

# TODAY, I REMEMBER TO BE GRATEFUL!

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## people

Who are the people that I am grateful to be in my life and why?

What I can commit doing to them, starting today?

## things or special beings

What are the things /special beings that I am grateful to be in my life and why?

What can I do to take care of them, better?

## circumstances

Who are the circumstances that appeared in my life that I am grateful ?

How can I give back now?