

My

GRATITUDE

Journal

GRATITUDE IS
THE GATEWAY
TO A POSITIVE
LIFE.

A.D. Posey

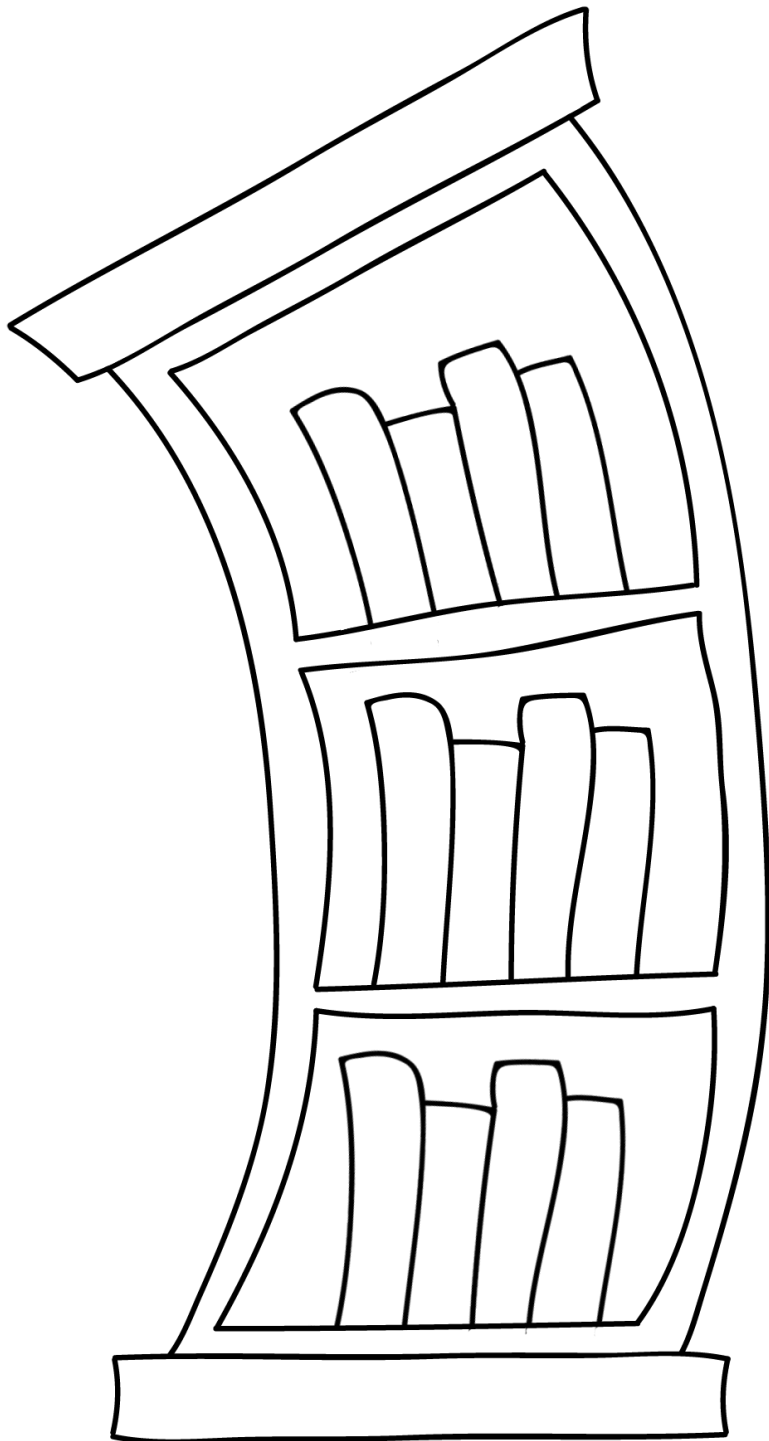


*Gratitude
unlocks the
fullness of life.*

Melody Beattie

BOOKS

I am Grateful For



A GRATEFUL



IS A MAGNET
FOR MIRACLES



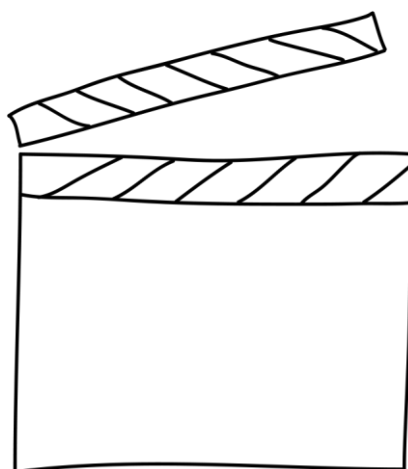
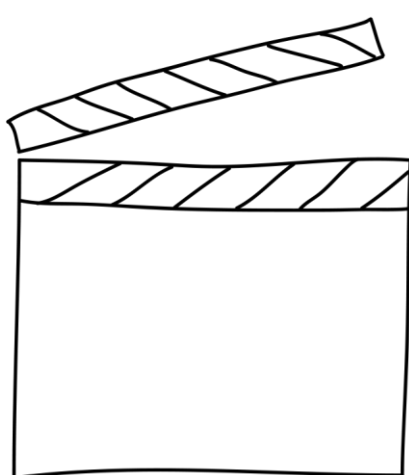
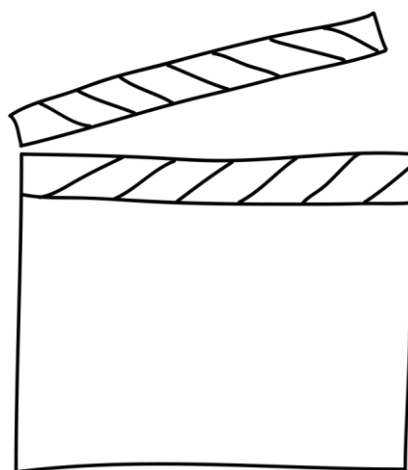
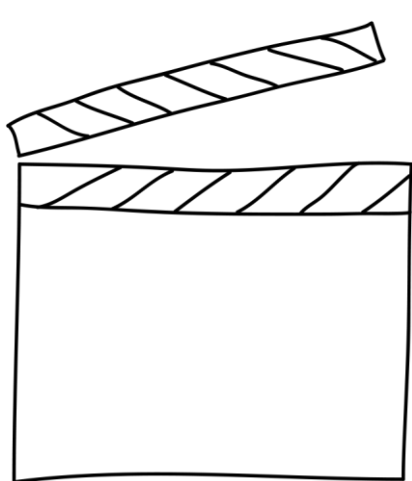
I am Grateful For

WE CAN ONLY BE
SAID TO BE ALIVE
IN THOSE
MOMENTS, WHERE
OUR HEARTS ARE
CONSCIOUS OF OUR
TREASURES.

Thornton Wilder

MOVIES

I am Grateful For

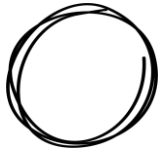


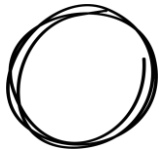
GRATITUDE
HELPS US TO SEE WHAT
is there
INSTEAD OF WHAT
isn't

