

10

GRATITUDE

AFFIRMATIONS

Welcome!



Hey There!

I am Ninette Nixon, from the
MouldingLife.

Regular practice of gratitude is one simple thing that you can do to increase your happiness. I hope that these 10 gratitude affirmations will help you in your gratitude journey.

Affirmations make a difference if you read it again and again. That is why I encourage you to print these and keep it some place where you will see them all the time.

I'M
GRATEFUL
FOR

*being alive
today.*

I'M
GRATEFUL
FOR

having access to
clean drinking
water &
nourishing
food.

I'M
GRATEFUL
FOR

*having friends
& family that
love, support
and care for
me.*

I'M
GRATEFUL
FOR

*every
materialistic
thing that make
my life easier.*

I'M
GRATEFUL
FOR

the
education
that I
received.

I'M
GRATEFUL
FOR

for who I
have
become.

I'M
GRATEFUL
FOR

for all the
experiences
which taught
me life
lessons.

I'M
GRATEFUL
FOR

for all the
people that
makes my life
easier.

I'M
GRATEFUL
FOR

for having a
roof above
my head

I'M
GRATEFUL
FOR

for the
money in my
bank
account

Did you find these affirmations helpful? I will be more than happy to know your thoughts.

Send me an email at
ninettenixon@mouldinglife.com

Or you can connect with me through
[Facebook](#), [Instagram](#) or [Twitter](#).

Check out the **[blog](#)** for contents that will inspire and motivate you to become the best version of yourself.

And also, you can find me on **[Pinterest](#)**.

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