

Gratitude Card

This list of positive words was put together by Dr. Kazuko.
Say these words several times a day to increase your
positive energy field.

- ❖ Gratitude
- ❖ Happy, joyful
- ❖ Love, compassion
- ❖ Laughing
- ❖ Self-assuring
- ❖ Accepting, surrendering
- ❖ Humble, giving
- ❖ Serene, calm, patient
- ❖ Altruistic
- ❖ Non-attachment

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