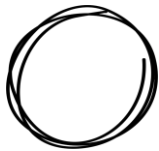
PLACES

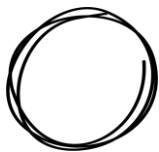
I enjoyed visiting

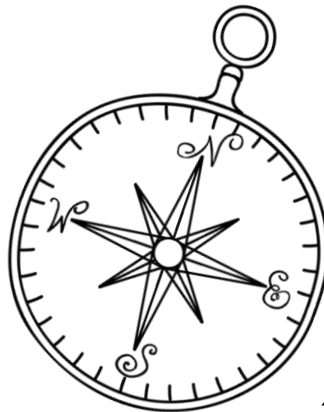










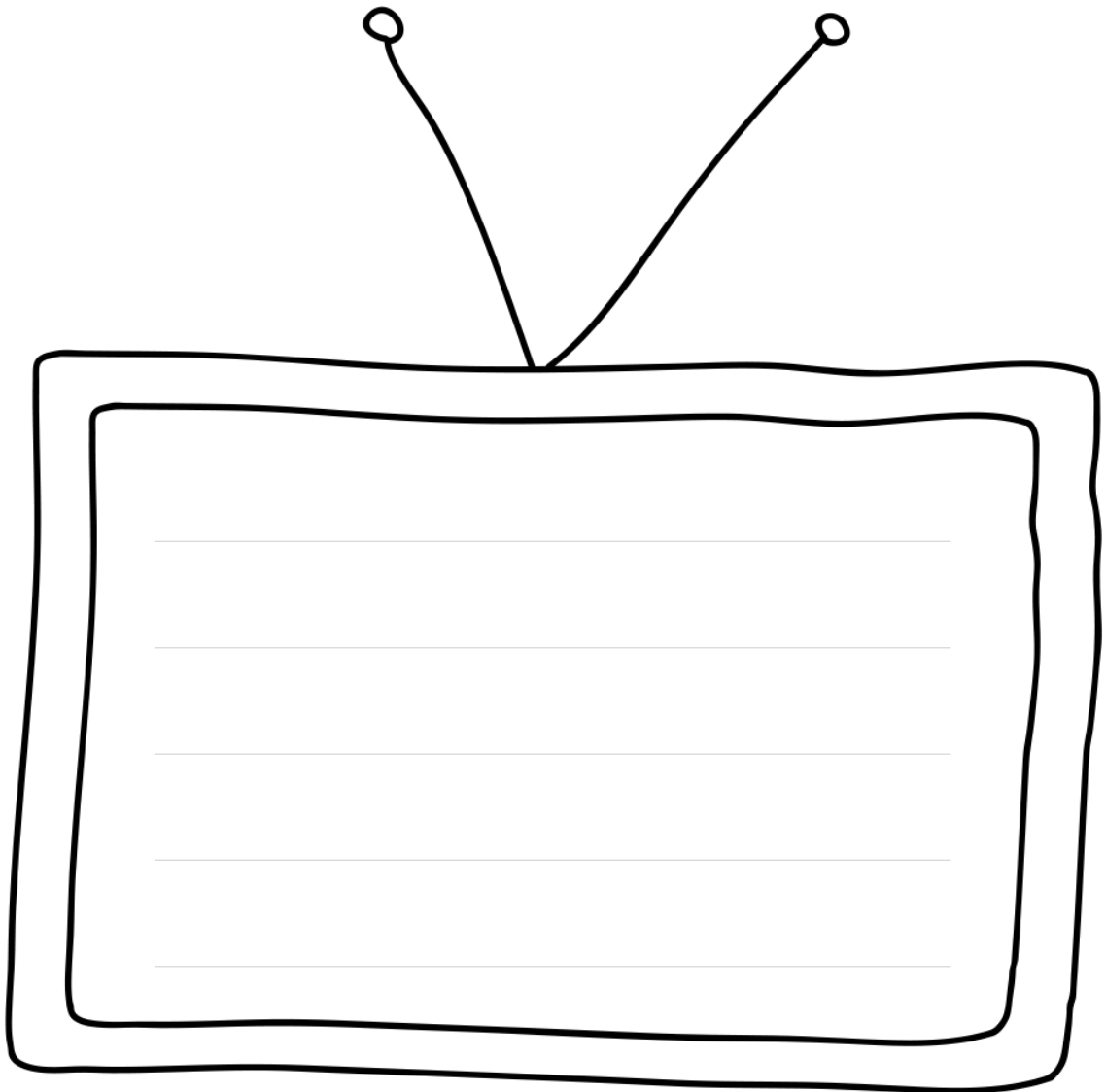


