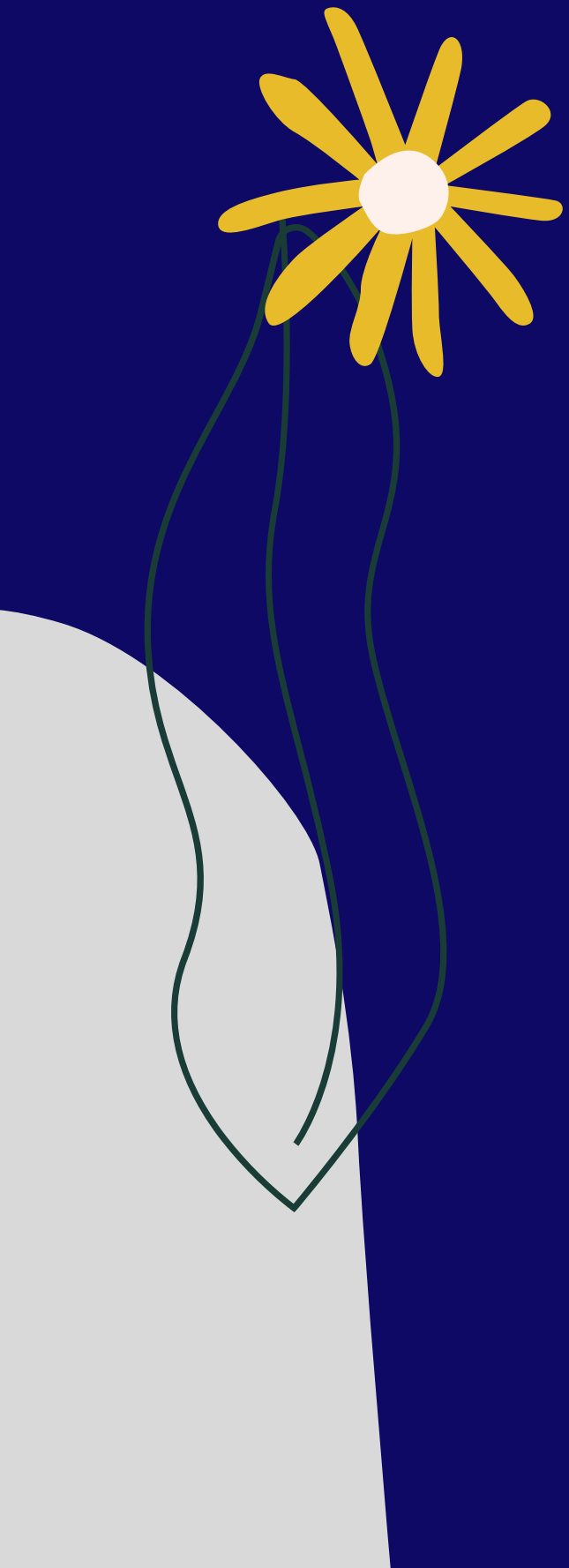




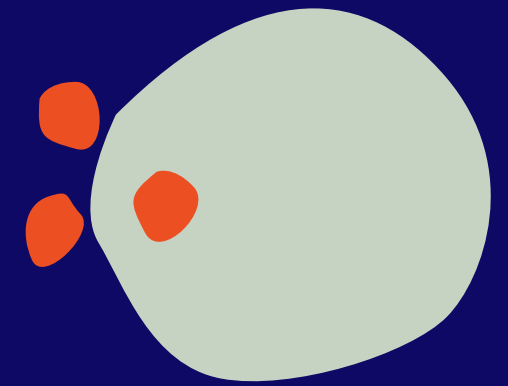
GRATITUDE JOURNALING

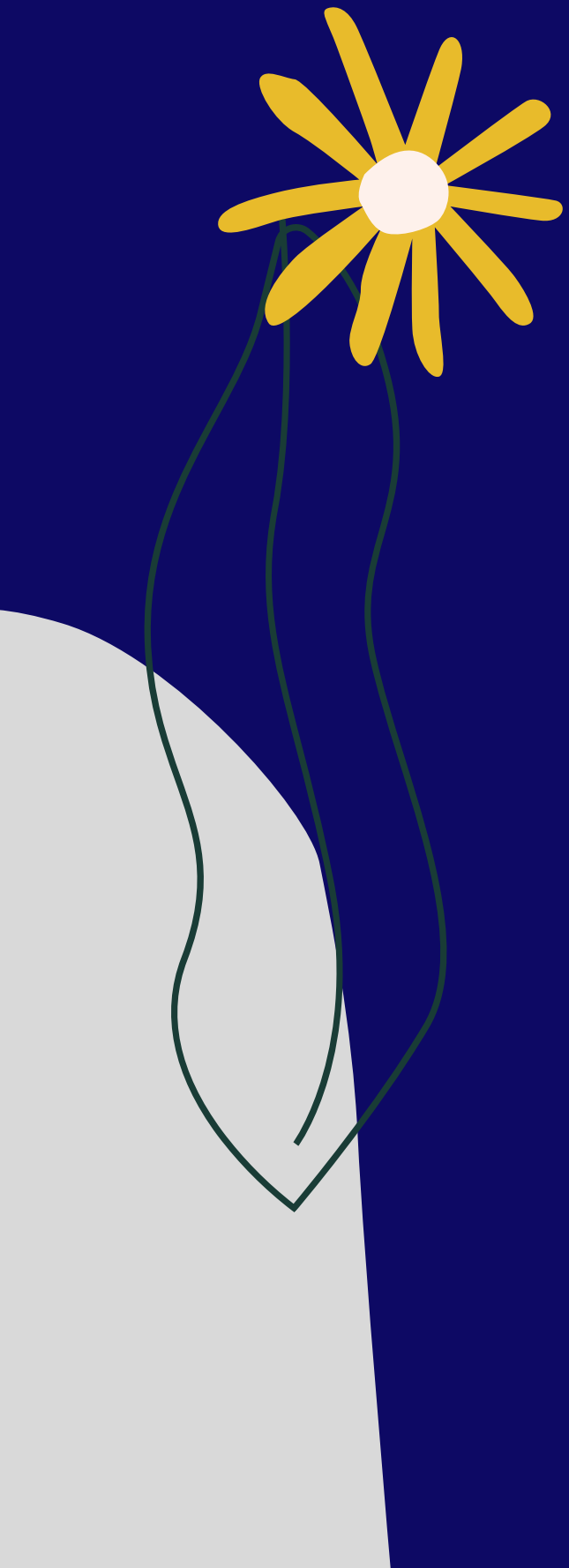
An everyday joyful and mindful practice!



Meditation

When you slow down, you become more mindful of your surroundings.





