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Morning Gratitude

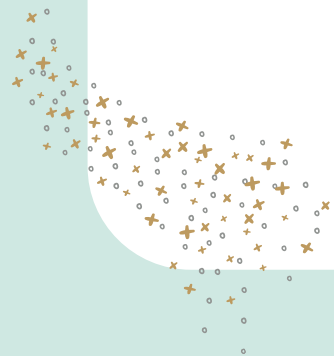
Date: _____

Today I want to feel...

Today I will spread kindness by...

3 things I'm grateful for today are...

"Happiness is a habit."





Evening Gratitude

3 things I'm grateful for today are...

The best part of today was...

What can I learn from today's experiences?

Tomorrow I'm looking forward to...

"Do more of what you love."



Where to from here ...

Alongside my holistic counselling, I offer ongoing support and connection, for women through my New Moon and Full Moon Women's Circles, one-day and 3-day retreats.

I look forward to connecting with you and supporting you to live a life of purpose, joy and abundance.

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