



# Gratitude Journal



Alison Quackenbush

ALL RIGHTS RESERVED. No part of this report may be modified or altered in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without express written, dated and signed permission from the author.

AFFILIATE DISCLAIMER. The short, direct, non-legal version is this: Some of the links in this report may be affiliate links which means that I earn money if you choose to buy from that vendor at some point in the near future. I do not choose which products and services to promote based upon which pay me the most, I choose based upon my decision of which I would recommend to a dear friend. You will never pay more for an item by clicking through my affiliate link, and, in fact, may pay less since I negotiate special offers for my readers that are not available elsewhere.

DISCLAIMER AND/OR LEGAL NOTICES: The information presented herein represents the view of the author as of the date of publication. Because of the rate with which conditions change, the author reserves the right to alter and update his opinion based on the new conditions. The report is for informational purposes only. While every attempt has been made to verify the information provided in this report, neither the author nor his affiliates/partners assume any responsibility for errors, inaccuracies or omissions. Any slights of people or organizations are unintentional. If advice concerning legal or related matters is needed, the services of a fully qualified professional should be sought. This report is not intended for use as a source of legal or accounting advice. You should be aware of any laws which govern business transactions or other business practices in your country and state. Any reference to any person or business whether living or dead is purely coincidental.

Copyright ©



# Gratitude Journal

**T**he 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...

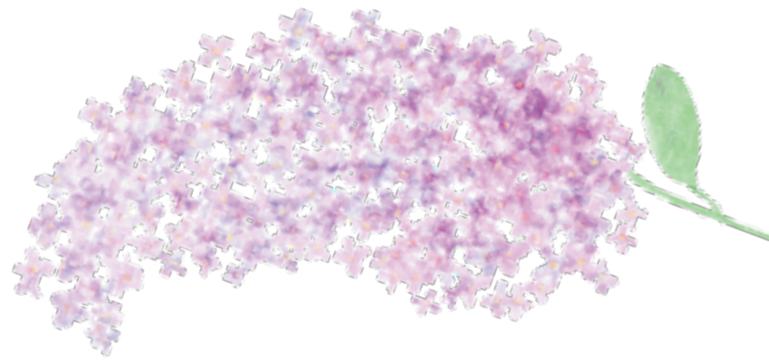
Embracing gratitude is an important *daily* exercise that will help you grow in love, joy, and peace.

*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 entire image is a dense, repeating pattern of pink cherry blossoms with yellow centers and green leaves. A large, white, rounded rectangular box is positioned on the left side, containing the text.