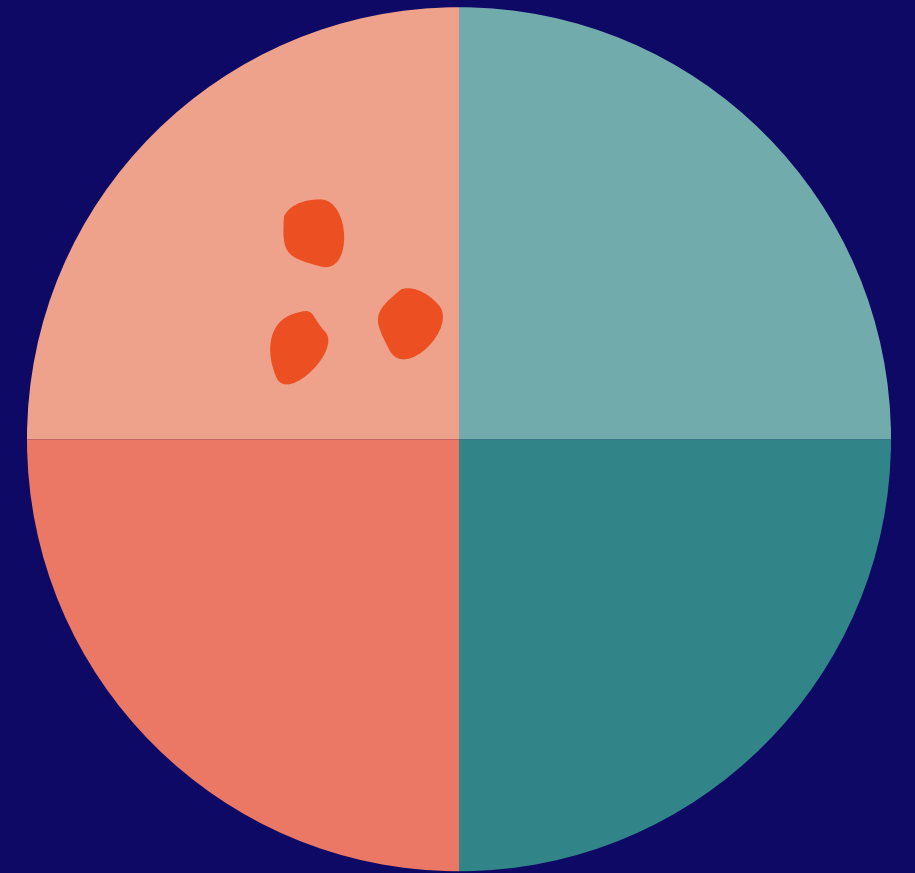
MATERIALS REQUIRED

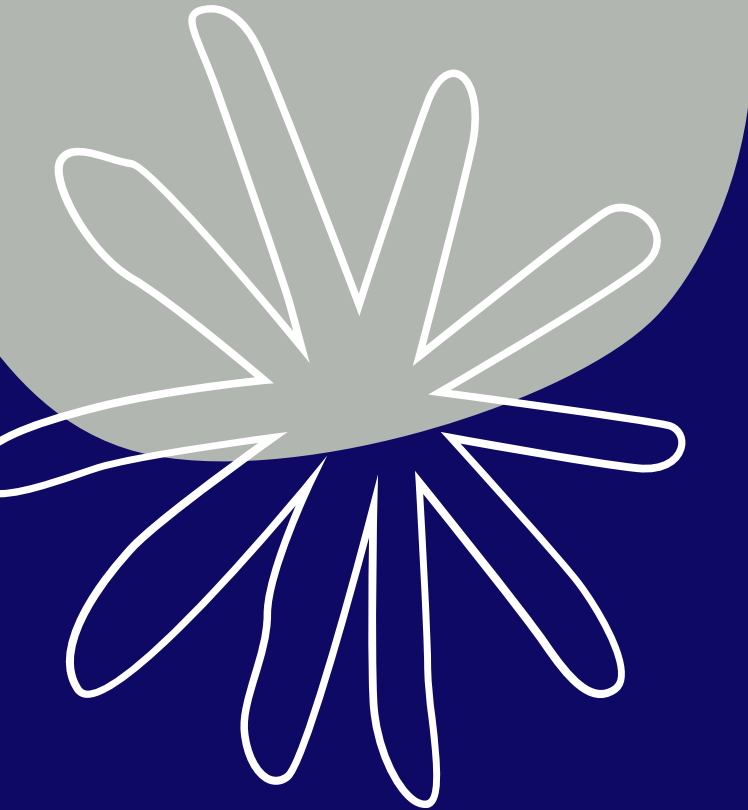
Sketch book / Notebook

Pens / Pencils

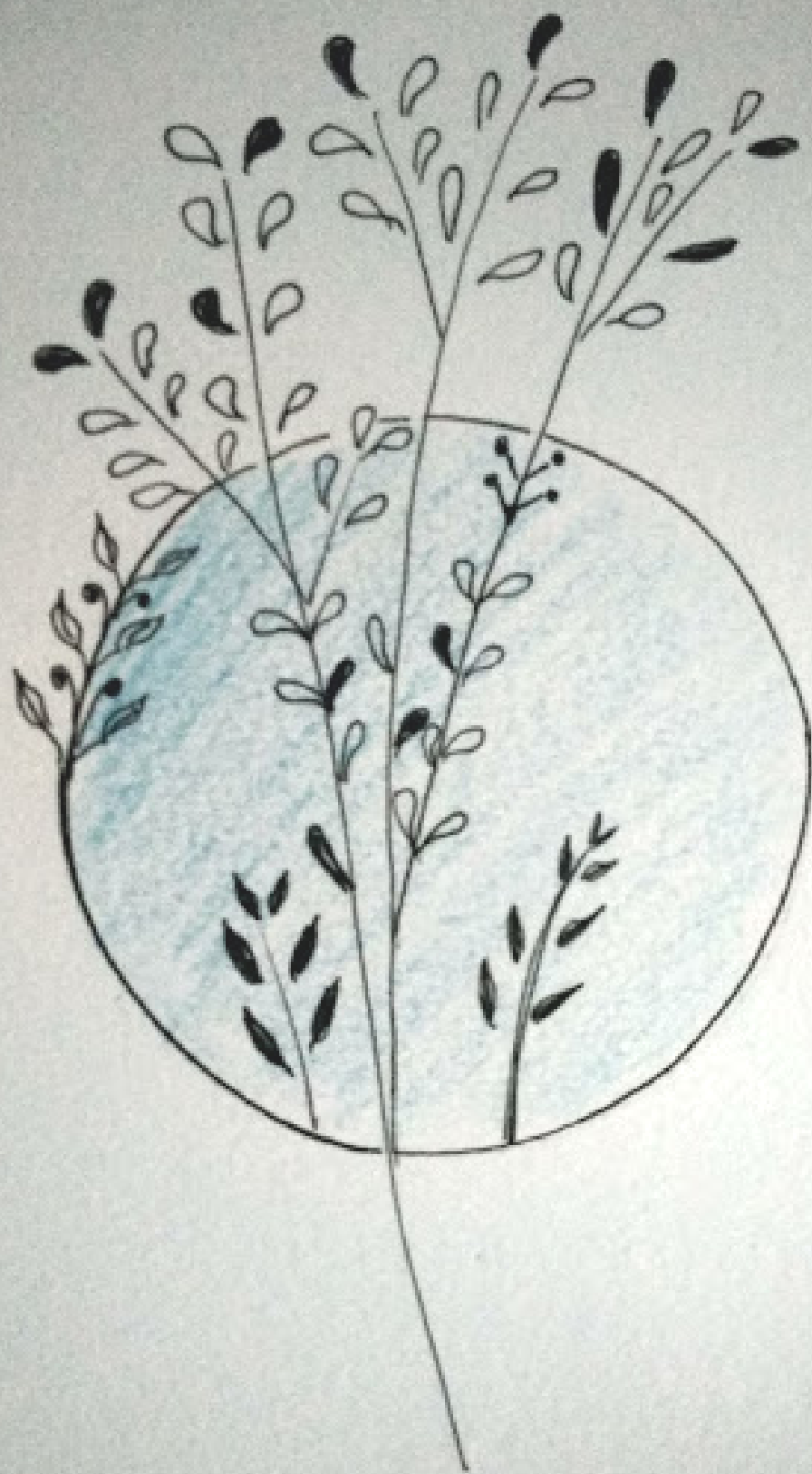
Color pens/paints

Handouts for Reference





Cover Page



New beginnings.



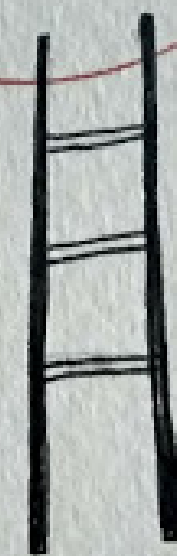
CLIMB

RISE

Be who

you love

to be.....



Support

Care

Connect

Learn

Enjoy

Guide

Create

Pray

Rest

Rewind

What do

YOU

Choose?



