7-Day Gratitude Manifestation Program

Day 2: Gratitude for What Is Already Working

Purpose of Today

Yesterday was about awareness.
Today is about **directing attention gently**.

This practice is not about forcing gratitude.
It is about **noticing what already supports your life,** even quietly.

Part 1: What Is Functioning Today

Without judging or minimizing, write things that are already working.
These can be small and ordinary.

Examples (do not copy):

My body got me through the day
I had access to food or water
I completed at least one task

Write 5 things that worked today:

1

2

3

4

5

Part 2: How It Supported Me

Choose any 2 items from above and answer briefly:

Item 1:
How did this support my day?

Item 2:
How did this support my day?

Part 3: Awareness Check

Answer honestly. There are no right answers.

Did I feel resistance while writing this list?
☐Yes ☐No

Did my mind say "this doesn't count"?
☐Yes ☐No

Did anything surprise me?

Closing Reflection

Complete this sentence once:

Today, I noticed that _____
was already working in my life.

Gentle Reminder

Gratitude is not excitement.
It is recognition.
Noticing what works is enough for today.

✔**Day 2 is complete when this page is filled calmly.**

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Part of the 7-Day Gratitude Manifestation Program