

Gratitude
JOURNAL

Date _____

PEOPLE I AM GRATEFUL FOR

[illegible]

THINGS I AM LOOKING FORWARD TO

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

I CHOOSE TO LOVE MYSELF BECAUSE...

[illegible]

I AM INSPIRED BY...

[illegible]

Gratitude Journal Template

Trueheart Designs

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the 'Trueheart Designs' text.

Gratitude Journal Template:

Gratitude Journal Moito Publishing, 2018-05-08 A thankful heart is a happy heart Being thankful doesn't always come easy but having an attitude of gratitude can change your outlook on life and bring happiness to your heart If you start each day by writing down three things you are thankful for a great cup of tea the smell of rain a good internet connection you begin each day on the right note Do it daily and cultivate an attitude of gratitude Start a Gratitude Journal and get one of our copies Our Gratitude Journal is designed to be FLEXIBLE Cultivating an attitude of gratitude yields many benefits physical mental and spiritual In this Journal you have flexibility to write down the dates of entry and not feel guilty if you miss a day STRAIGHTFORWARD AND EASY TO USE It is a self exploration journal designed to focus on being thankful for what we have the big things in life as well as the simple joys Write down three things you are grateful for each day and turn your ordinary moments into blessings Simple and easy to use the pages are ready and waiting to be filled It includes 3 daily entries start with Today I Am Grateful For 2 pages week 1st page good for 4 days 2nd page for 3 days a section for 5 Awesome Things That Happened This Week 104 pages 2 pages week for 52 weeks This Book Belongs To page A NOTEBOOK BUILT TO LAST We want your journal to last a long time so you can always look back on your previous entries without the worry that it will fall apart The sturdy cover is made of tough paperback with strong secure professional trade binding so the pages won't fall out after a few months of use WELL CRAFTED INTERIOR With a page to input personal details and 104 pages to record your insights we only used thick white paper to avoid ink bleed through The columns are clearly marked to make it easy to fill out and to cross reference PERFECT SIZE With its 15 24 x 22 86 cm 6 x 9 dimensions you can squeeze it into a purse with ease Lightweight and durable it's the perfect size to carry Easily accessible when you feel grateful for something and want to write it down right away COOL COVERS To top it all we have an array of cover designs for you to choose from Get inspired by our collection of truly creative book covers We stand for quality and aim to provide the best writing experience with our notebooks Use our Gratitude Journal to document all things you are grateful for each day and observe how it improves your mental well being and life perception Gratitude brings forth a positive outlook in life so grab a copy for you and a loved one and share the journey of gratitude together

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Daily Gratitude Journal

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