Word Play

CHOOSE FIVE



APPRECIATE

JOY

RESPECT

SERENE

KIND

PLEASANT

COMPLIMENT

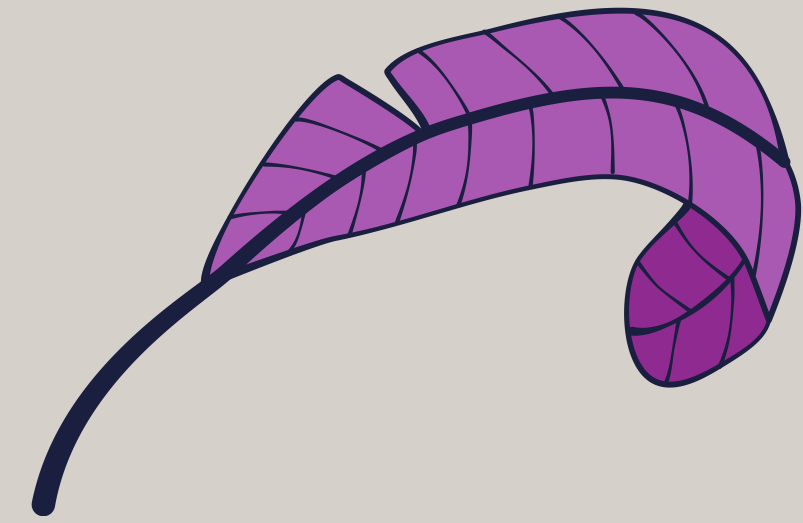
GRACE

BEAUTY

WONDER

HARMONY

NOBLE



GENEROUS

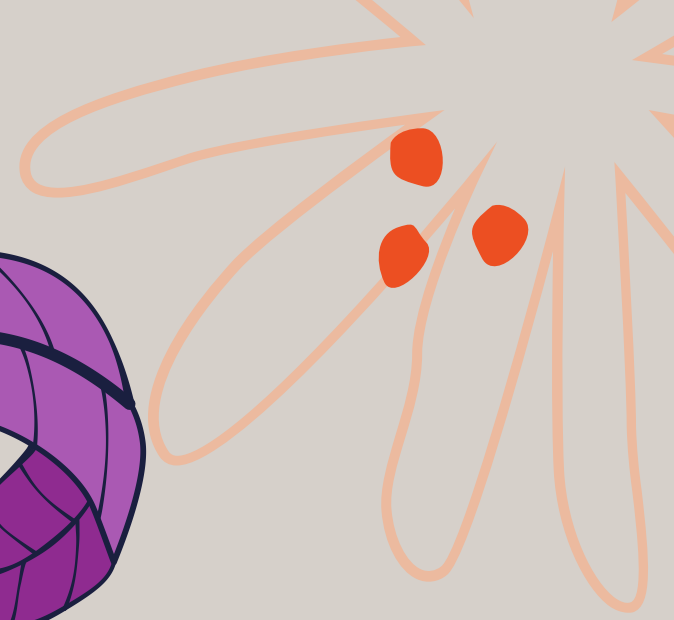
RISE

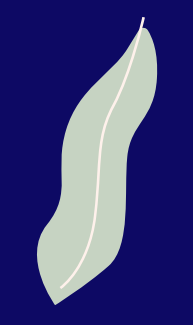
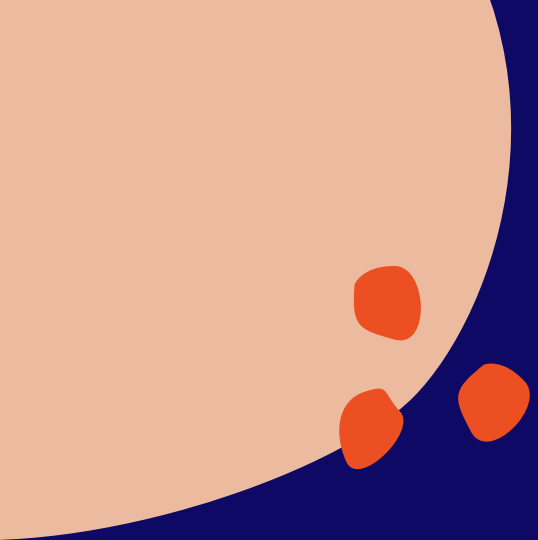
THRIVE

