

DAY 13



SELF-LOVE GRATITUDE PRACTICE

PRACTICE GUIDE

**“GRATITUDE IS THE BRIDGE BETWEEN
WHO YOU ARE AND THE LIMITLESS LOVE
WITHIN YOU.”**

Fiona Soutter

PART 1

DAILY GRATITUDE PROMPTS:

1. Present-Moment Gratitude

- Today, I am grateful for my body and its ability to...

- Thank you, heart, for...

2. Gratitude for My Self-Love Journey

- I am grateful for the insight that...

- I am grateful for the moment when I showed myself compassion by...

- I am grateful that I am beginning to release...

3. Gratitude for My Challenges

- I am grateful for the challenge of _____ because it is teaching me...

4. Gratitude for My Inner Qualities

- I appreciate my ability to...

- I am proud of my courage when I...

- I value my resilience shown in...

5. Closing Heart-Centered Gratitude

- Hands on heart: "Thank you for being exactly who you are in this moment."

PART 2

EVENING REFLECTION

- Three small moments I'm grateful for today:

- _____
- _____
- _____

- A quality I embodied today that I appreciate:

- _____
- _____
- _____

- How practicing gratitude today shifted my energy:

- _____
- _____
- _____



CLOSING THOUGHTS

Gratitude brings you home to what's already good within and around you. Even a single moment of appreciation can shift your entire inner state.

Tomorrow, we'll shift the lens of gratitude toward your body—exploring how appreciation can transform the way you relate to your physical self. ✨