*“Gratitude is a  
powerful catalyst  
for happiness.*

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

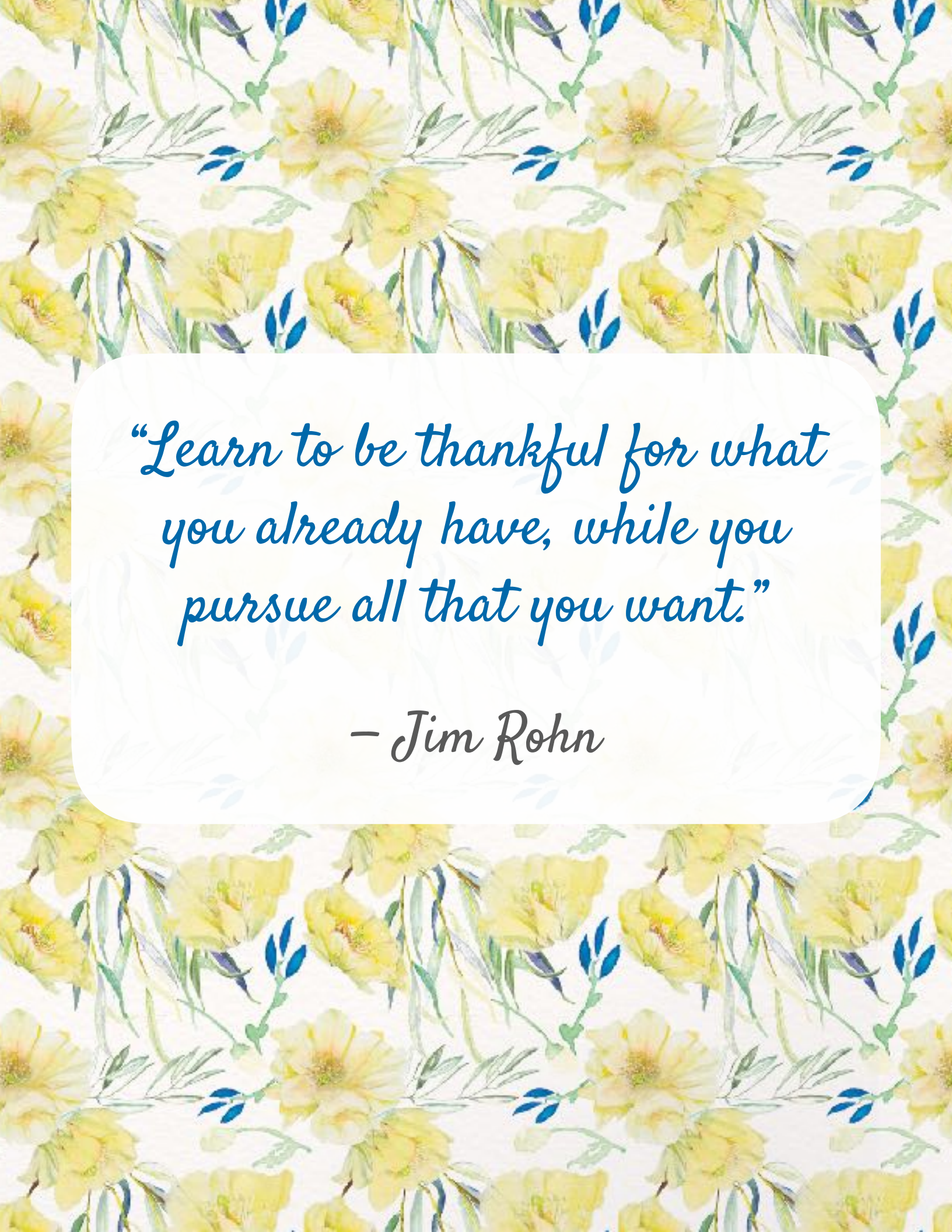
*- Amy Collette*











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

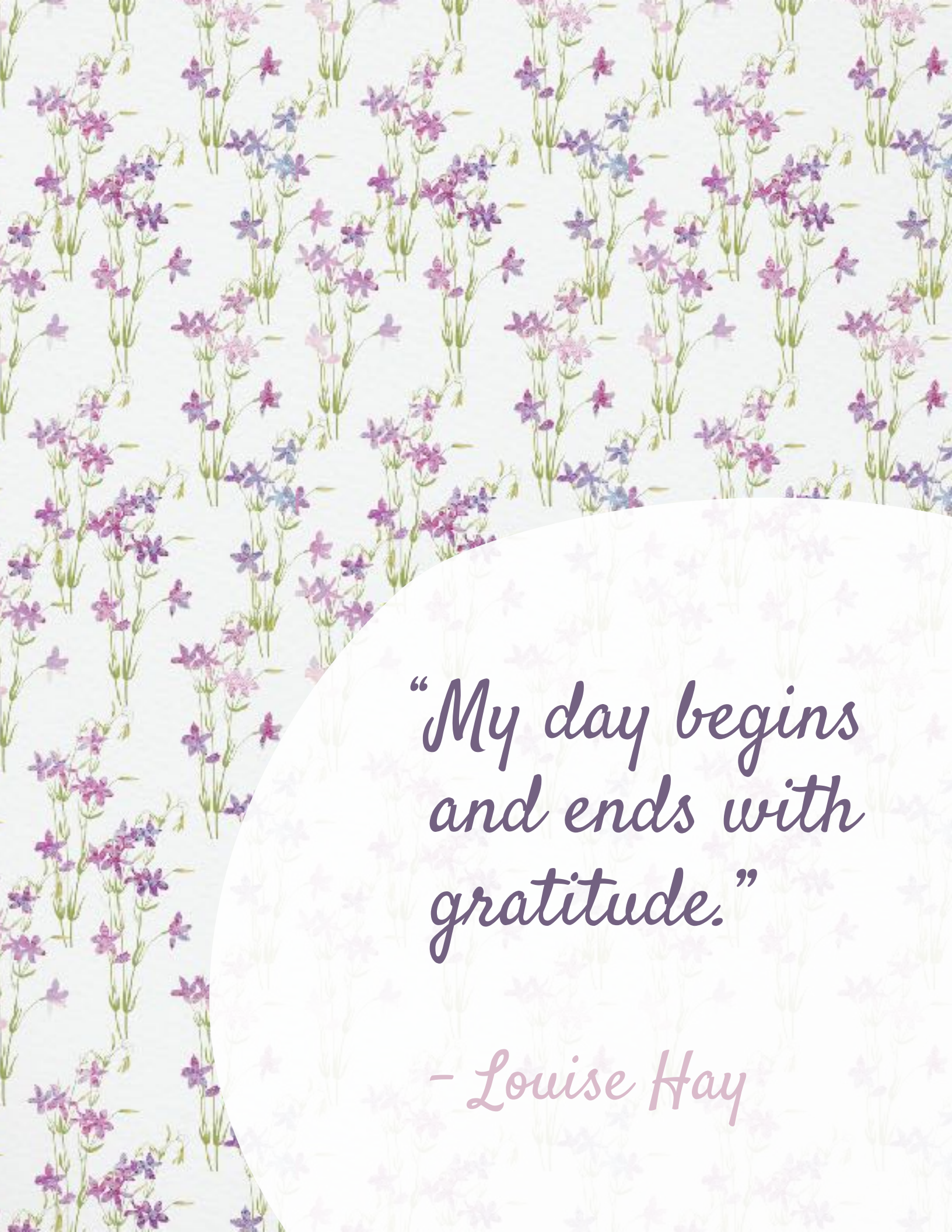
*– Jim Rohn*











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

*- Louise Hay*





*What is your favorite holiday?  
Why? How do you usually  
celebrate that holiday?*