JOURNEY

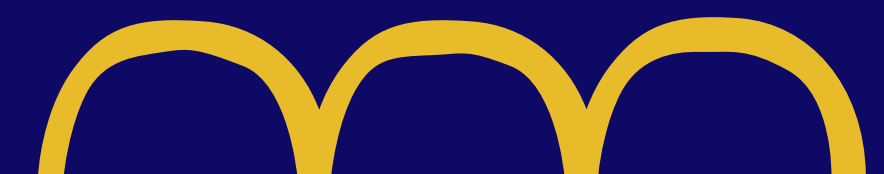
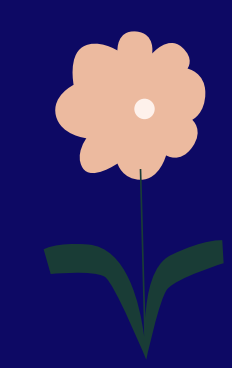
GOODNESS

PEACE





DESIGN AND EXPRESS



And so the day began

Birds chirping

the sky turning into a
lovely shade of
orange and gold
the gentle breeze
wafting through
the

windows

the
flower
buds

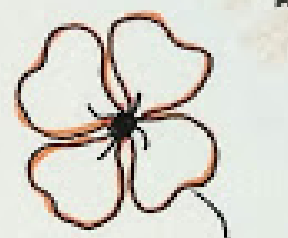
waiting to
bloom

RISE

The beautiful
smiles that
greet you

Make you grateful
for all the blessings
in your life

As you RISE in the
morning and wonder
how the day shall
unfold and what magical
moments the day shall hold!



Peace

Beauty

Gratitude
invites
all other
good
guests

Serenity

Laughter

Appreciation

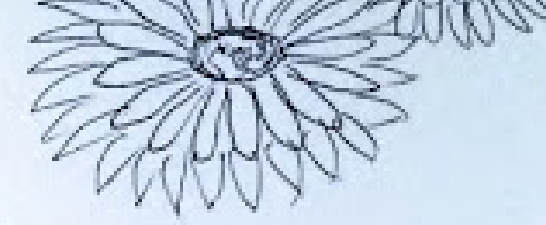
Reverence for Life

Happiness



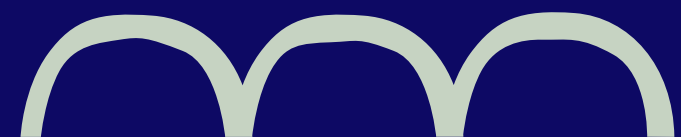
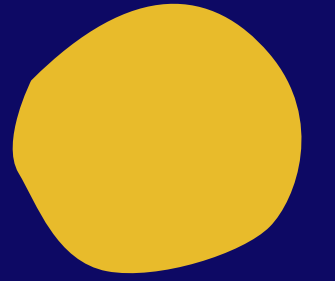
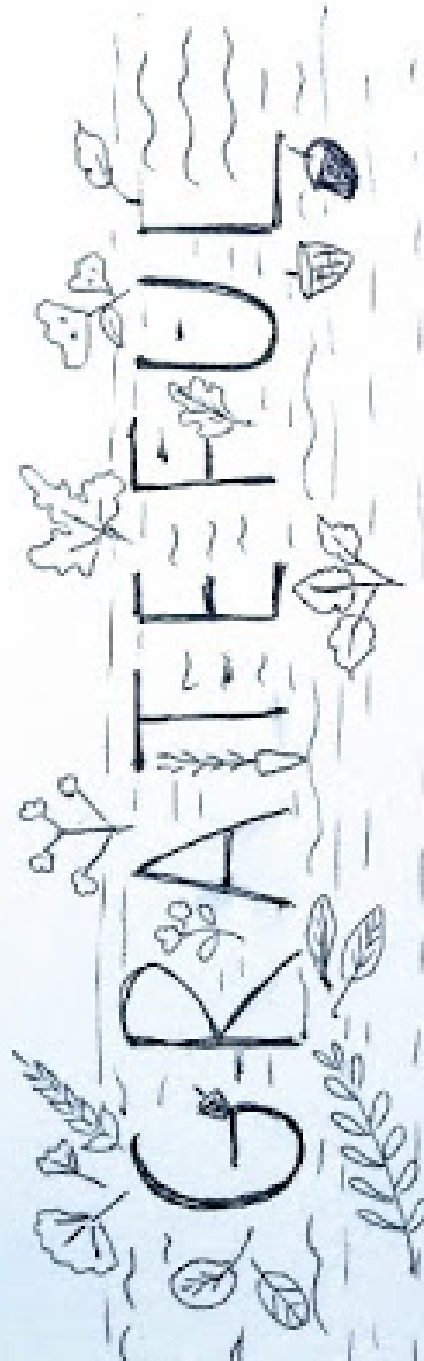
Gratitude for Life

Grateful for all
the support I receive.



