

THE GOOD THINGS GRATITUDE JOURNAL



5.5" w x 8.5" h, 128 pages

Gratitude changes everything

Today is: _____ The weather temperature is: _____

3 things/people that I am grateful for today are:

1. _____
2. _____
3. _____

A moment that I appreciated today was: _____

An unexpected good thing that happened today: _____

Someone whose company I enjoyed today: _____

A valuable lesson I learned: _____

Notes (fun experience, something I am proud of, an act of kindness I witnessed or received): _____

i am thankful for...

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Notes (fun experience, something I am proud of, an act of kindness I witnessed or received): _____

Reflect

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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