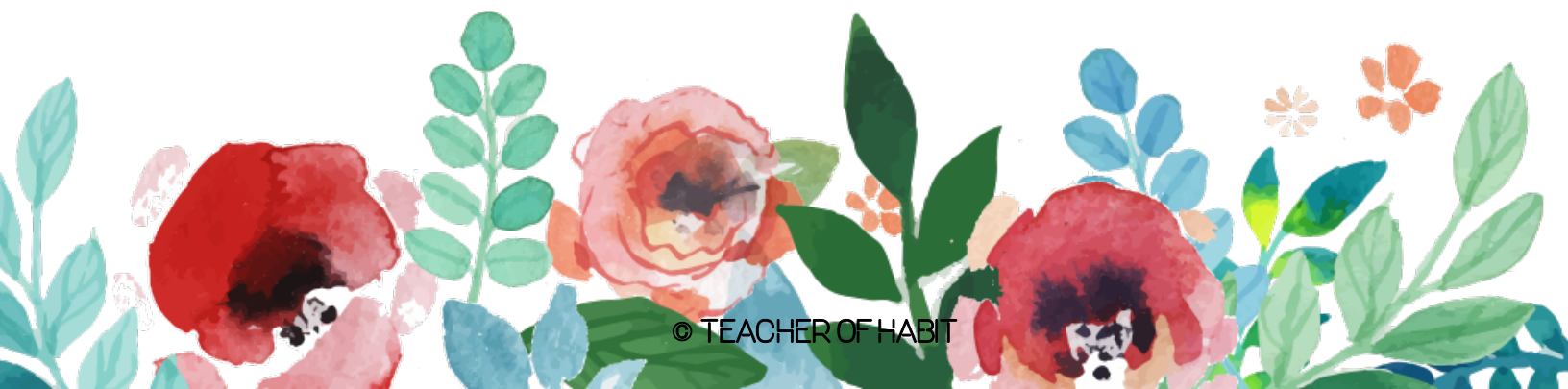




my
gratitude
journal



«««THERE'S»»» always SOMETHING

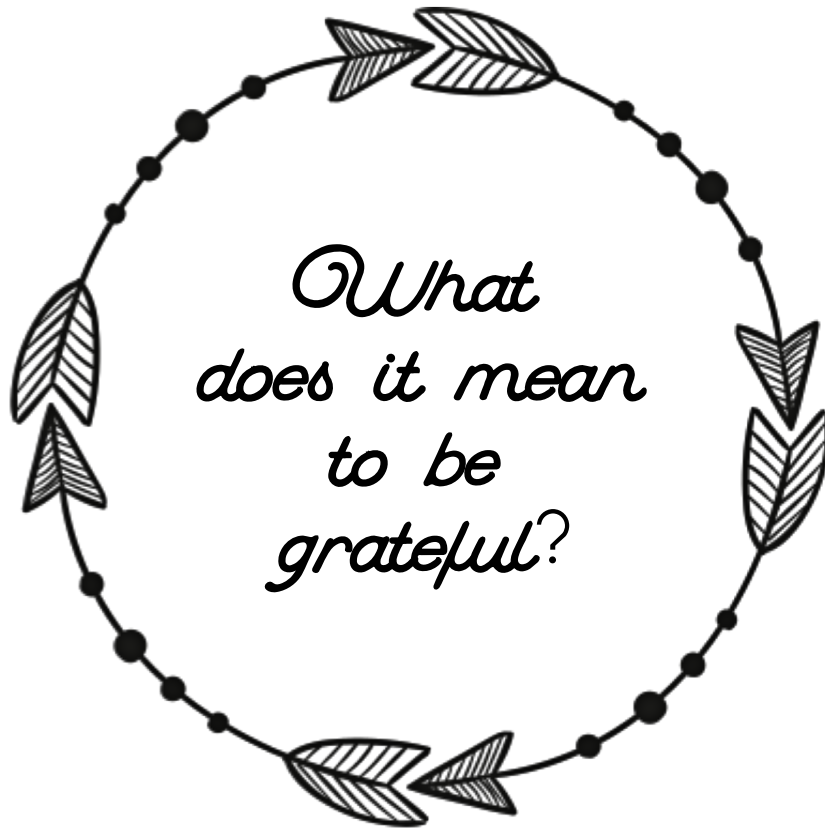
TO BE
thankful
FOR

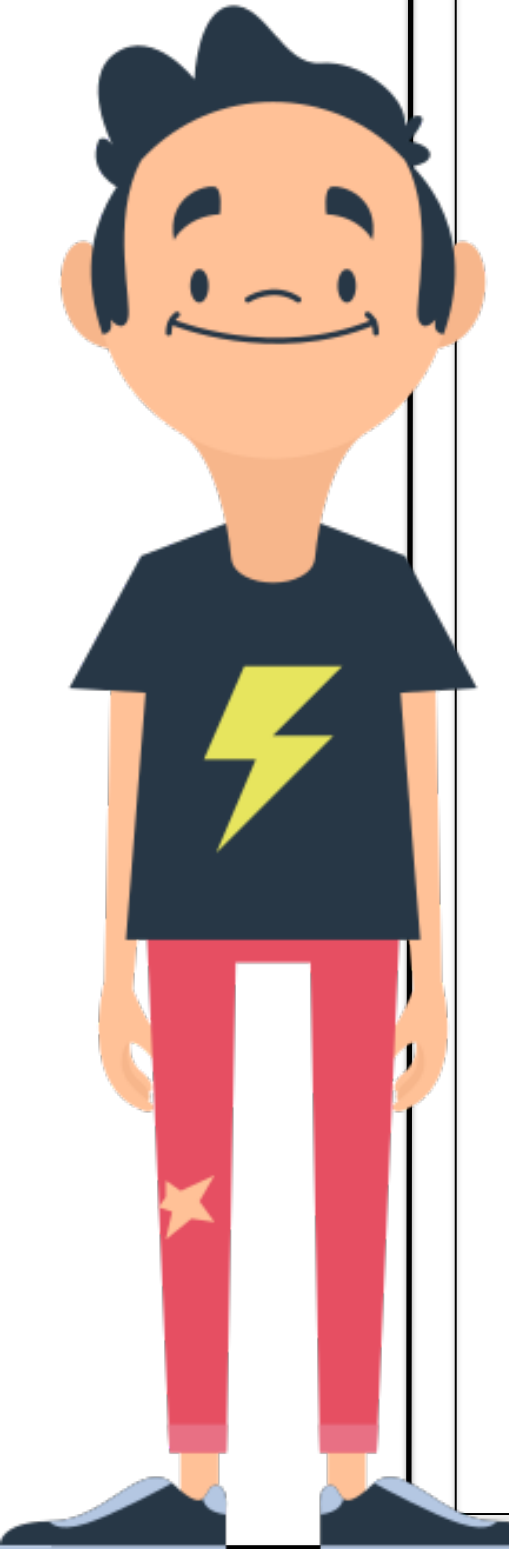
Gratitude is one of the most important and life changing traits to possess. Those who are grateful often find that they are content with whatever they have and whatever life throws their way.