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

*- Marcel Proust*









---

---

---

---



---

---

---


---









The background of the entire image is a repeating pattern of small, delicate flowers in shades of pink, orange, and purple, interspersed with green leaves and stems. The pattern is dense and covers the entire area.

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

*- Oprah Winfrey*











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

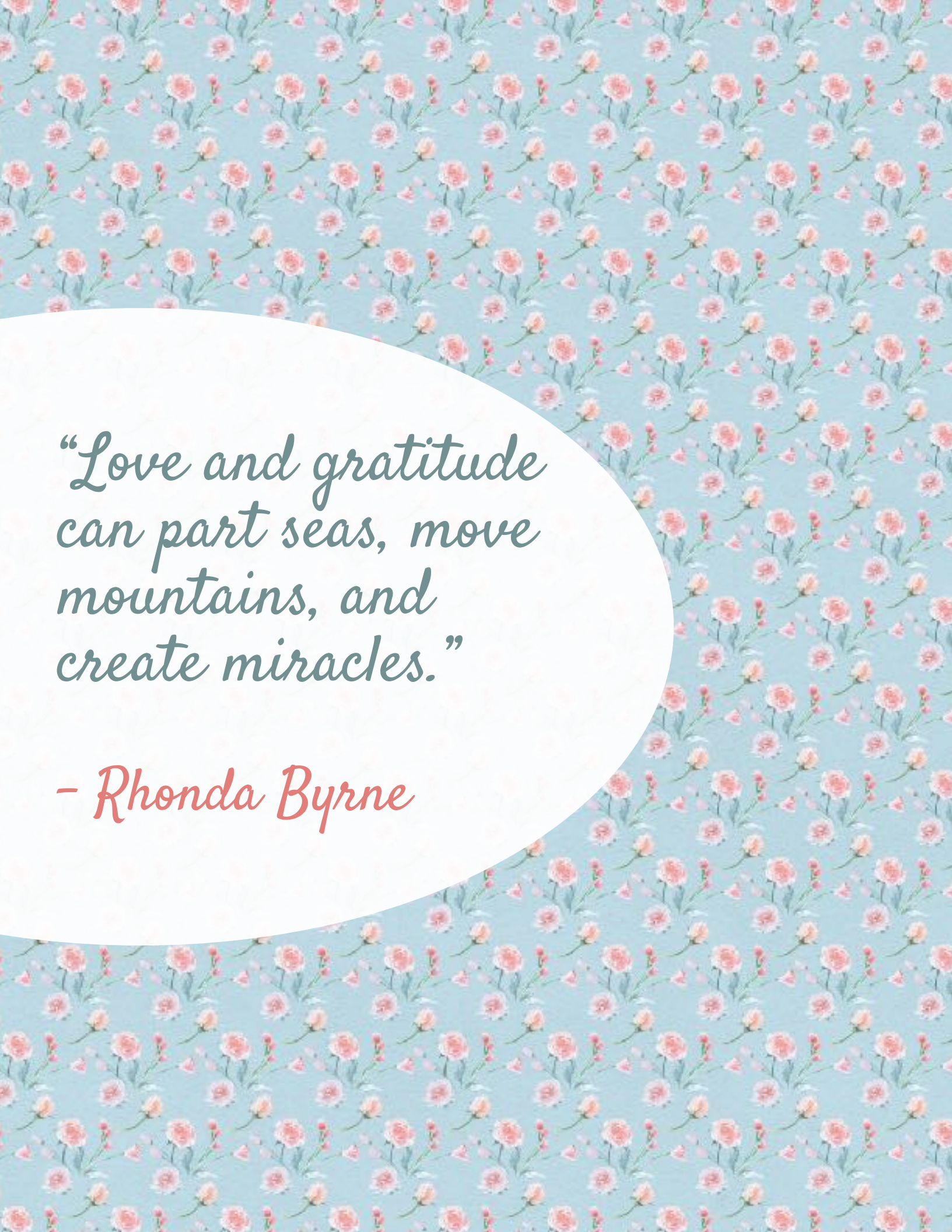
*– Doris Day*











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

*– Rhonda Byrne*









