

MY GRATITUDE JOURNAL





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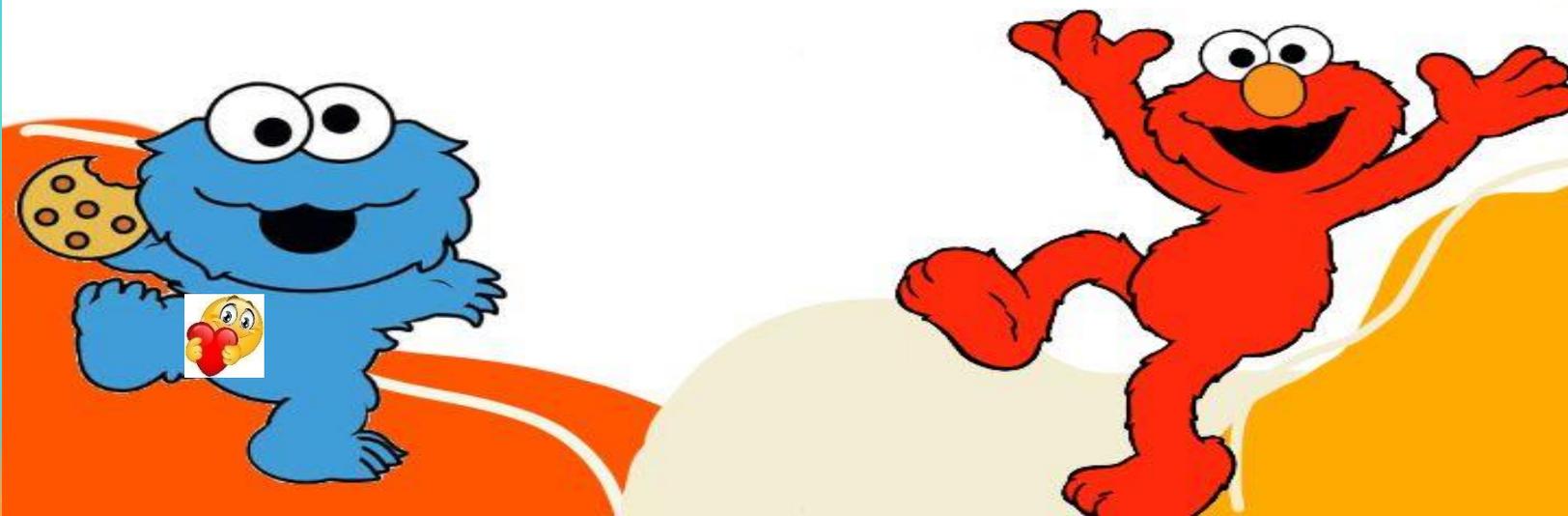
What is being grateful?

Being grateful means observing and appreciating the good and beautiful things around you.

When we are thankful, we send this feeling/prayer to the universe, to God, and we receive even more things to be thankful for, multiplying them.

Gratefulness brings more peace for the soul and mind.

The purpose of this journal is to make giving thanks fun for children and help them develop the ability to be grateful for what they have.



MONDAY

Date: ___/___/___

- Today I am thankful for.....

- A joyful moment today was

- Something that I learned today was

- What made me laugh today was

Everyday is a gift



HERE YOU CAN WRITE OR DRAW SOMETHING
ABOUT YOUR DAY



TUESDAY

Date: ___/___/___



Today I am thankful for.....