WHEN YOU ARE
grateful,
FEAR DISAPPEARS AND
abundance APPEARS.

Tony Robbins

TV SHOWS

I enjoy watching



BE

in love

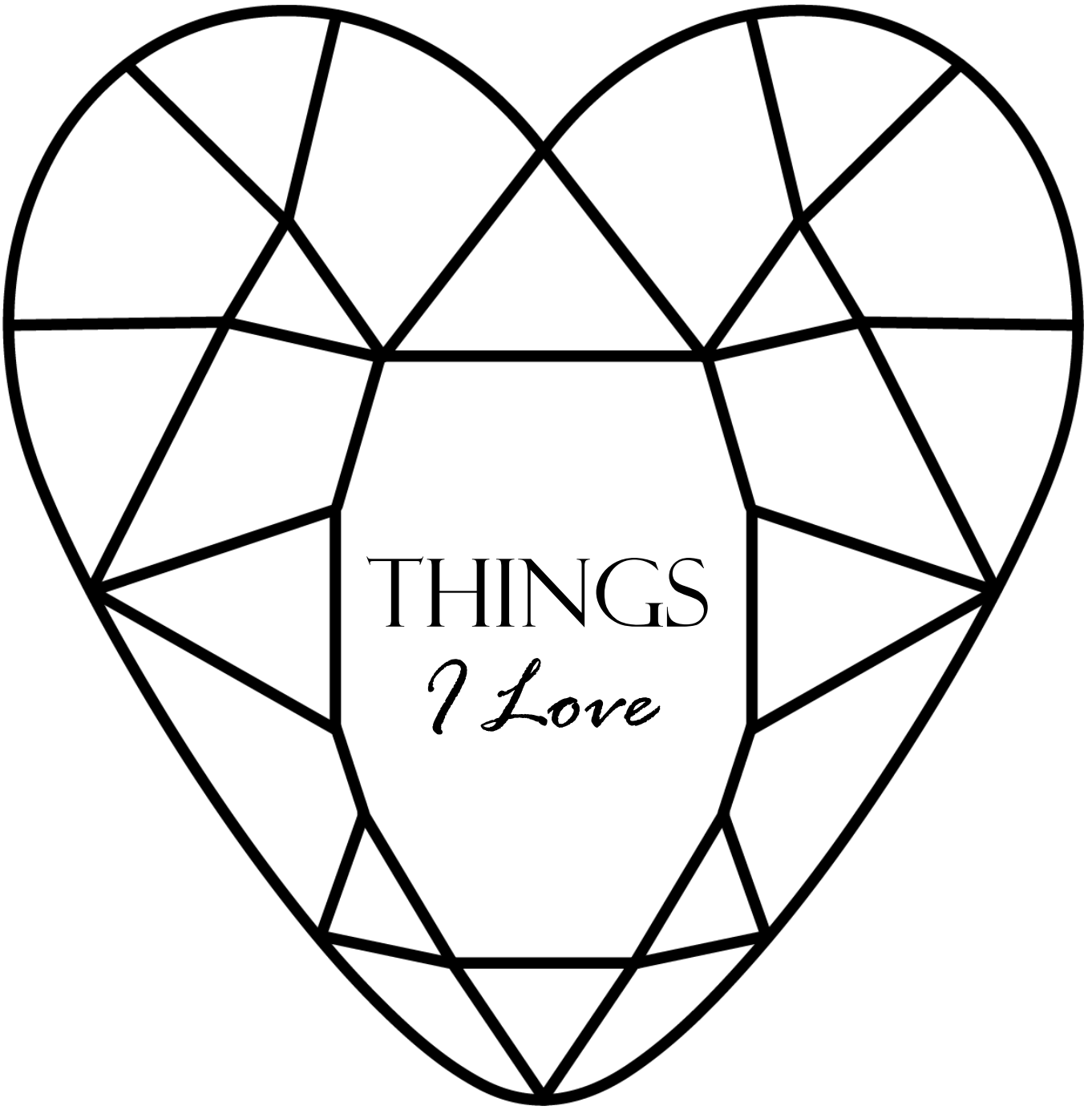
WITH YOUR LIFE.

