



# 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

**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...

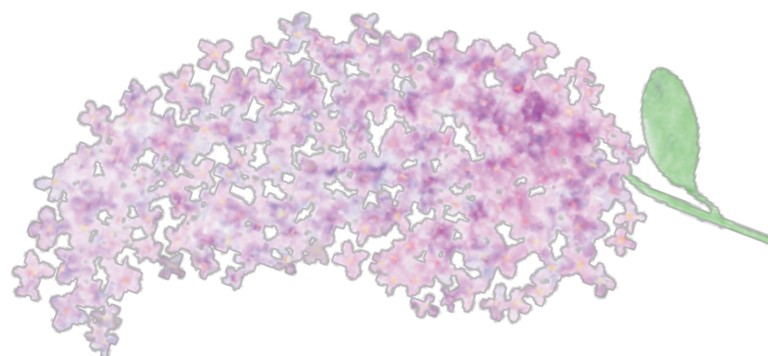
Embracing gratitude is an important *daily* exercise that will help you grow in love, joy, and peace.

*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.



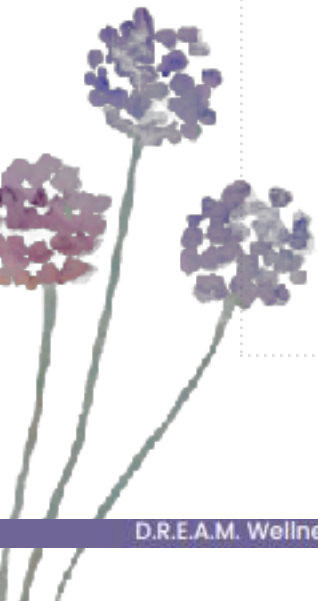
*“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”*


*- Melody Beattie*



*What do you love most about  
your life right now?*

A large, empty rectangular area defined by a dotted line, intended for writing a response to the question above.



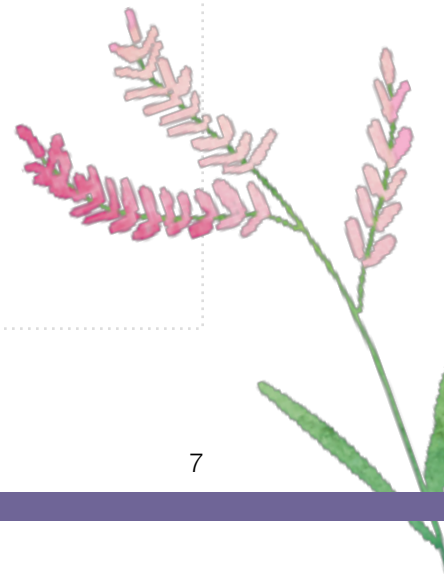


*“Gratitude is the fairest  
blossom which springs  
from the soul.”*

*- Henry Ward Beecher*

*Where is your favorite place to be and what makes it special?*

A large, empty rectangular box with a dotted border, intended for writing an answer to the question above.



*What are you really  
passionate about? Why?*





*“The root of joy  
is gratefulness.”*

*- David Steindl-Rast*



*What activities make  
you happy? Why?*

A large, empty rectangular area defined by a dotted border, intended for writing answers to the question above.



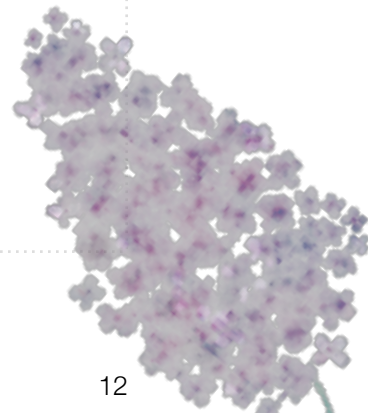
*What makes you feel excited  
about your future?*

A large, empty rectangular area defined by a dotted line, intended for writing an answer to the question above.



*What luxury do you feel  
lucky to have access to?*

A large, empty rectangular box with a dotted border, intended for writing an answer to the question above.



The background of the entire image is a repeating pattern of pink cherry blossoms with green leaves. The blossoms are in various stages of bloom, with some showing yellow centers. The overall tone is soft and romantic.