- »»» It changes your mood and attitude.
- »»» It gives you a new perspective.
- »»» It allows you to be content with whatever little you have.
- »»» It heightens quality of life.
- »»» It makes you happy!

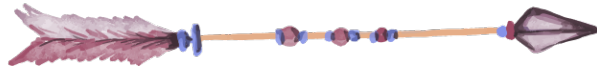
This is my gratitude journal.







Countless
BLESSINGS



TODAY IS WONDERFUL BECAUSE

I appreciate



 I'm proud of myself for

“
Appreciation
is a wonderful thing:
it makes what is
excellent
in others belong to us as well.
-Voltaire”

*Someone
else is praying
for the things we
take for
granted.*



Family

No matter how crazy, how loud, how different, I am grateful for my family because



 *Color:* _____

 *Book:* _____

 *Movie:* _____

Friends

Good friends are a blessing. I am thankful for my friends for they



THANKFUL

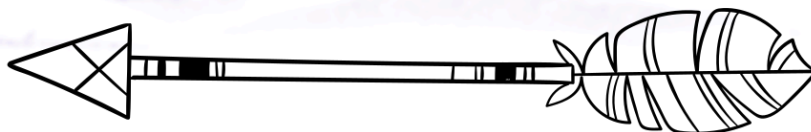
Education

The famous Nelson Mandela said that "education is the most powerful weapon which you can use to change the world." I am grateful for the education I am receiving because it allows me to



WE OFTEN
TAKE FOR
GRANTED
THE VERY THINGS
THAT MOST
DESERVE
OUR GRATITUDE.

-Cynthia Ozick



MY BODY

I am most grateful for my _____
because I know that life
without it would be _____

because I know that life




OTHER THINGS I TAKE FOR GRANTED






IF YOU DON'T FEEL
GRATEFUL

WITH WHAT WE ALREADY HAVE.
WHAT MAKES YOU THINK WE WILL
BE HAPPY WITH MORE.



THOUGHTS: AGREE? DISAGREE?



BE THANKFUL FOR
WHAT YOU HAVE.
YOU WILL END UP HAVING

<<<<<<<< **MORE** >>>>>>>>

IF YOU CONCENTRATE ON
WHAT YOU DON'T HAVE,
YOU WILL NEVER, EVER HAVE

<<<<<<<< **ENOUGH** >>>>>>>>

-Oprah winfrey

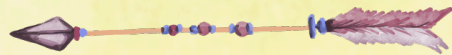




FILL YOUR GRATITUDE JAR WITH 3 THINGS YOU
ARE GRATEFUL FOR. IF YOU HAVE TO LOSE ONE
OF THEM TODAY, HOW WOULD YOU FEEL? HOW
WOULD YOU DEAL WITH THE LOSS?



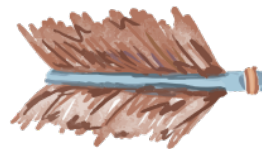
thankful



grateful



blessed



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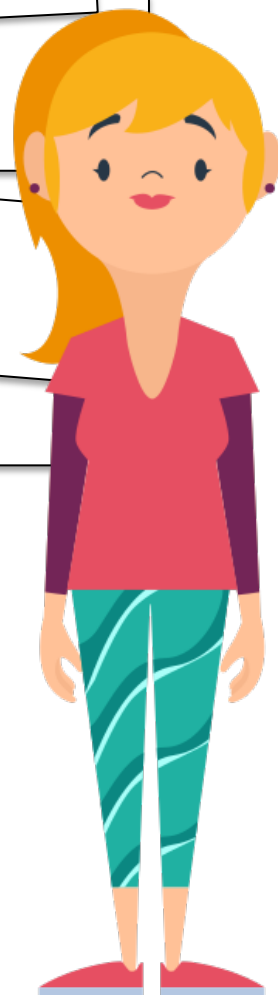
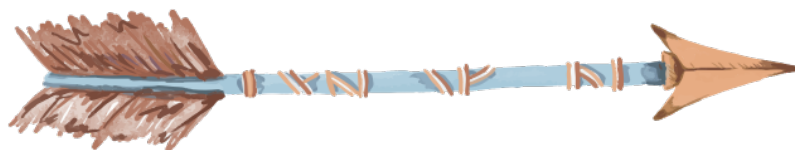
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I am thankful for nights that turned into
-----, friends that turned into
-----, and dreams that turned into
-----.