EVERY DETAIL OF IT.

Jack Kerouac

Start each day
with a
positive thought
and a
grateful heart.

Roy T. Bennett



THINGS
I Love



The activities that make me happy:

I will try to do them more often by



There is
always
something to be
thankful for

Grateful for:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



INHALE

love

EXHALE

gratitude



Monday

Tuesday

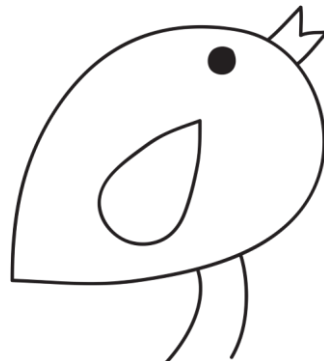
Wednesday

Thursday

Friday

Saturday

Sunday



Write
something
good that
happened
each day

“To me, beauty is
about being
comfortable in your
own skin. It’s about
knowing and
accepting who you
are.”

Ellen Degeneres

Grateful for:

Monday

Tuesday

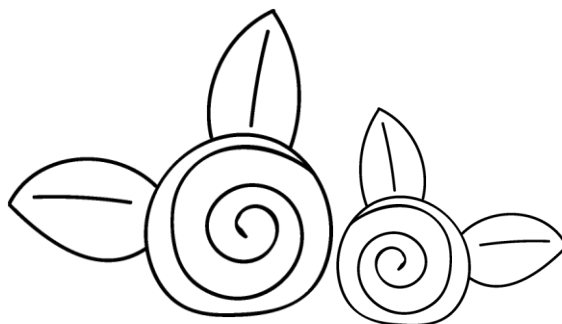
Wednesday

Thursday

Friday

Saturday

Sunday

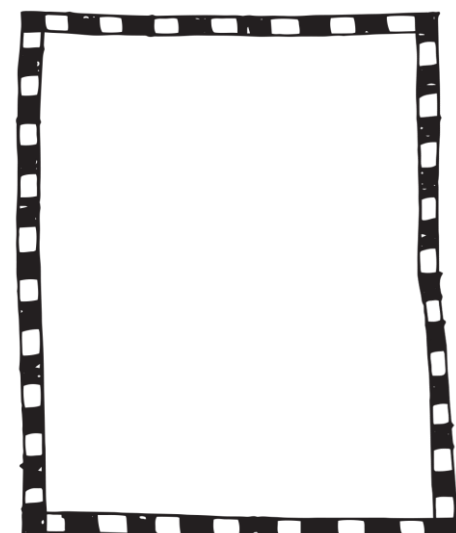
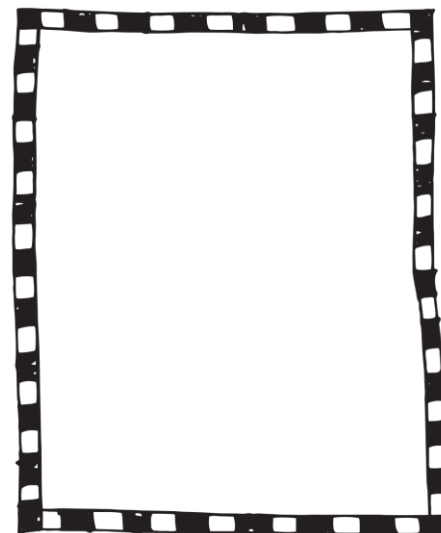
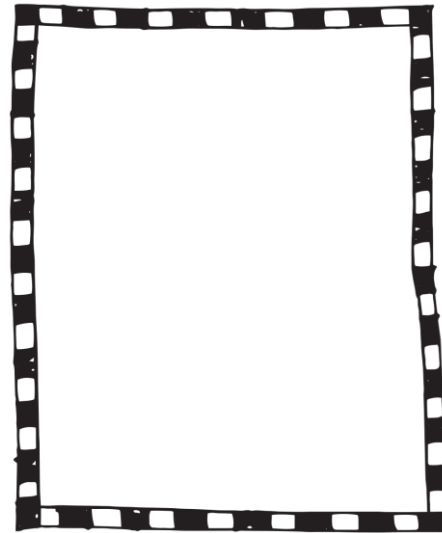
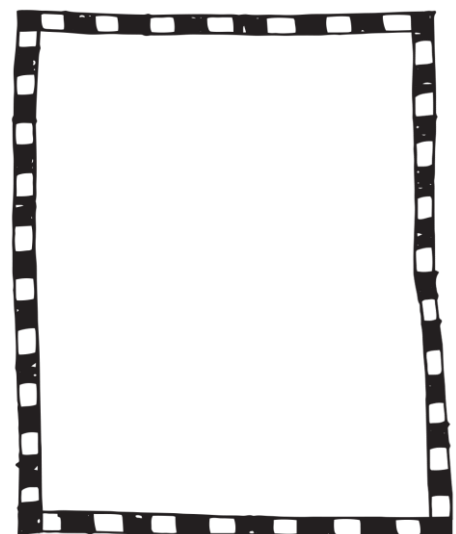
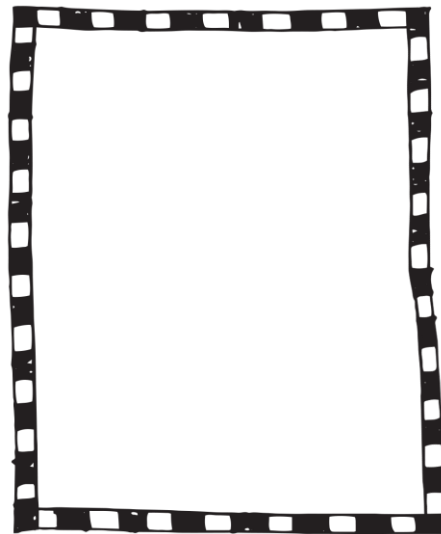
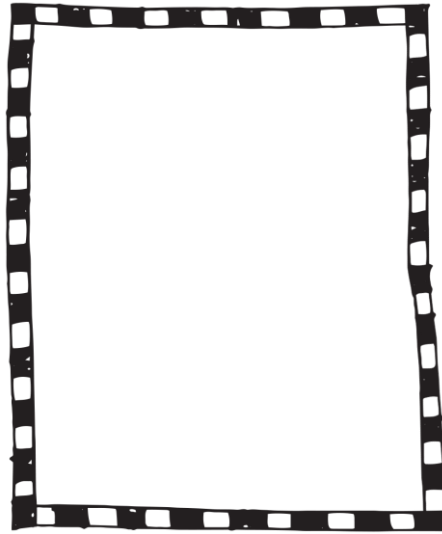
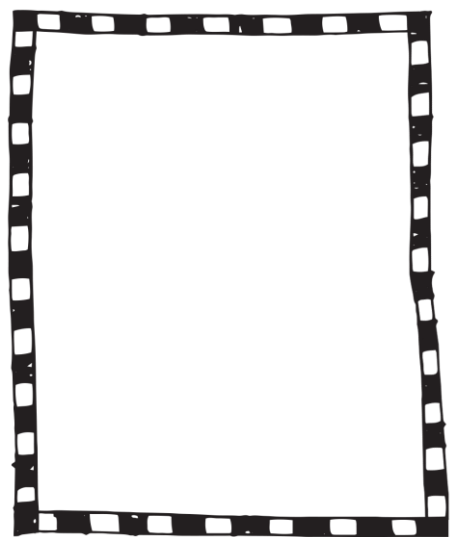
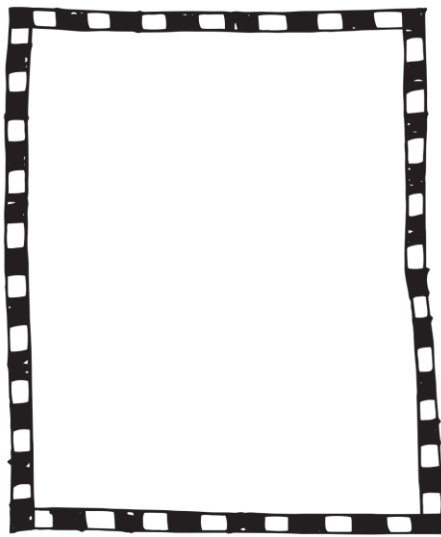
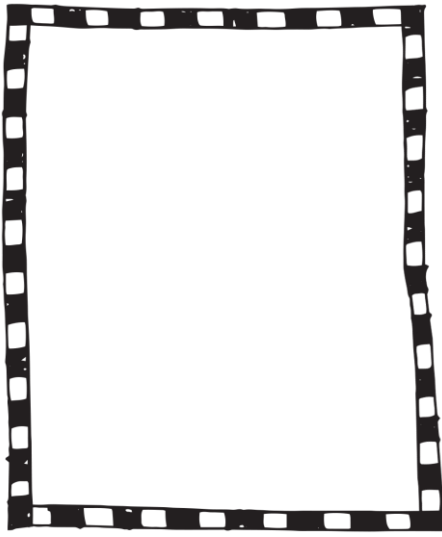




