



Gratitude Journal



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The act of giving thanks can transform the way you experience obstacles, conflict, and the world around you.

There are many scientifically proven benefits of gratitude:

- Improves your physical health
- Enhances your mental health and clarity
- Reduces your risk of depression
- Improves your self-esteem and confidence
- Boosts your quality of sleep
- Increases your sense of empathy
- Strengthens your relationships
- And much more...

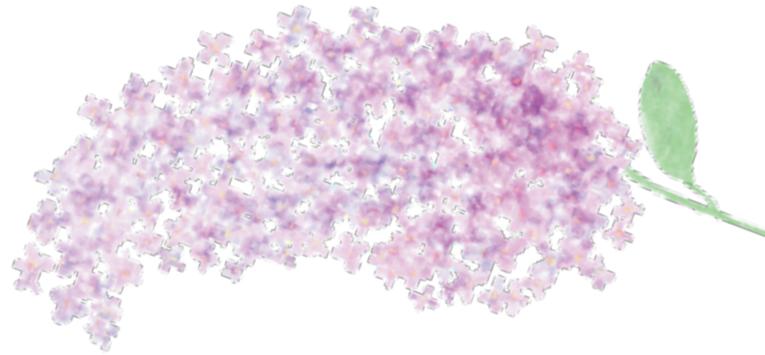
Embracing gratitude is an important *daily* exercise that will help you grow in love, joy, and peace.

The best part?

You can enjoy the lasting benefits of thankfulness in just 3 minutes a day.

As you go through this journal, allow the gratitude prompts to guide your thoughts as you evaluate your day.

There's no need to share your answers with anyone, so I encourage you to keep your responses raw and honest.



“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

- Melody Beattie





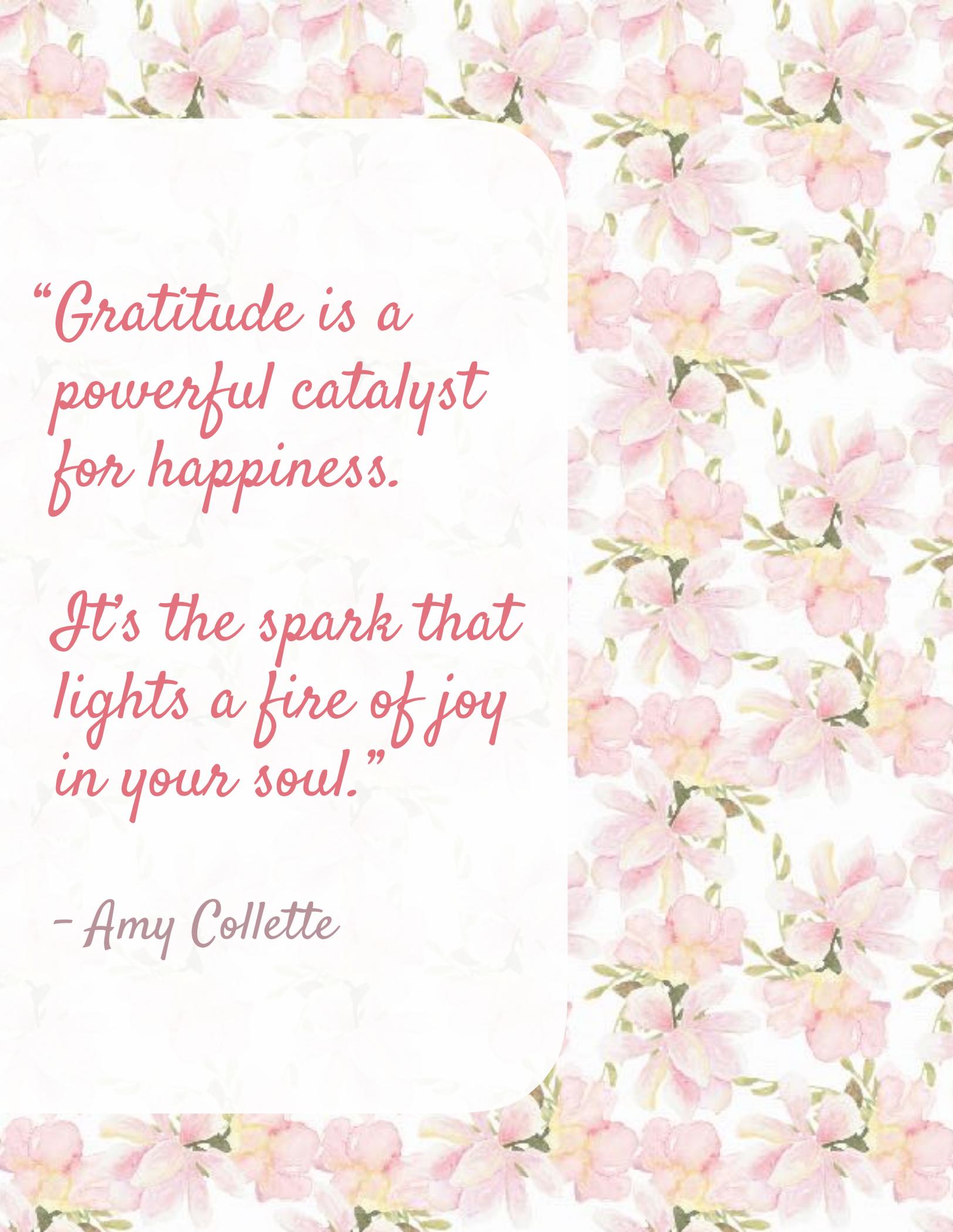
*“Gratitude is the fairest
blossom which springs
from the soul.”*

