

**MAY**

**THANKFUL  
Your Daily Gratitude**



Take a quite time to jot down the wonderful attributes in your life. What are you thankful for? Take a minute or two and start a gratitude list below. Remember to always start your day with thankfulness for life and ending it with gratitude because you are blessed.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*Count Your Blessing no matter how big or how small they are, you are truly blessed*

*Breakin' Free2Wellness*

*AGFitClub.com*

*Deanne Taberway*