

Gratitude Journal



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

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

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

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*

Make a list of the blessings
in your life that you may
have taken for granted.

*My day begins
and ends with
gratitude.”
- Louise Hay*

[illegible]

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

- Marcel Proust

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the page.

*Today, I am
grateful for...*

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

- Oprah Winfrey

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

– Doris Day

[illegible]

[illegible]

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

- Rhonda Byrne

[illegible]

[illegible]

Need help finding gratitude?

I am available for 1-on-1 coaching to
help you CHANGE YOUR MINDSET
and CHANGE YOUR LIFE.....



whether it is:

- personal growth
- career
- relationships
- finance
- health & nutrition
- fitness & physical wellbeing
- emotional wellbeing

@lighter.step.justine