A joyful moment today was



Something that I learned today was

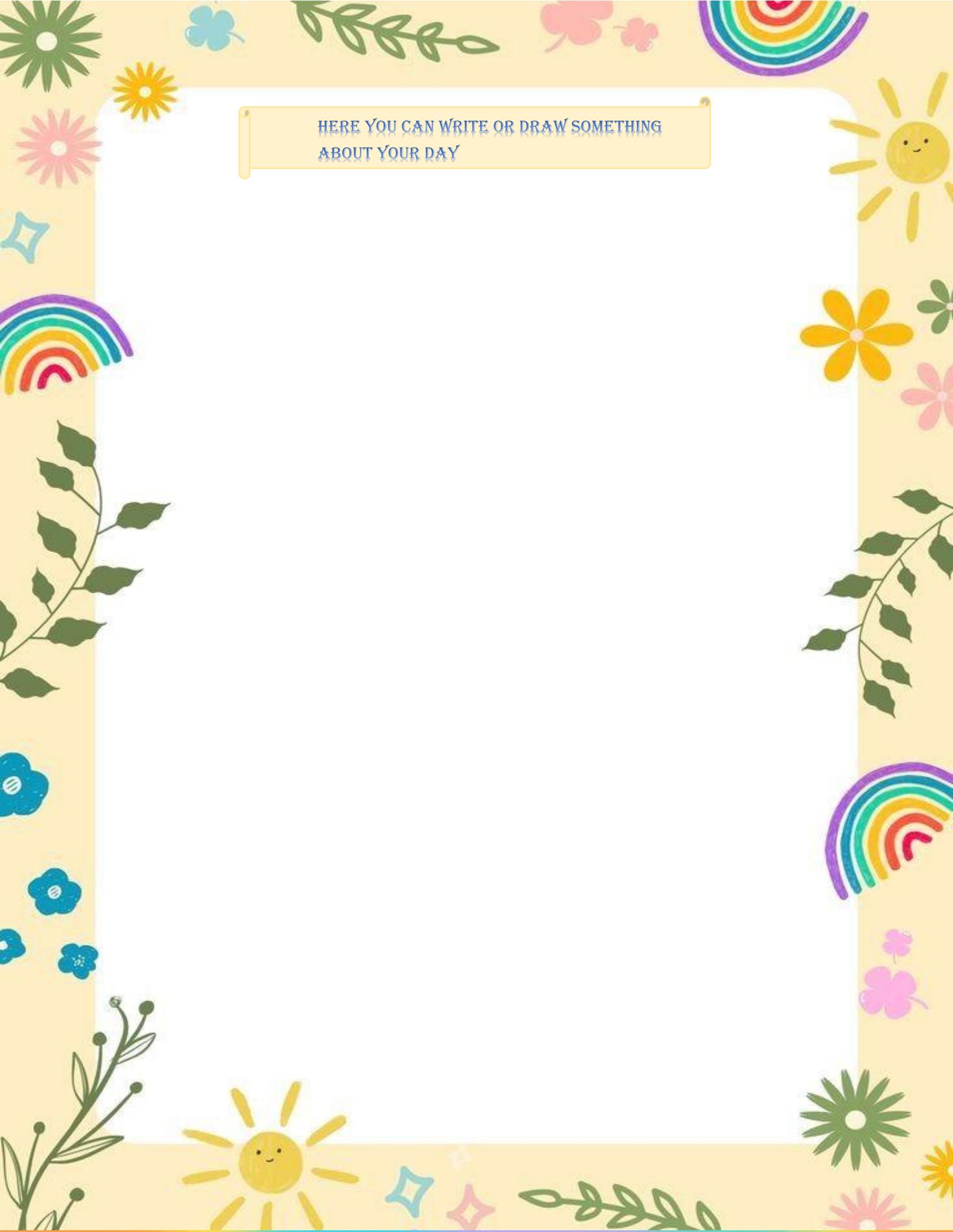


What made me laugh today was



I am grateful for my family and friends

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WEDNESDAY

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Being grateful turns everything into love for me.



