



GRATITUDE & JOYFUL REMINDER JAR NOTES

REMINDER TO DO SOMETHING SO RELAXING ME FEEL AMAZING TODAY!	HEY GOOD LOOKING! YOUR INNER AND OUTER BEAUTY MAKES THE WORLD SO LOVELY!
I AM SO ABUNDANT EVEN THE UNIVERSE IS LIKE "YES, GET IT!"	I KNOW WHAT YOU ARE THINKING AND YOU ARE RIGHT, YOU ARE INCREDIBLE!
MY MAGIC MAKES EVERY- THING BETTER, FUNNIER, AND AWESOME!	I AM AN ADORABLE, INCREDIBLE HUMAN BEING WITH AMAZING TASTE AND STYLE!
I AM RAISING THE VIBE TO THE LEVEL OF, SECRET HAND CLAPS AND A PERSONAL DANCE	MY SMILE CHANGES EVERYONE'S LIFE THAT GETS TO SEE IT!
I AM LUCKY, CARING, HARD WORKING, AND SO INCREDIBLE!	I AM FUNNY, STRONG, INTELLIGENT, AND YOU SHOULD SEE ME DO MY SIGNATURE DANCE!
I AM MAKING EVERYDAY FEEL LIKE THE WEEKEND!	I AM IN JOY AND SO I CAN GIVE AND RECEIVE OPENLY AT ALL TIMES!
I CAN EASILY ACCESS ALL THE POSITIVE SOLUTIONS THAT MAKE MY DAY WONDERFUL!	MY LIFE IS WONDERFUL AND FULL OF LAUGHTER AND JOY!
ALL OF MY CHOSEN CONNECTIONS UNDERSTAND ME AND LOVINGLY SUPPORT ME!	I AM MAKING MY MOMENTS IN LIFE JOYFUL AND FULL OF CREATIVE SOLUTIONS!
MY GIFTS AND PURPOSE ARE PRESENT AND OPENING UP TO NEW AMAZING HEIGHTS!	WHEN I THINK OF A SUCCESSFUL, KIND, LOVING, TALENTED, AND WONDERFUL PERSON I LOOK IN THE MIRROR AND THERE THEY ARE!

GRATITUDE & JOYFUL REMINDERS

I REMIND MY BEAUTIFUL HEART THAT
IT IS KIND, LOVING AND RECEIVING JOY
ALL DAY LONG!

I AM GRATEFUL FOR MANY THINGS IN MY
LIFE THAT BRING ME JOY AND COMFORT.

IT IS NOT JOY THAT MAKES US
GRATEFUL; IT IS GRATITUDE THAT
MAKES US JOYFUL

I ATTRACT KINDNESS WITH MY
GIVING AND JOYFUL ACTIONS.

BEAUTIFUL AND EXCITING
BEGINNINGS POUR INTO MY LIFE!

I AM ETERNALLY GRATEFUL
FOR ALL OF THE BLESSINGS I
HAVE IN MY LIFE.

I AM GRATEFUL THAT THINGS
ALWAYS WORK OUT FOR MY BEST
INTEREST!

I AM OPEN TO RECEIVING JOYFUL
ABUNDANCE EVERYDAY!

I ALLOW MY CREATIVE ENERGY TO
FLOW FREELY AT ALL TIMES!

I AM THE ARCHITECT OF MY LIFE. I
BUILD ITS FOUNDATION AND THEN I
DECORATE IT WITH HOPE, HEALING,
JOY, LAUGHTER, & GRATITUDE!

I AM OPEN TO CONNECTING WITH
MY HIGHEST SELF EVERYDAY!

I AM A BEAUTIFUL, UNIQUE SOUL AND I
ACKNOWLEDGE THAT MY EXISTENCE AND
CONTRIBUTION ON THIS PLANET IS MAGIC!

IT IS MY GREATEST DESIRE TO LIVE
EACH AND EVERY DAY WITH
UNLIMITED GRATITUDE. & JOY!

I TRUST THAT WHAT'S MEANT
FOR ME, IS ALREADY MINE,

MY GRATITUDE ATTITUDE SHINES SO
BRIGHT THAT I AM WITNESSING THE
JOY AND BEAUTY THAT COMES BACK
TO ME!

I SINCERELY APPRECIATE ALL THE
HELP I RECEIVE FROM THE UNIVERSE,
ANCESTORS, AND THOSE WHO CROSS
MY PATH

I AM IN GRATITUDE FOR ALL THE
GOOD THINGS IN MY LIFE.

SELF-ACCEPTANCE, SELF-LOVE, AND
SELF-CARE ARE THE HABITS THAT I
CHOOSE TO IMPROVE ON DAILY!