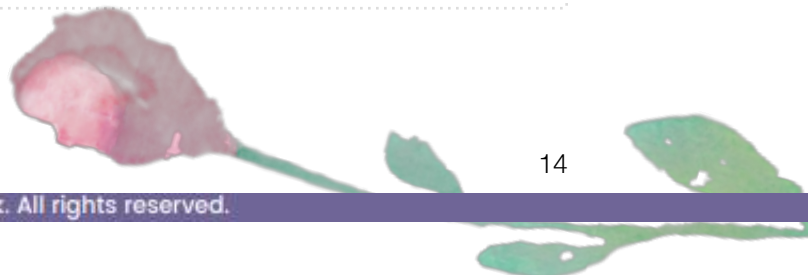
*“Gratitude is a  
powerful catalyst  
for happiness.”*

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

*- Amy Collette*

*What was the most enjoyable thing  
that happened to you today?*

A large, empty rectangular box with a dotted border, intended for writing a response to the question above.



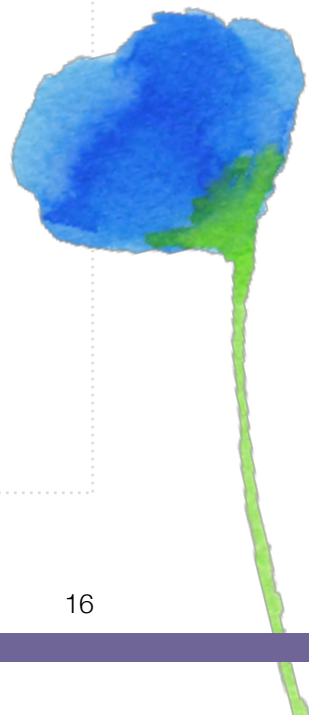
*What recent event wasn't enjoyable, but you found a silver lining to it?*

A large rectangular area defined by a dotted line, intended for writing a response to the question above.

