

# Daily Gratitude & Body Positivity Practice

**TODAY I'M GRATEFUL FOR:**

**I LOVE MY BODY BECAUSE:**

**WHAT WOULD MAKE TODAY GREAT?**

# Daily Gratitude & Body Positivity Practice

Today I'm grateful  
for:

I love my body  
because:

What would make today great?

# DAILY GRATITUDE & BODY POSITIVITY PRACTICE

TODAY I'M  
GRATEFUL FOR:

I LOVE MY  
BODY BECAUSE:

WHAT WOULD MAKE TODAY GREAT?