

What I'm Grateful For (Sample)

(List of Gratitude)

Those who are grateful for the things they have are less likely to grumble about the things they don't. It's called having an "attitude of gratitude." Jot down 20 things you're grateful for, and hang it in a place you'll glance at daily.

1. I'm alive - God blessed me with this life, and He loves me! He's always by my side!
2. Jesus died for me on the cross and has forgiven me my sins; I live a transferred life!
3. God has blessed me with shelter and a place to call home.
4. God provides me with enough food to eat (at least three good meals a day) and clean water to drink.
5. God has blessed me with a healthy body (no missing limbs); and I can see, hear, taste, touch, & smell!
6. God has given me workout equipment and a desire to stay healthy & fit.
7. God offers to take away my anxiety, worries, and fear... and does.
8. God blessed me with a wonderful family—people that care about and love me deeply.
9. God has provided me with a job that allows me to earn a living and create my own schedule.
10. God allows me to be debt-free, afford nice things, spend time with my family, and rest in His presence.
11. I can breathe, read, write, type, walk, run, jump, swim, and play sports and the piano.
12. God's given me a flexible, non-labor intensive, enjoyable, uncomplicated job.
13. God's given me a working mind, faithful heart, eternal soul, goals, dreams, and a purpose.
14. I have the freedom to read the Bible & worship God without being persecuted.
15. God showed me cubed poetry and gave me the ability and desire to bless and encourage others.
16. I see the beauty in each sunrise, sunset, new day, & breath I take.
17. God is continually revealing new things to me through many different resources.
18. I love fellowship with other believers: Church, Bible study, Thursday morning and Friday night fellowship.
19. I know, realize, understand, and am reminded of how much God blesses me.
20. I'm grateful for music, fresh air, a cool breeze on a hot day, sunshine, laughter, colors, the rainbow, nature...

