



I Am Grateful for
Rainbows and
Unicorns!

**MY DAILY
GRATITUDE JOURNAL**



**THIS JOURNAL
BELONGS TO:**



Gratitude Daily Heart & Mind Coherence Practice:

1. Bring your hands to your heart
2. Take deep slow breaths into your heart...
3. Let your exhale be longer than the inhale out your nose or mouth...
4. Smile...
5. Feel gratitude, love, or appreciation for something you love in your life now, or from a memory...
6. Hold your attention on the gratitude feeling and keep slow breathing through your heart...
7. Now see in your imagination what you are grateful for...
8. Say **“thank you, thank you, thank you!”**

Do this daily gratitude practice before
and after journaling



Gratitude Daily Heart & Mind Coherence Benefits:

Increased:

- 1.Ability to focus**
- 2.Better sleep**
- 3.Improved calmness**
- 4.Joy, contentment, and happiness**
- 5.Alertness**
- 6.Energy**
- 7.Well being**
- 8.Wellness**
- 9.Opportunities**
- 10.Connection with others**
- 11.More of what we appreciate
multiplies in daily manifestations**
- 12.Self love**

Gratitude Daily Journaling

Write 3:

***"I am so grateful for _____, because _____
thank you, thank you, thank you!"***

Date:

A child's drawing on lined paper. A large purple circle is drawn in the center. Inside the circle, there is a rainbow with colors from left to right: purple, red, orange, yellow, green, and pink. Below the rainbow, there is a green figure with a square head, a circular smiley face, and a rectangular body. The figure has two small arms and legs. To the left of the circle, there is a red scribble. In the top right corner, there is a red scribble. The drawing is on a piece of white paper with horizontal lines.

Gratitude Drawing

Draw a picture of what you are grateful
for that is in your life now:



Say:

“Thank you, thank you, thank you.”

Gratitude Wish Fulfilled

Draw a picture of something you wish to be here
now in your life as a wish fulfilled.



Say:

“Thank you, thank you, thank you.”

**Lifting the children's voices to the top of
the mountain for their genius to guide us
home to love...**

Living Love Light MISSIONS

*We are here to bring forward the innate genius of the children's wisdom
through:*

- * Publishing the children's artwork and loving affirmations on the front of gratitude journals
- * Publishing children's new solution stories and wisdom in short story books
- * Using this platform to re-populate libraries with the good god genius news
- * Using this platform for fundraising for the NEW Miracles Free Food Farms, Manifestation Cafes, and Living Love Light Book Nooks
- * Offering these FREE Publication opportunities to all schools any age, or homeschool child/groups
- * Education of how to publish Living Love Light Books, Journals, and Creations to educators, care-givers, and children of all ages
- * Sharing the power of the quantum love aligned written word that ripples out infinitely a message of love and light
- * Sharing the GRATITUDE LIGHT THE WAY PROGRAM, power of heart and mind coherence gratitude journaling, and aligned breath-work practice for daily wellbeing and miracles
- * Acts of kindness and good deeds projects for the community
- * Sharing programs that facilitate an environment of living, laughing and loving in the spirit of love

**ALL CHILDREN ARE WELCOME TO THIS LIVING LOVE LIGHT PROJECT,
PLEASE REACH OUT SO WE CAN PUBLISH YOUR GENIUS FOR ALL TO**

RECEIVE YOUR GIFTS TO THE WORLD NOW

EMAIL US: livingLOVELightPRODUCTIONS@gmail.com

**LIVING
LOVE LIGHT
PRODUCTIONS**

Livinglovelightproductions.godaddysites.com

A child's drawing on a light-colored background. At the top, a rainbow is drawn with thick, colorful strokes of red, orange, yellow, green, blue, and purple. Below the rainbow, a large, simple face is drawn with a wide smile. Inside the face, there is a green, blocky figure with a smiling face and arms. The drawing is surrounded by various scribbles and colors, including red, blue, and purple. The text is overlaid on the drawing in pink and white boxes.

SOUL-u-tion for our world:

“I am so grateful that
everyone loves the world!”

Jojo 6 y.o.

A small white unicorn logo is positioned to the left of the text.

**LIVING
LOVE LIGHT
PRODUCTIONS**

Livinglovelightproductions.
godaddysites.com