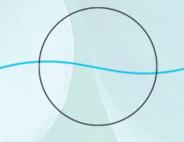
FREE 7 - DAY GRATITUDE

Instructions:

- Print out this 7-day journal.
- Every morning, write down three things you're grateful for in the designated space.
- At the end of the day, revisit your list and reflect on the positive impact these things have had on your day.



INSIDE OUT GUIDANCE

GRATHUDE Day 1 *



MORNING REFLECT	ION 🔅
EVENING REFLECTION	ON 🌛
	<u> </u>
HAVING THESE THINGS M	IEAN I CAN

"GRATITUDE TURNS WHAT WE HAVE INTO ENOUGH." – UNKNOWN





MORNING REFLECTION 🌣
EVENING REFLECTION 3
HAVING THESE THINGS MEAN I CAN

"JOY IS THE SIMPLEST FORM OF GRATITUDE." – KARL BARTH





"GRATITUDE IS THE HEALTHIEST OF ALL HUMAN EMOTIONS." – ZIG ZIGLAR

GRATHUDE Day 4 *



	MORNING REFLECTION *
	EVENING REFLECTION 🌛
HAV	ING THESE THINGS MEAN I CAN

"BE THANKFUL FOR WHAT YOU HAVE; YOU'LL END UP HAVING MORE." –
OPRAH WINFREY





MORNING REFLECTION 🔅
EVENING REFLECTION 3
HAVING THESE THINGS MEAN I CAN

"GRATITUDE MAKES SENSE OF OUR PAST, BRINGS PEACE FOR TODAY,
AND CREATES A VISION FOR TOMORROW." – MELODY BEATTIE





MORNING REFLECTION :
EVENING REFLECTION 🜛
HAVING THESE THINGS MEAN I CAN

"THE ROOT OF JOY IS GRATEFULNESS." – DAVID STEINDL-RAST





	MORNING REFLECTION 🌣
	EVENING DEELECTION
	EVENING REFLECTION 🤌
	AVINO TUECE TUINOS MEAN LOAN
П	AVING THESE THINGS MEAN I CAN

"GRATITUDE IS A POWERFUL CATALYST FOR HAPPINESS." – AMY COLLETTE