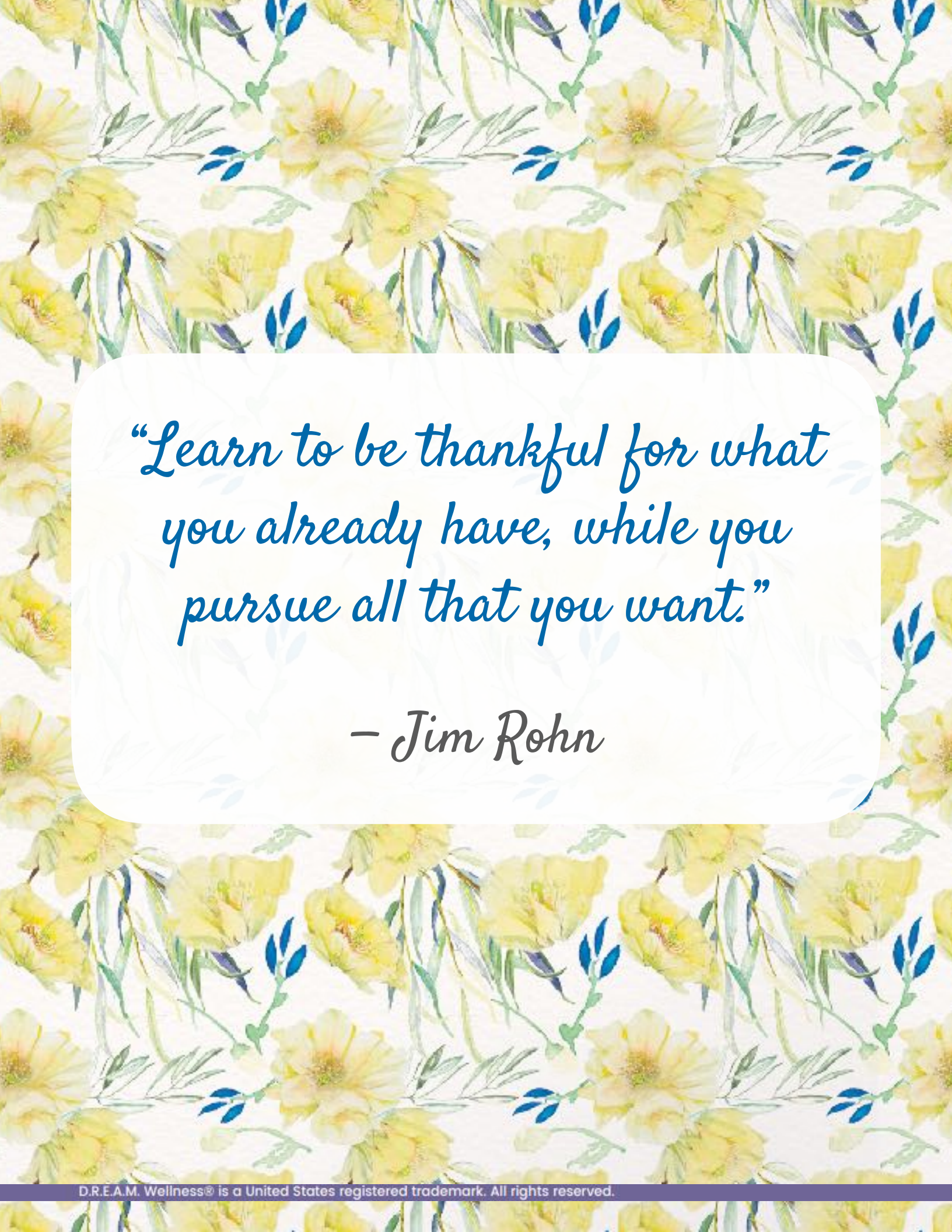


*Who is your best friend? Why?  
How do you feel when  
you're around them?*

A large, empty rectangular box with a dotted border, intended for writing an answer to the questions above.







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

*– Jim Rohn*

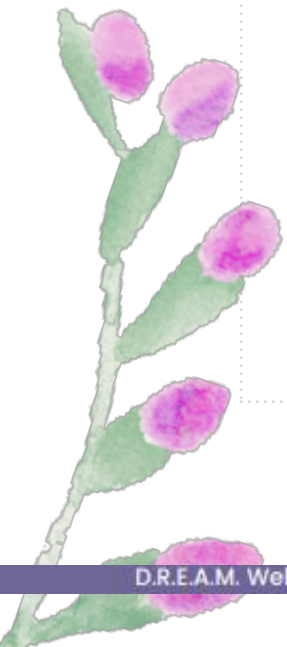
*Look out your window.  
What do you see that you  
feel thankful for?*

A large rectangular area defined by a dotted line, intended for writing a response to the prompt above.



