



Quiet Gratitude Reflection

Noticing what gently supports you

What small or quiet moments have offered me a sense of ease, warmth, or support lately?

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Are there people, places, or simple experiences that I appreciate without needing them to mean anything more?

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What am I grateful for in a way that feels natural, not forced?

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REFLECTION: What I notice when I allow gratitude to be simple and unmeasured:

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Gratitude doesn't have to be bright or loud—it can exist quietly, just as it is.