

Thank You



GRATITUDE JOURNAL



THIS JOURNAL
BELONGS TO

NAME

WELCOME *to your* *Gratitude* JOURNAL

What we appreciate, appreciates

Gratitude is a powerful force that can transform our lives in profound ways. It is a lens through which we can view the world with a heart full of appreciation for the beauty surrounding us daily.

By taking time each day to reflect on the things, people, and experiences you're grateful for, you'll not only cultivate a more positive outlook but also develop a heightened awareness of the abundance in your life.

THE WONDERS OF GRATITUDE

Notice - Savor - Express

This gratitude journal is your sacred space to embrace the practice of gratitude daily. It is a pause to help you connect to the present moment, notice all the good around you, savor in that moment, and express that abundance and good feeling on paper.

Gratitude improves well-being by boosting dopamine and serotonin. Our feel-good hormones. :)

Notice everything, the air, the leaves on the trees, the water running from the faucet, the pen you are holding, the cute dog, the smile on someone's face...

Gratitude is a key to unlocking joy, contentment, and a deeper connection to yourself and the world around you.

Let this journal be your daily companion in nurturing the spirit of thankfulness and savoring the moments that make life extraordinary.

"When you are grateful,
fear disappears,
and abundance appears."
- Tony Robbins

"Gratitude is a powerful catalyst for happiness. It's the spark that lights a fire of joy in your soul."

- Amy Collette

GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT
ON THE THINGS YOU'RE THANKFUL FOR

TODAY, I'M GRATEFUL FOR

1

2

3

THINGS THAT MADE ME SMILE TODAY







DOODLE SPACE

MOOD



Daily Affirmation

NOTES



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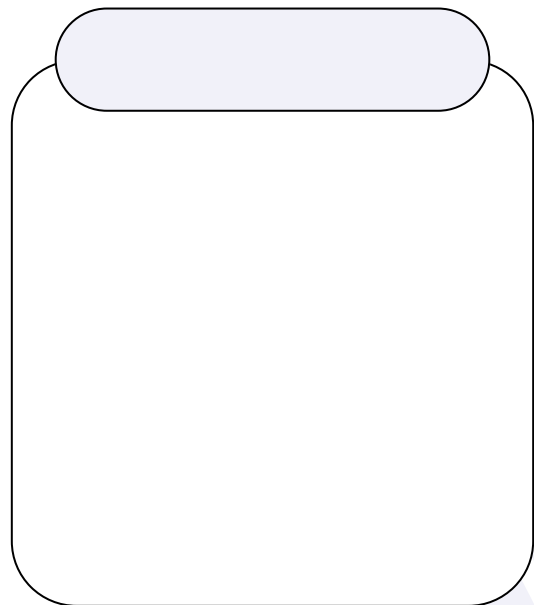
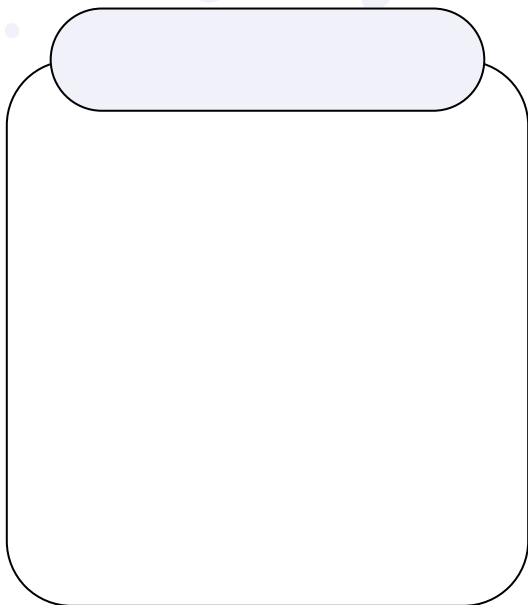
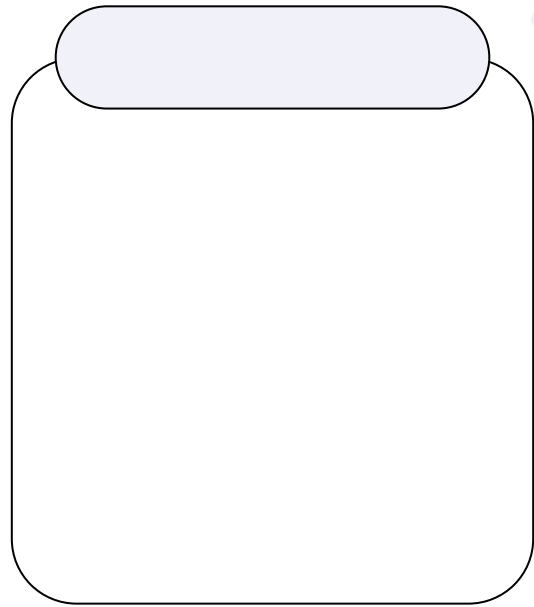
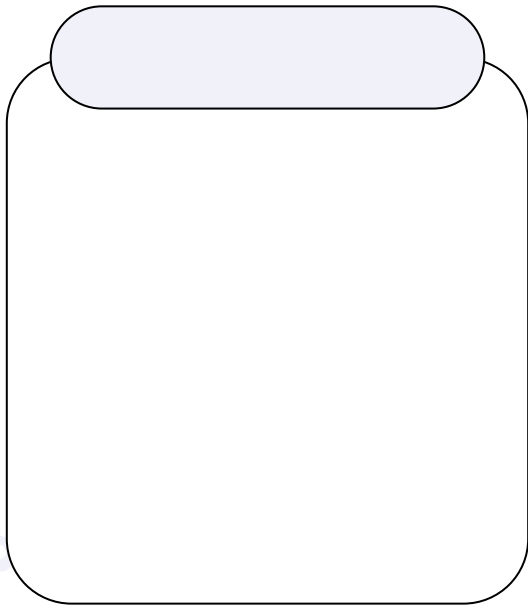


WEEKLY GRATITUDE REVIEW

Write in the spaces below a note of gratitude to the Universe

GRATEFUL FOR

— DRAW OR WRITE YOUR FAVORITE THINGS BELOW —



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- Amy Collette

Favorite Moments of the week

Week of _____

MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	