

# Gratitude Affirmations

I am so grateful for every moment

Every moment is worth being grateful for

Thank you for everyday I get to breathe and I am alive

I am grateful for my life

Thank you for every moment of health, strength and vitality

I am so grateful for my healthy, vibrant body

Thank you for my strong back, legs, hands and arms

Thank you for my kind, loving heart

I am so grateful for every moment I release resistance

Thank you for helping me to let go of what no longer serve me

Thank you for the positive thoughts I am in alignment with

Thank you for my healthy relationships

Thank you for filling my life with meaning and purpose

Thank you for helping me to trust myself and others

I am so grateful for seeing the goodness in myself and others

Thank you for every moment I get to spend with the ones I love

Thank you for every smile, laughter and happiness I'm able to experience

I am so grateful for always being guided in the right direction

I am so grateful for every moment of clarity

Thank you for my abundance, prosperity and good fortune

Thank you for all the blessings that abundance brings into my life

Thank you for my unique and creative expression

I am so grateful to be me