

In This Moment



Fill in the blank with the corresponding word to complete the script.

In this moment, I am grateful for _____. I send them happiness
(person)
and gratitude. I am grateful they have been/are a part of my life.



In this moment, I am slightly frustrated with _____. Although
(person)

I am feeling frustrated, I remind myself that this feeling won't last forever, that I can still be grateful for this person, and that maybe I can learn something from this feeling and from this relationship with them.



In this moment, I am grateful for _____.
(place, pet, event, thing)



I am grateful that this thing is a part of my life.

In this moment, I am slightly frustrated with _____.
(place, pet, event, thing)

Although I am feeling frustrated, I remind myself that this feeling won't last forever, that I can still be grateful for this thing, and that maybe I can learn something from this feeling and from this thing.



In this moment, I am grateful for _____.
(an accomplishment you have completed)

I am grateful for this accomplishment, and I am proud of myself for this accomplishment.

In this moment, I am frustrated with and grateful for the journey it has taken me to reach _____. I will continue the
(an accomplishment you have yet to reach)

journey to reach this accomplishment and I am proud of all the work I have done to get me to this point.



I am reminded to take time to remember the people, the things, and the accomplishments that are in my life and express gratitude to them.

I am reminded to take time to remember the frustration from people, things, and accomplishments that are in my life and express gratitude to them, the journey, or learning opportunities they bring.