- Henry Ward Beecher

*“The root of joy
is gratefulness.”*

- David Steindl-Rast

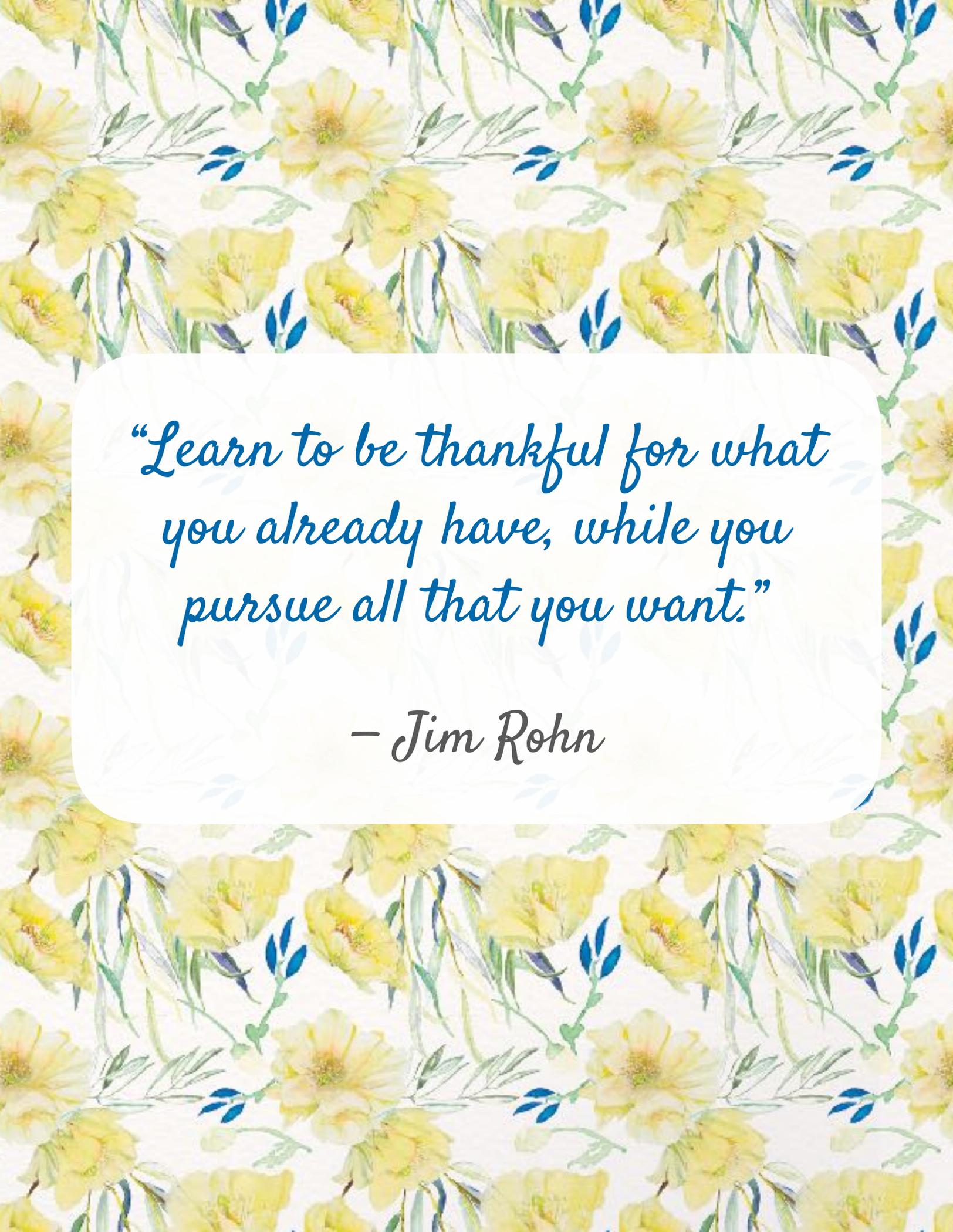


The background of the image is a repeating pattern of pink cherry blossoms with yellow centers and green leaves, set against a light cream color. The pattern is dense and covers the entire page.

*“Gratitude is a
powerful catalyst
