Year	Month	Day	_Consecutive Practice Days	_Missed Days
Day 6				
Don't forget yourself.				
As you practice gratitude each morning. You'll begin to find it almost too easy. I feel like I could spend half the day writing about all the things I have to be grateful for without ever repeating myself. But remember to give yourself a shout-out. You can be grateful to yourself for your commitment to improving your life. You can be grateful to yourself for any good decisions you've made. You can be grateful for the body you have and the mind you use. You can be grateful for the fact that change is possible and that you are taking steps to take ownership of that change.				
Just the fact that you're reading this journal tells me that you have a lot to thank yourself for. So today, give yourself some love when you're writing about your gratitude. You deserve it.				
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