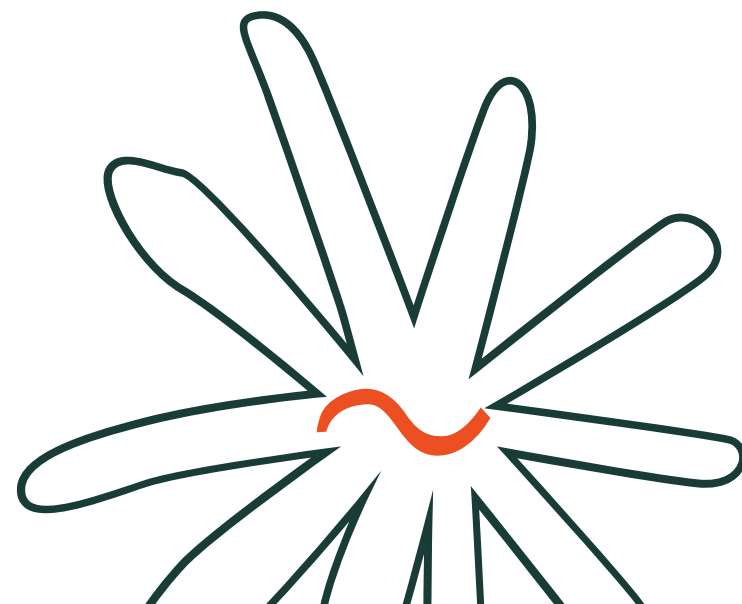
Grateful for all the
support I didn't receive
for that helped me
discover a path
that was my own.