*Who do you feel thankful  
for at work? Why?*

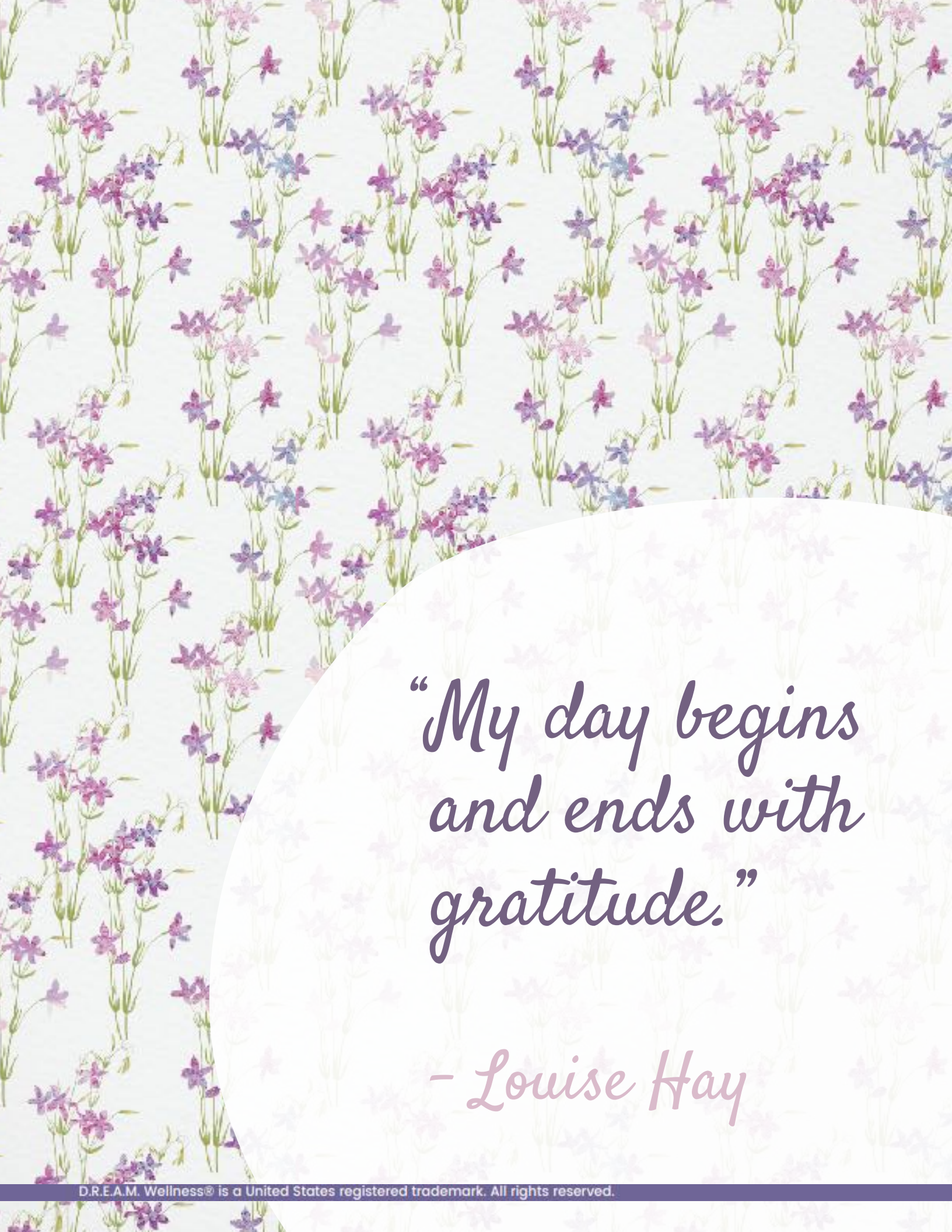
A large, empty rectangular area defined by a dotted line, intended for writing a response to the question above.



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

A large rectangular area defined by a dotted line, intended for writing a list of blessings.





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

*- Louise Hay*

*Think back to an event in your childhood that you can be grateful for today. Were you grateful for the event at the time?*

A large, empty rectangular area defined by a dotted line, intended for writing a response to the prompt above.



*Who was your best childhood friend? How did they make your life better?*

A large, empty rectangular box with a dotted border, intended for writing a response to the question above.



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

A large rectangular area defined by a dotted line, intended for writing the response to the questions above.





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

*- Marcel Proust*



*Close your eyes. Take a deep breath.  
Listen to the sounds around you. What  
are you grateful for in this moment?*

A large rectangular area defined by a dotted line, intended for writing a response to the prompt above.



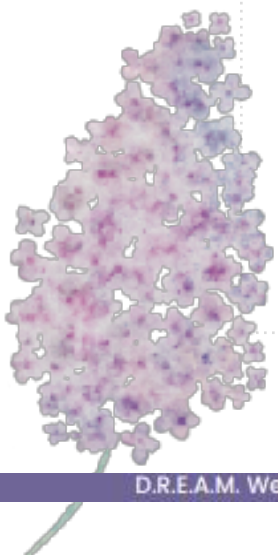
*What has made you  
giggle today?*

A large, empty rectangular area defined by a dotted line, intended for writing a response to the question above.



*What are three things you  
love to do with your friends  
and family? Why?*

A large, empty rectangular area defined by a dotted line, intended for writing answers to the question above.



---

---



---

---

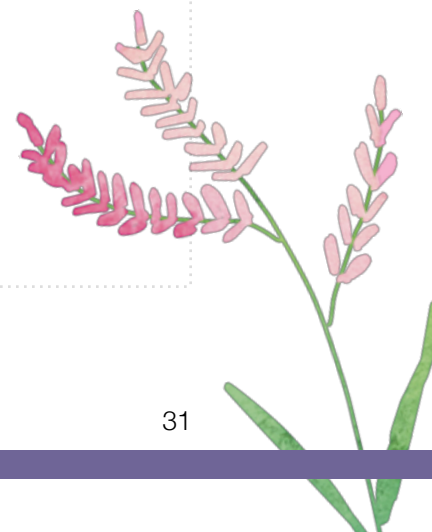
*What do you love most  
about the person in your life  
that is closest to you?*

A large, empty rectangular area defined by a dotted line, intended for writing an answer to the question above.