It is not joy that
makes us
grateful

It is gratitude
that makes us
joyful

THINGS I LOVE ABOUT MY LIFE



Grateful for:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

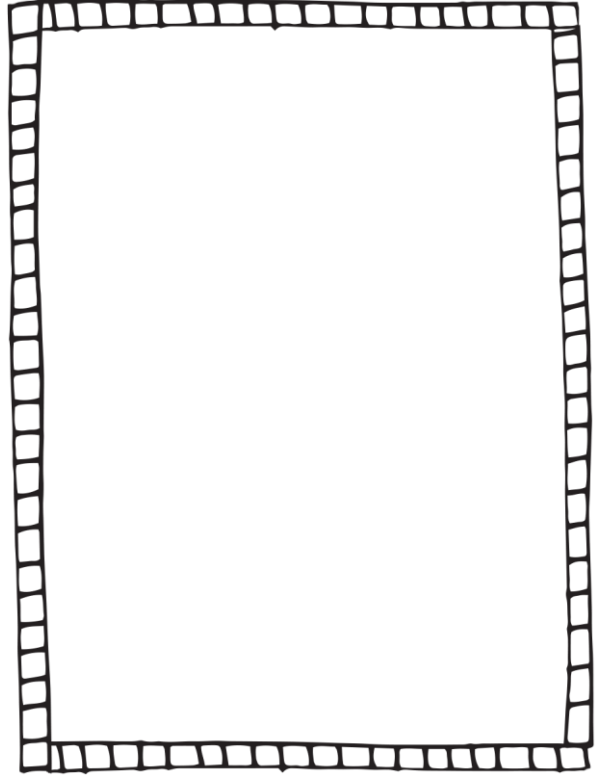
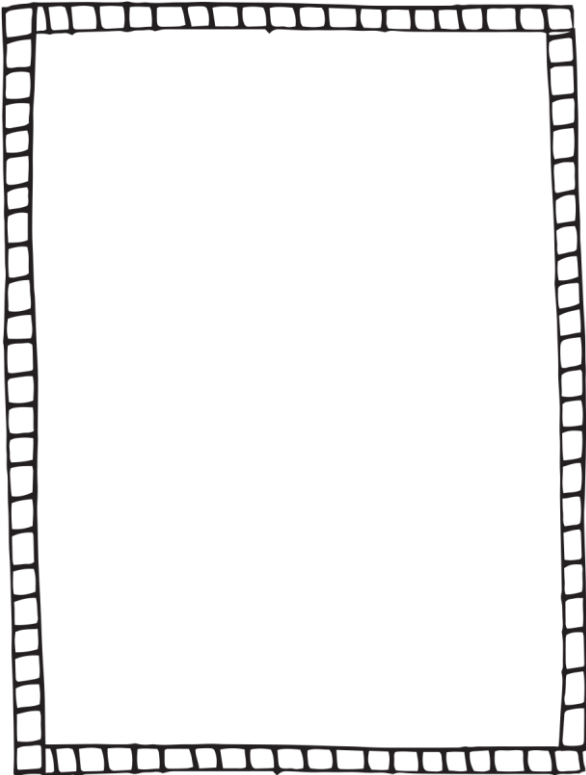
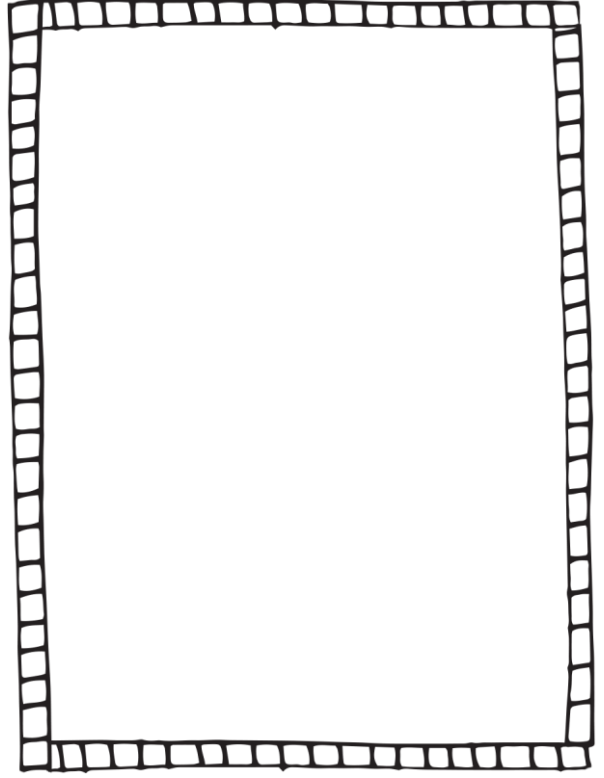
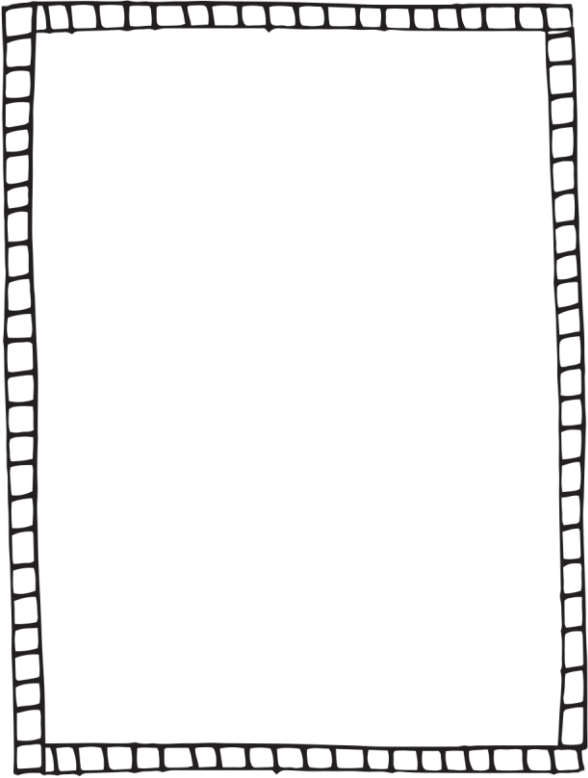
Sunday