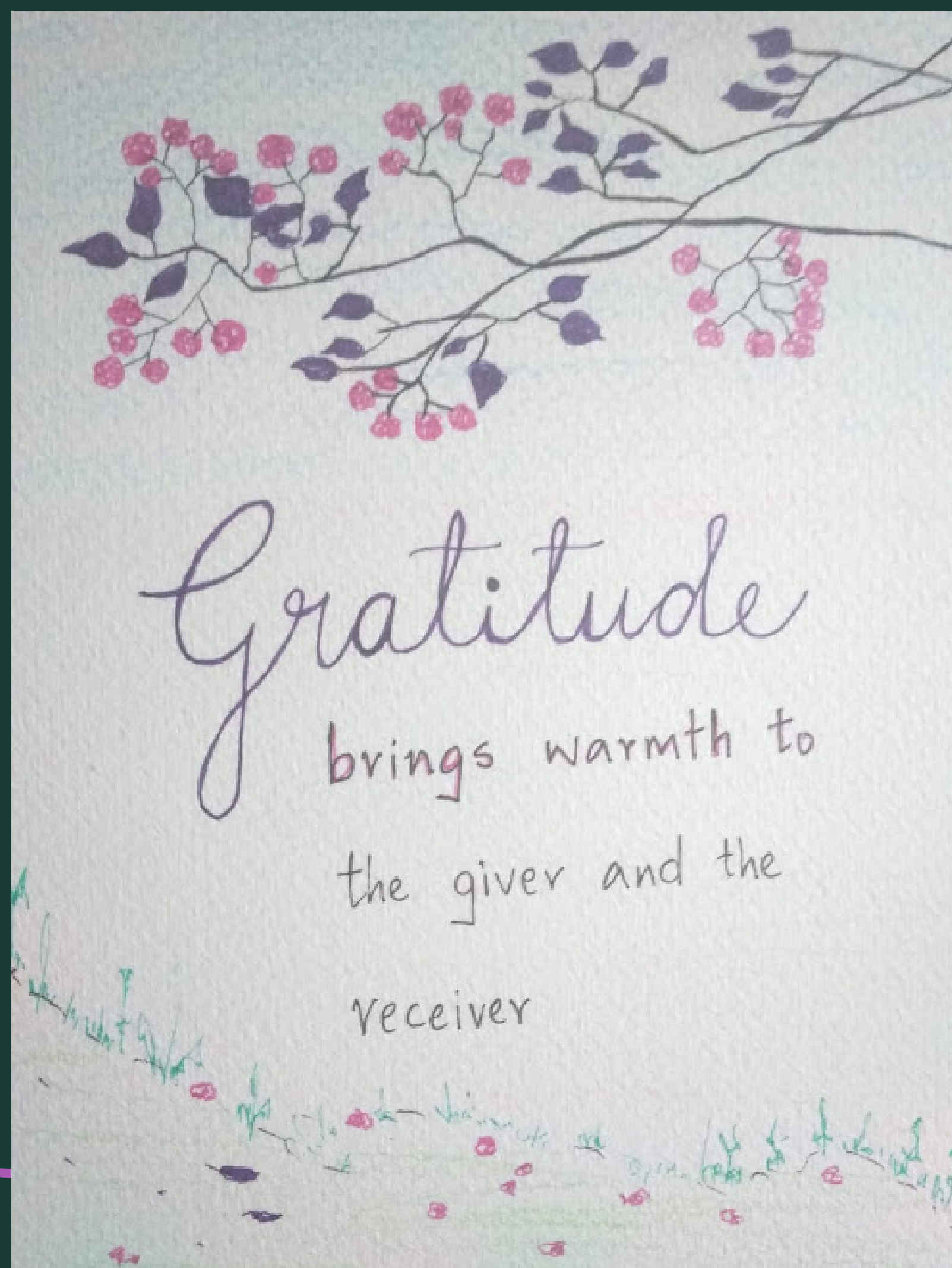
Grateful for all the
pleasant memories.
Grateful for the not so
pleasant memories
for they remind me
to be as nice as I
can be to whoever I
see !!





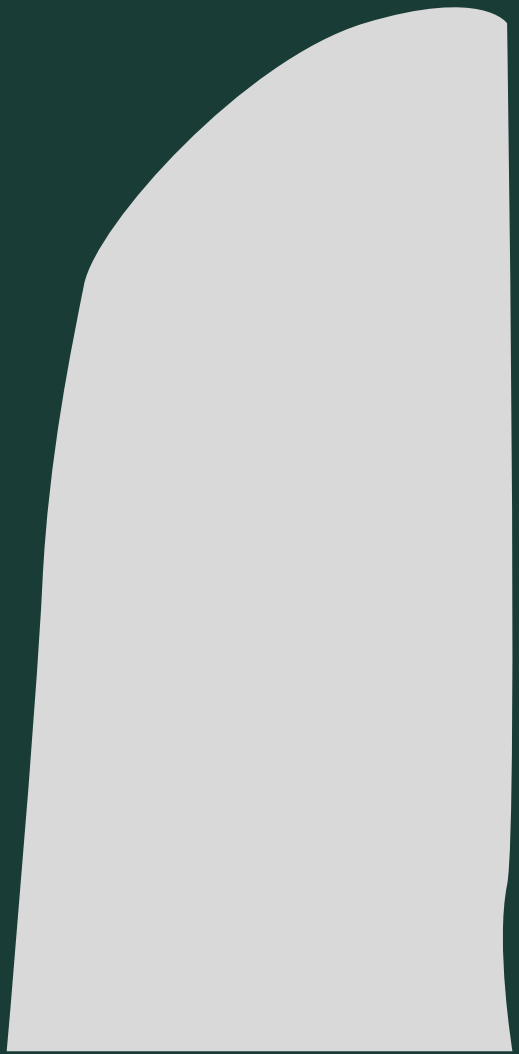
Be Present
Be the Present





Give with
Gratitude

Receive with
Grace



A GIFT

just for you

Mahalo!!



Contact details : journaljotting@gmail.com