**20 Affirmations to Express Gratitude**

1. I love and appreciate the life I have been given

2. Each day, I commit to showing thanks to those around me

3. I am thankful for my job and the opportunities it provides

4. I thank God for the blessings he has given me

5. I am grateful for the body I have been given

6. I am thankful today, simply for being alive

7. I invite gratitude into my heart

8. Today, and each day, I will appreciate the small things in life

9. I will go through my day with love and gratitude towards those around me

10. Each day can provide a second chance and I am thankful for that

11. I am grateful to those who have helped me along my journey

12. I wake up grateful every day for the beauty of life.

13. I am happy and grateful for everything that I receive

14. Every day I am open to learning and growing

15. I take responsibility for my own happiness and realize I am the creator of my joy

16. I trust that the universe only has the best of intentions for me

17. Each day I strive to be better and more grateful than the day before

18. I am grateful for my health and vow to live each day unapologetically

19. I have a huge amount of abundance in my life

20. I am worthy of being loved and I will wholeheartedly love those around me