GRATITUDE
TURNS
what we have
INTO
ENOUGH

Aesop

THINGS I APPRECIATE ABOUT FAMILY OR FRIENDS





Monday

Tuesday

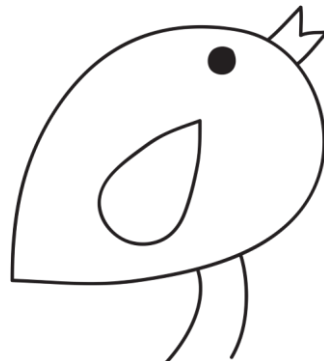
Wednesday

Thursday

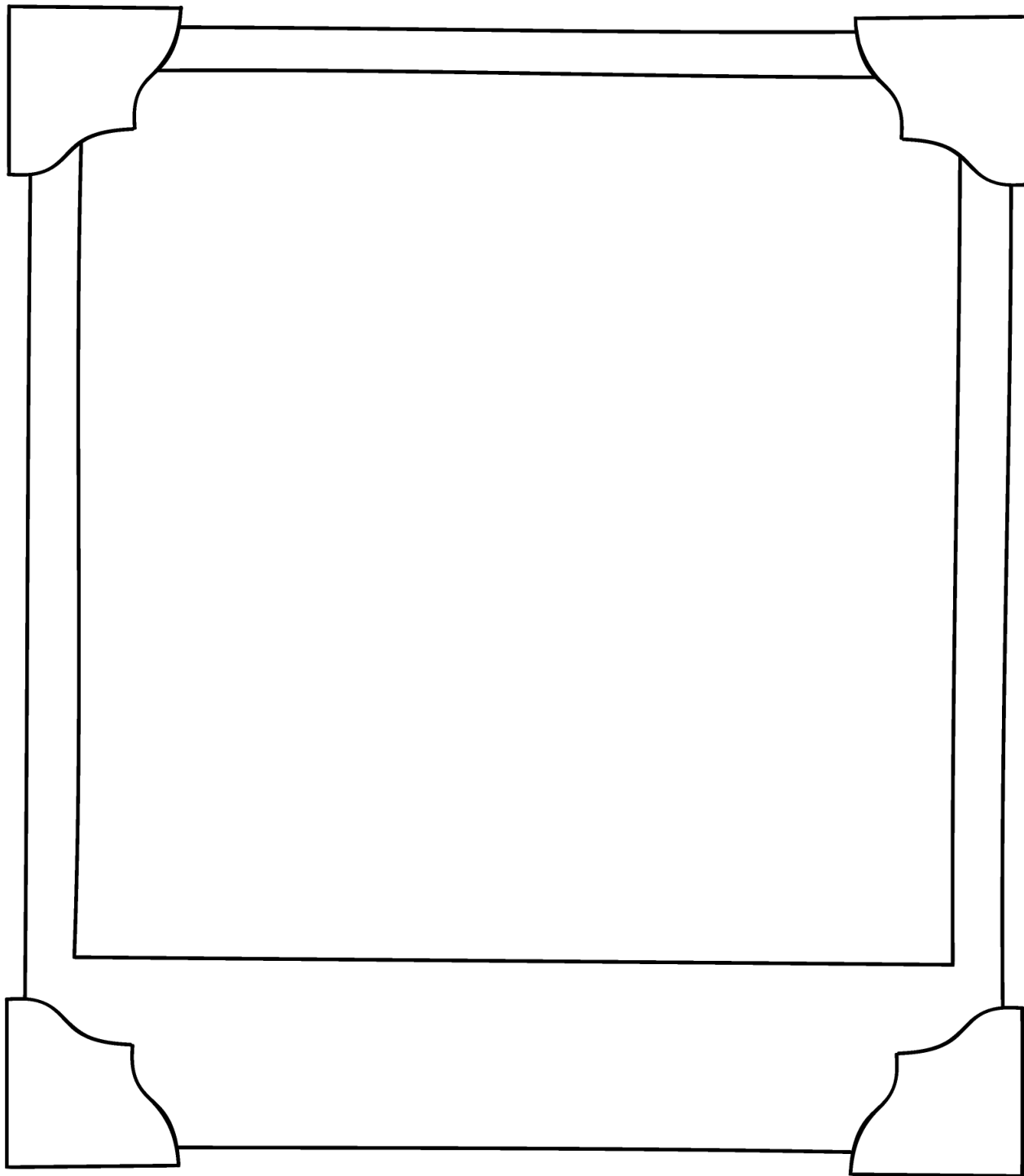
Friday

Saturday

Sunday



Write
something
good that
happened
each day



A SPECIAL MEMORY

Gratitude is

RICHES

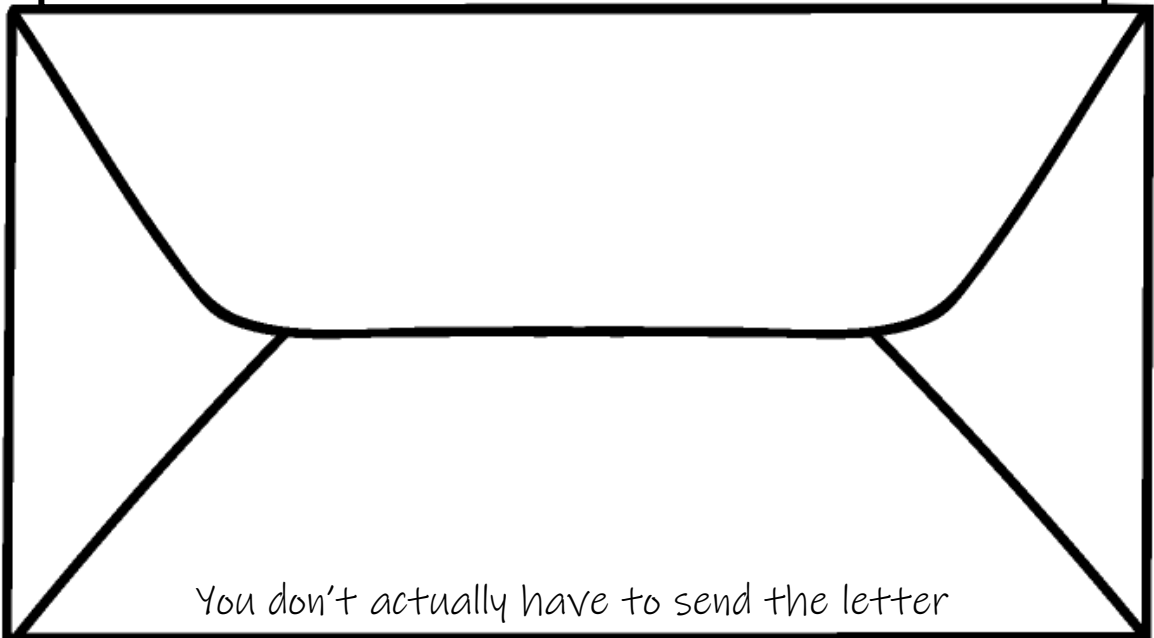
Complaint is

POVERTY

Doris Day

Thank You

Dear



You don't actually have to send the letter

*It is not happy
people who are*

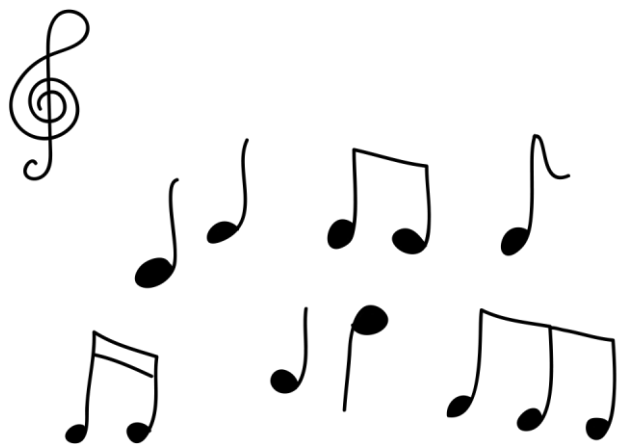
THANKFUL

*It is thankful
people who are*

HAPPY

MUSIC

I Enjoy





Be Grateful



For Life

*Not everyone
made it this far*

Grateful for:

Monday

Tuesday

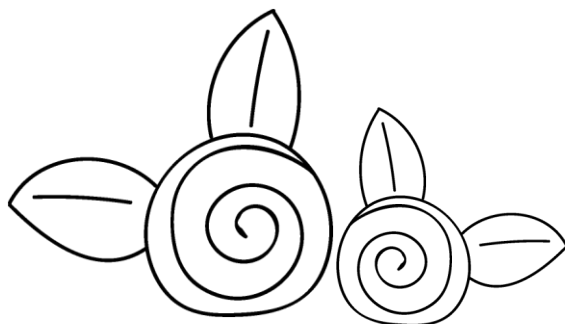
Wednesday

Thursday

Friday

Saturday

Sunday





GRATITUDE

Prompts

1. Who do you love?
2. What made you smile lately?
3. Who do you like?
4. What are you good at doing?
5. Who can you count on?
6. What do you love?
7. What do you like?
8. Where do you like to go?
9. What do you enjoy?
10. Who inspires you?
11. List activities that bring you joy.
12. List items that bring you joy.
13. List people that bring you joy.
14. What makes you happy?
15. What relaxes you?
16. What makes you special?
17. What is your favorite memory?
18. Is there anything that you take for granted?
19. What is your favorite food?
20. Describe one good thing that happened to you this month.
21. What is your favorite item?



GRATITUDE

Prompts

22. What is your biggest accomplishment?