for happiness.”*

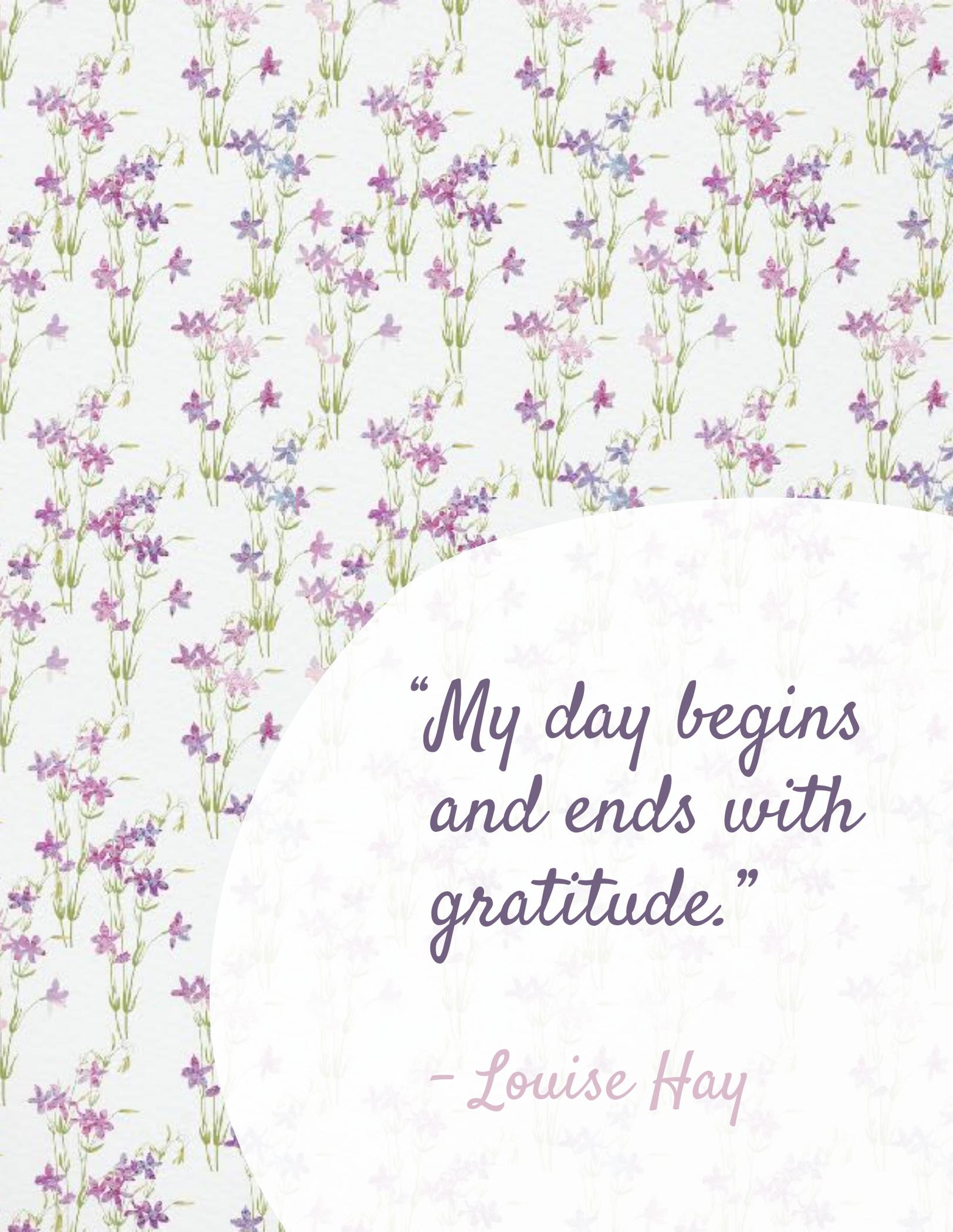
*It's the spark that
lights a fire of joy
in your soul.”*

- Amy Collette



*“Learn to be thankful for what
you already have, while you
pursue all that you want.”*

– Jim Rohn



*“My day begins
and ends with
gratitude.”*

- Louise Hay

“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.”