*How does nature make  
your life better?*

A large, empty rectangular box with a dotted border, intended for a user to write their response to the question above.




*How does your favorite  
music make you feel?*

A large, empty rectangular area defined by a dotted line, intended for a user to write their response to the question above.







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

*- Oprah Winfrey*

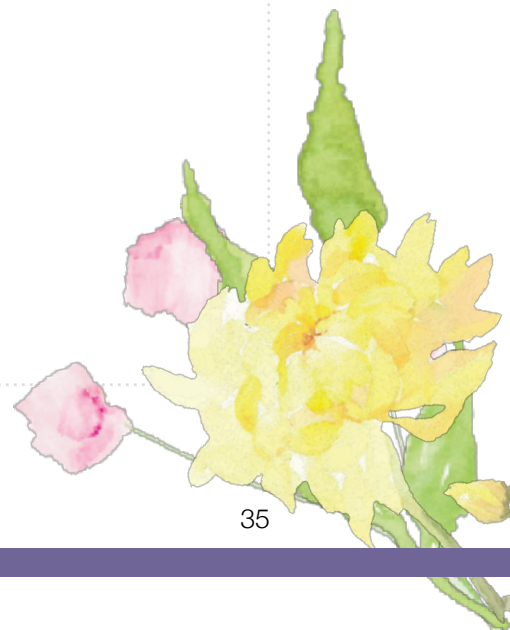
*What activity do you  
find most relaxing?*

A large, empty rectangular area defined by a dotted line, intended for writing an answer to the question above.



*What do you like most  
about your body?*

A large, empty rectangular area defined by a dotted line, intended for writing an answer to the question above.



*What is your most unique characteristic? How can you show gratitude for your uniqueness?*

A large, empty rectangular box with a dotted border, intended for writing a response to the question above.





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

*- Doris Day*

*What is the funniest thing  
that happened to you lately?  
How did that make you feel?*

A large rectangular area defined by a dotted line, intended for writing a response to the questions above.



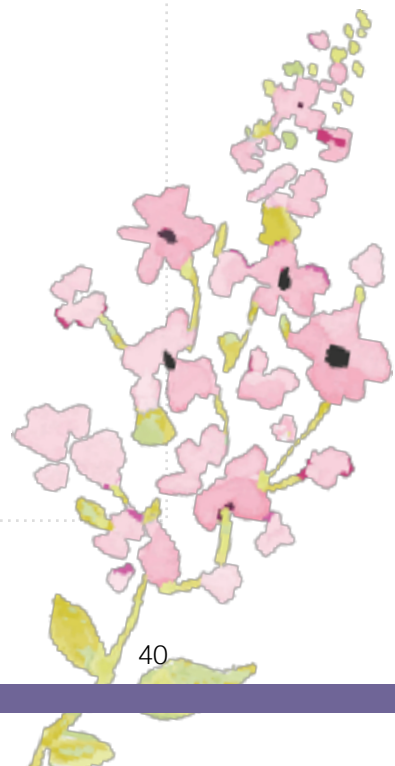
*What part of your daily routines  
do you like the most? Why?*

A large rectangular area defined by a dotted line, intended for writing an answer to the question above.

