

TUESDAY * NOVEMBER 15
I AM THANKFUL FOR MY BODY

Is your life so busy that your body seems to be the last thing you take care of? Do you neglect to give it the proper attention it deserves?

Declare this day "Body Appreciation Day". Exercise or relax with stretching. Take a long walk and treat yourself to a soaking bath. Pamper your skin with lotion or a massage.

Affirm, "Today I am thankful I am alive. I visualize each cell of my body is radiating wholeness. I appreciate the temple of God which is my own living body!"

DAILY GRATITUDE LIST

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