- Marcel Proust







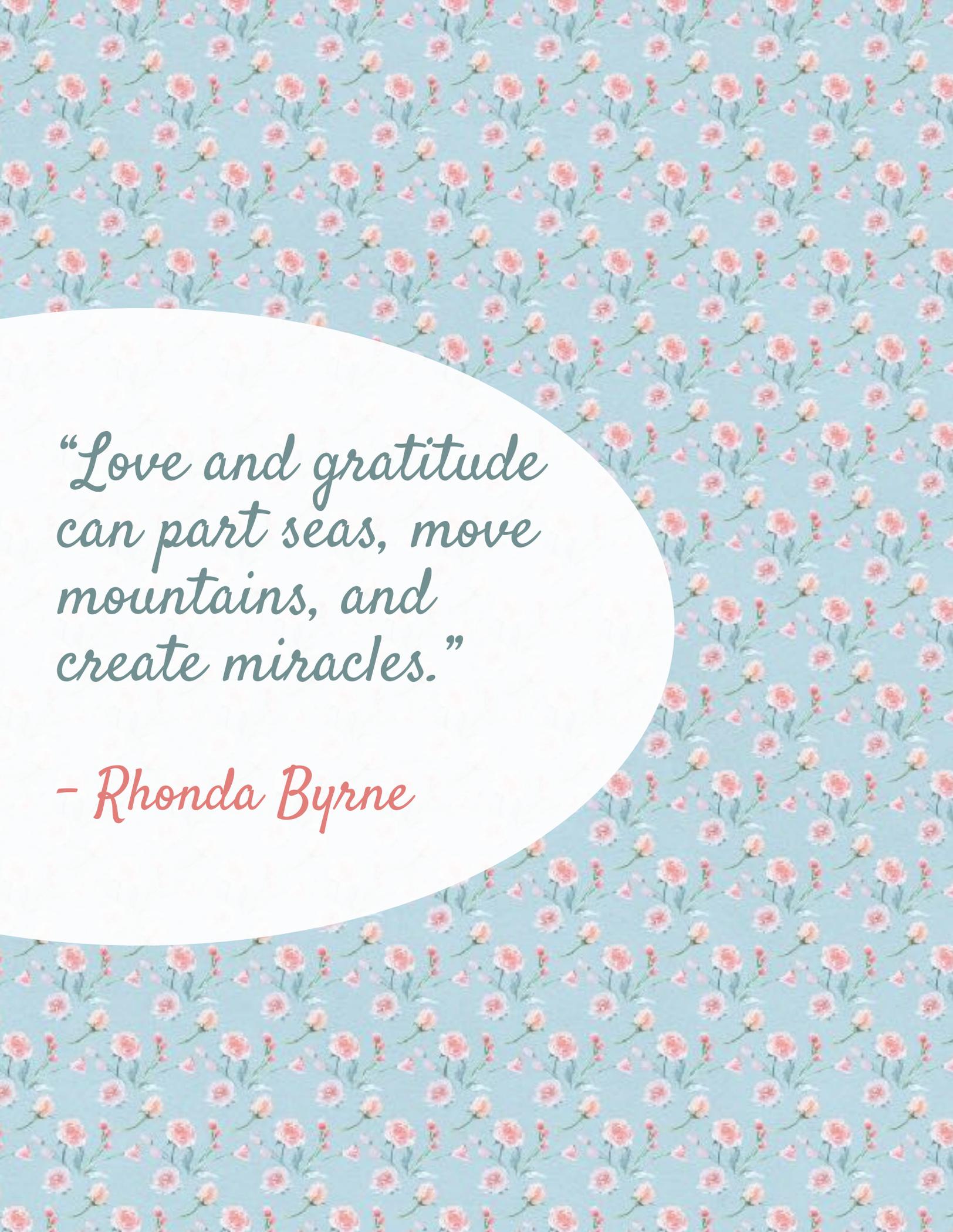
*True forgiveness is
when you can say,
“Thank you for
that experience.”*

- Oprah Winfrey



*“Gratitude is riches.
Complaint is poverty.”*

- Doris Day



*“Love and gratitude
can part seas, move
mountains, and
create miracles.”*

- Rhonda Byrne

