

To begin creating your personal Gratitude Manifesto, fill in a few answers for each category below:

I am thankful for...

1. FAMILY • • •	2. FRIENDSHIPS/ RELATIONSHIPS • • •	3. SOMEONE WHO HELPED ME • • •
4. THINGS I LOVE • • •	5. PLACES I VISITED • • •	6. WAYS I AM HEALTHY • • •
7. EXERCISE I ENJOY • • •	8. HOBBIES + FUN • • •	9. MY SPIRITUAL PRACTICE • • •

MY GRATITUDE MANIFESTO

I have had a super awesome year. From the days I spent in _____ [#5] _____, to getting to spend time with _____ [#1] _____, _____ [#1] _____, and _____ [#1] _____. I loved becoming even closer to _____ [#2] _____, _____ [#2] _____, and _____ [#2] _____. As I sit back this time of year, enjoying _____ [#4] _____, _____ [#4] _____, and _____ [#4] _____, I want to really appreciate _____ [#3] _____ and what they did for me. In the coming year, I want to continue to focus on my _____ [#6] _____, _____ [#9] _____ and self-care. Whether it's through _____ [#7] _____ or when I take time to _____ [#8] _____, I want to make it another year to be thankful for!