

# Day 4 - Gratitude Game Card

Each day brings you new things to be thankful for and new opportunities to make your life wonderful.

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What do I have  
to be grateful for  
in my life?

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What good things  
happened today?

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What will I do,  
today, to express  
gratitude to my  
partner, family,  
friends, or  
children?

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How can I give  
back to those  
who have helped  
me become who  
I am today?

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How can I give  
back to those  
who least expect  
it –example, the  
less fortunate in  
my community?

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Schedule a **20 Minute Complimentary** Chat Session - [ChatwithAnn.com](http://ChatwithAnn.com)