POSITIVE AFFIRMATIONS

I ATTRACT ABUNDANCE, JOY, AND FORTUNE, EASILY	IDEAS OPEN UP TO ME ALL OF THE TIME AND I OPEN UP TO DOING THEM!
CREATIVITY FLOWS THROUGH ME TO CREATE THE AMAZING IDEAS FROM WITHIN ME AND INTO REALITY!	I BELIEVE IN MIRACLES, PEACE AND BEAUTIFUL DAILY OCCURRENCES OF BLESSINGS & JOY!
I AM PROTECTED FROM NEGATIVE ENERGY AND HAVE STRONG BOUNDARIES EVERYDAY!	I OPEN MYSELF UP TO RECEIVING THE LOVE AND SUPPORT I NEED AND WANT EVERYDAY!
THE LOVE I DESIRE FINDS ME AND SUPPORTS ME IN ALL FACETS OF MY LIFE!	TODAY I OPEN UP TO THE MIRACLES AND JOY THAT ARE PRESENTED TO YOU!
JOYFUL CIRCUMSTANCES, PEOPLE, AND MOMENTS ARE PRESENT IN MY LIFE DAILY!	I AM OPEN TO LEARNING A NEW PART OF MYSELF TODAY, THAT REVEALS MORE OF MY DESIRES!
I RECEIVE WHAT I WANT OR SOMETHING BETTER, ALL OF THE TIME!	WHAT POSITIVE THINGS I RECEIVE, HELPS ME CHANGE MY LIFE!
JOYFUL CIRCUMSTANCES COME TO ME EVERYDAY!	I FOLLOW THE FLOW OF THE UNIVERSE AND THAT LEADS ME TO MY DESIRED OUTCOME!
MY MAGICAL GIFTS OPEN ME UP TO PURSUE MY GOALS AND DREAMS!	I FEEL INSPIRED AND THINGS COME TOGETHER EASILY FOR ME!
TODAY I AM READY FOR ALL THE WONDERFUL OPPORTUNITIES TO LEARN SOMETHING NEW!	I UNDERSTAND WHAT I WANT AND I CONTINUE TO WORK ON IT WITH JOY!

LEARN APPRECIATION SAYINGS AROUND THE WORLD!

<i>Arabic</i> ŠUKRAN (THANK YOU) DAH KARAM MENNA (THAT'S VERY KIND OF YOU)	<i>Spanish</i> MUCHAS GRACIAS (THANK YOU VERY MUCH)
<i>Dutch</i> BEDANKT (THANKS) DANKJEWEL (THANK YOU) INFORMAL DANKUWEL (THANK YOU) FORMAL	<i>Russian</i> BLAGADARYU (THANK YOU) BOL'SHOYE SPASIBA (THANK YOU VERY MUCH)
<i>Turkish</i> TEŞEKKÜR EDERİM (THANK YOU) ÇOK TEŞEKKÜRLER (THANK YOU VERY MUCH)	<i>Portuguese</i> MUITO OBRIGADO (MALE) MUITO OBRIGADA (FEMALE) (THANK YOU VERY MUCH)
<i>Chinese</i> XIÈ XIÈ (THANK YOU) DUO XIÈ (THANKS A LOT)	<i>Hawaiian</i> MAHAIO (THANK YOU) MAHAIO NUI LOA (THANK YOU VERY MUCH)
<i>Thai</i> [KHAWP KHUN] (THANK YOU) [KHAWP JAI] (THANKS)	<i>Swahili</i> ASANTE (THANK YOU) ASANTE SANA (THANKS A LOT)
<i>Japanese</i> ARIGATOU GOZAIMASU (THANK YOU) DOUMO ARIGATOU (THANK YOU KINDLY)	<i>French</i> MERCI BEAUCOUP (THANK YOU VERY MUCH) MERCI MILLE FOIS (THANKS SO MUCH)
<i>Hindi</i> DHUN-YUH-VAAD (THANK YOU) BAHUT DHUN-YUH-VAAD (THANK YOU VERY MUCH)	<i>Greek</i> S' EFHARISTÓ! (THANK YOU LESS FORMAL) SAS EFHARISTÓ! (THANK YOU (PLURAL FORMAL))
<i>Italian</i> GRAZIE MILLE / GRAZIE INFINITE (THANK YOU VERY MUCH) MOLTE GRAZIE (MANY THANKS)	<i>Maori</i> TĒNĀ KOE (THANK YOU) TĒNĀ RAWA ATU KOE (THANK YOU VERY MUCH)
<i>Filipino</i> SALAMAT SA-IAH-MAT (THANK YOU) NAPAKABUTI NINYO (THAT'S VERY KIND OF YOU)	<i>German</i> DANKESCHÖN (THANK YOU KINDLY) DANKE SEHR (THANK YOU VERY MUCH)