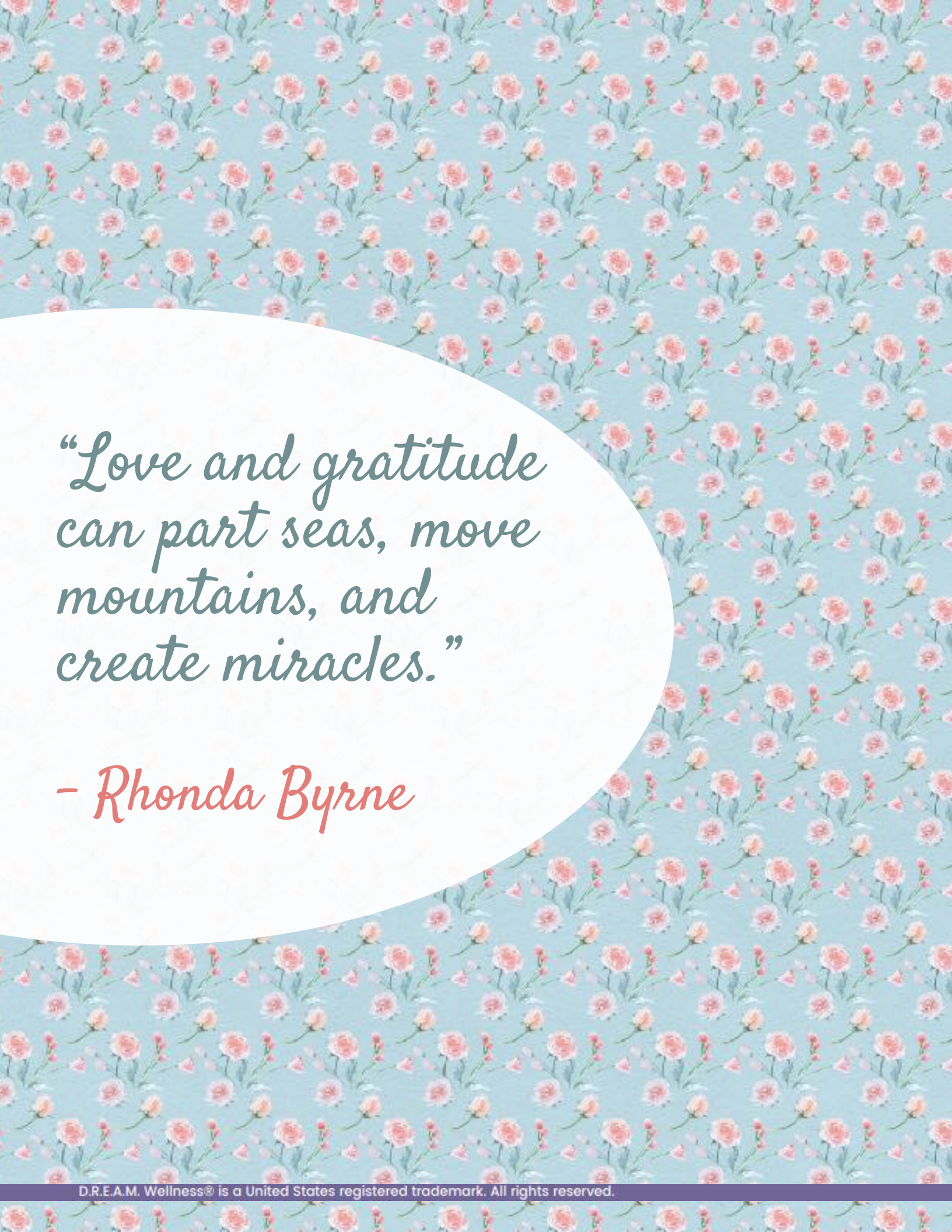


*What do you enjoy most  
about the weekend?*

A large rectangular area defined by a dotted line, intended for writing an answer to the question above.





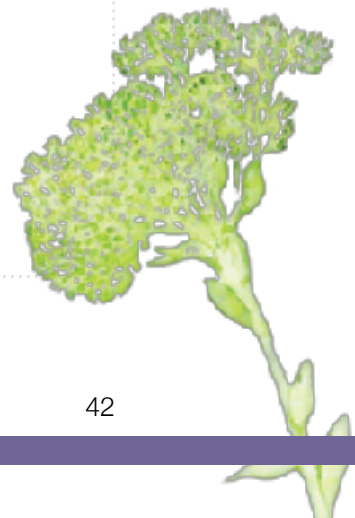


*“Love and gratitude  
can part seas, move  
mountains, and  
create miracles.”*

*- Rhonda Byrne*

*What is the best thing that has happened to you in the last year?  
What made it so awesome?*

A large, empty rectangular area defined by a dotted line, intended for writing a response to the questions above.



*Did you have anything to eat today? How can you show your gratitude for the food you ate?*

A large, empty rectangular area with a dotted border, intended for writing a response to the question above.



*What teacher or coach are  
you thankful for? Why?*

A large, empty rectangular area defined by a dotted line, intended for writing a response to the question above.



