuition.

I am grateful for each new day.

I am grateful for my inner and outer beauty.

I am grateful for quiet moments of solitude.

I am grateful for leisure time with friends.

I am grateful for time with my loved one.

I am grateful for resilience.

I am grateful for the painful joy of loving and being loved so deeply.

I am grateful for the beautiful sunrise and gorgeous sunset as a reminder of daily consistency.

I am grateful for poise during challenging times.

I am grateful for courage to face the unknown.

I am grateful for strength to meet the daily challenges.

I am grateful for times to refresh and reset.

I am grateful for adaptability to the ever-changing needs of my loved one.

I am grateful for soulful pondering.

I am grateful for choosing to take time for myself.

I am grateful for restorative practices that improve my mind, body, and spirit.

I am grateful for forgiveness toward myself and others.

I am grateful for the ability to release mental, physical, and emotional anguish and to replenish my spirit.