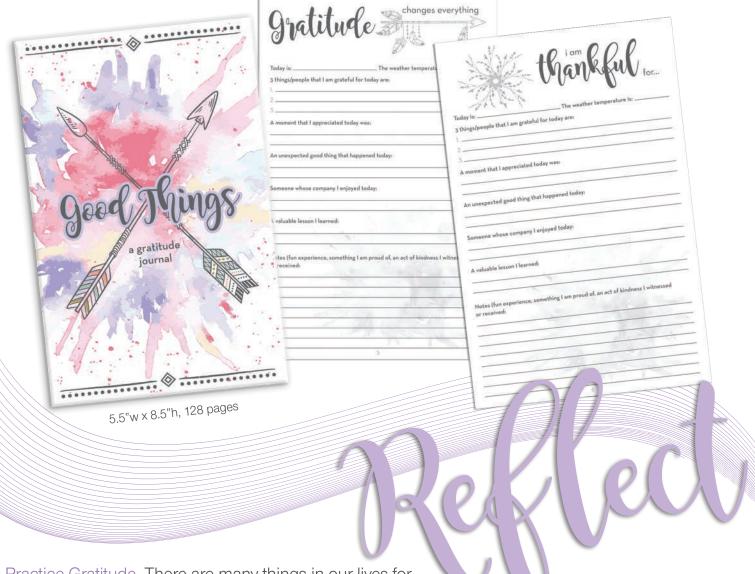
THE GOOD THINGS GRATITUDE JOURNAL



Practice Gratitude. There are many things in our lives for which we are truly grateful. Gratitude enables us to savor the unrecognized good that surrounds us, no matter what the circumstances.

The Good Things Gratitude Journal is a tool to keep track of the good things in life. Each page offers space to:

- write down three things for which we are grateful
- appreciate moments in the day
- reflect on valuable lessons we learned

Instead of feeling drained, overwhelmed or stressed by circumstances, a gratitude journal helps to lower stress, adjust perspective and encourage feelings of calm.

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