NEW DAY RECOVERY

Daily Handout

Gratitude Practice — Counting Blessings

Each day, write three specific gifts from the last 24 hours — a meal, a ride, a kind word — in your own words, on paper. Specific beats vague: "everything" does not count, one real thing does.

Name: _____ **Date:** _____

Day 1 — Date: _____

Day 2 — Date: _____

Day 3 — Date: _____

Day 4 — Date: _____

Gratitude Practice — Counting Blessings

Name: _____ **Date:** _____

Day 5 — Date: _____

Day 6 — Date: _____

Day 7 — Date: _____

End of the week

Which gift on these pages surprised me most?

Who gave me something this week that I have not thanked yet? I will thank them by (day):