7-Day Gratitude Manifestation Program

Day 6: Gratitude in Difficult Moments

Purpose of Today

Today is not about being grateful for pain or difficulty.

It is about noticing strength, support, or continuity within something that feels challenging.

You are not required to reframe, justify, or explain anything.

Part 1: Choosing a Manageable Difficulty

Choose one situation that felt uncomfortable, stressful, or challenging —
but not the most **painful or overwhelming one.**

Write it briefly (no details needed):

Part 2: Nature of the Support

Think gently. Support may have been internal or external.

Examples (do not copy):

I kept going

I asked for help

I rested

I stayed present

I survived the moment

Write **3 things** that helped you through:

1

2

3

Part 3: Inner Strength Awareness

Answer honestly.

Did I notice any strength in myself today?
☐Yes ☐No ☐Not sure

Did acknowledging this feel uncomfortable?
☐Yes ☐No

If yes, what did I notice?
_____

Closing Reflection

Complete one sentence:

Even during difficulty, I noticed that _____

supported me.

Gentle Reminder

Gratitude does not erase pain.

It helps you remain steady **within** it.

You are not required to feel positive today.

✔Day 6 is complete when this page is filled gently.

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Part of the 7-Day Gratitude Manifestation Program