23. Do you have a family tradition that you enjoy?
24. What are your good qualities?
25. What are your hobbies?
26. Is there anything that makes your life better?
27. What movie did you like?
28. What books did you enjoy?
29. Who made you smile?
30. Write about a nice thing somebody said to you.
31. Who do you enjoy spending time with?
32. What songs do you love?
33. Where is the best place you visited and what do you like about it?
34. What have you learned?
35. Has anyone shown you kindness recently?
36. What do you love about your home?
37. What do you love about your country?
38. Describe the last gift you received. Who gave it to you?

→ ←

GRATITUDE

→

Prompts

39. What do you like about yourself?
40. What do you like about your job?
41. In what way is your life better today than it was a year ago or ten years ago?
42. What is the nicest thing that someone did for you?
43. Describe one of your best days.
44. What do you enjoy doing after work?
45. What do you enjoy doing as you get home?
46. Describe a bad experience that made you stronger.
47. What do you have today that you didn't have as a child?
48. Describe a difficulty that you have overcome.
49. What would you take to a desert island?
50. What was the last thing that made you laugh?
51. What is your favorite animal?
52. What cheers you up when you are feeling sad?
53. What do you enjoy about your daily routine?
54. Describe your last vacation?
55. What have you accomplished?

Gratitude

IS THE

BEST

Attitude