DAY _____

Gratitude, Appreciation, and Acknowledgement Power Tool

(Create 31 Gratitude Sheets. Be specific in your descriptions. Review often.)

I feel deep gratitude for . . .
I appreciate this person for . . .
I acknowledge my own efforts in . . .

Jan: _____

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Feb: _____

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March: _____

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April: _____

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May: _____

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June: _____

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July: _____

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August: _____

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Sept: _____

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Oct: _____

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Nov: _____

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Dec: _____

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