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THURSDAY

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Everyday I wake up full of gratitude

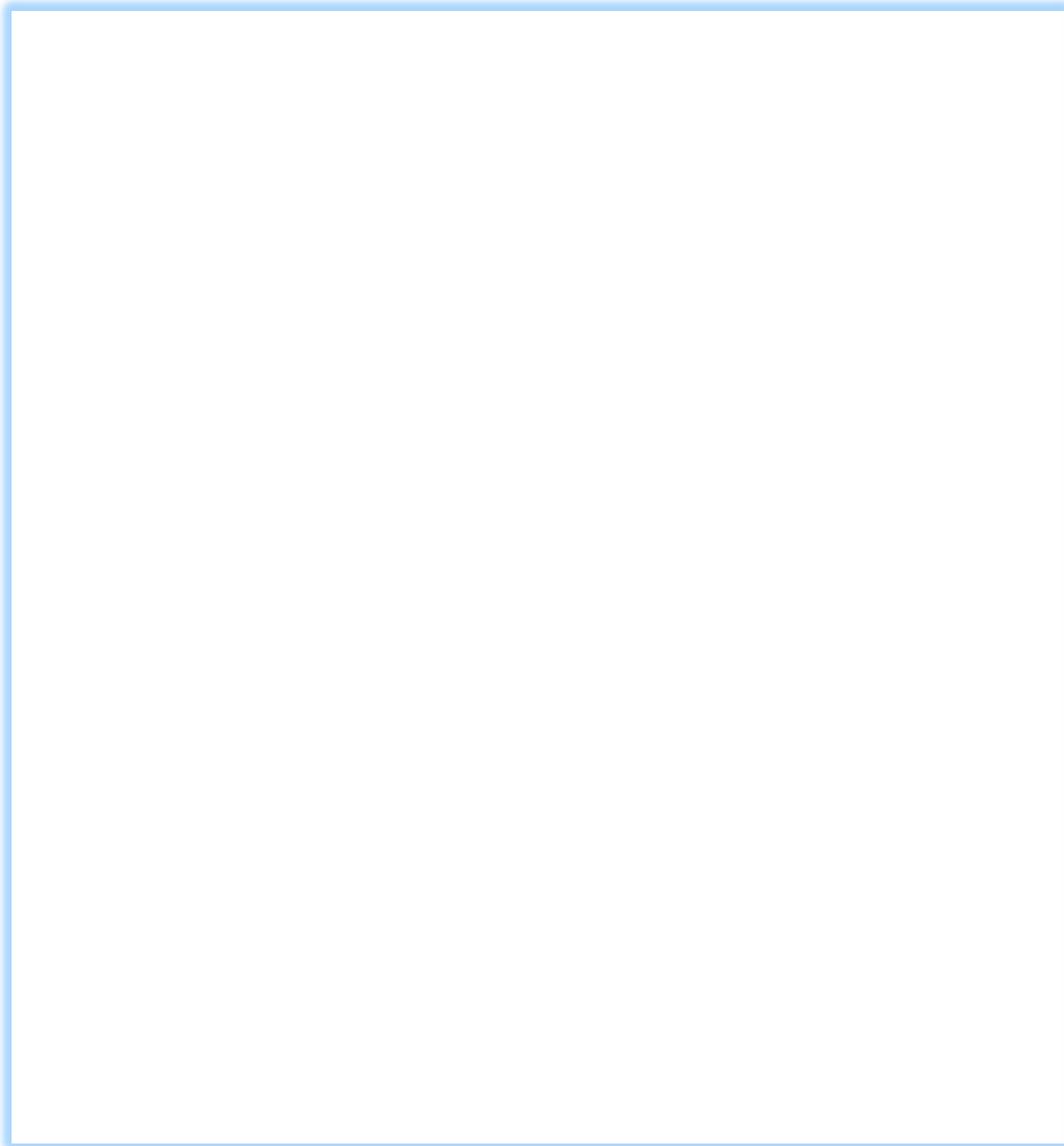
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FRIDAY

Date: ___/___/___

A week's Reflection

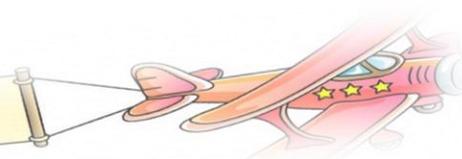


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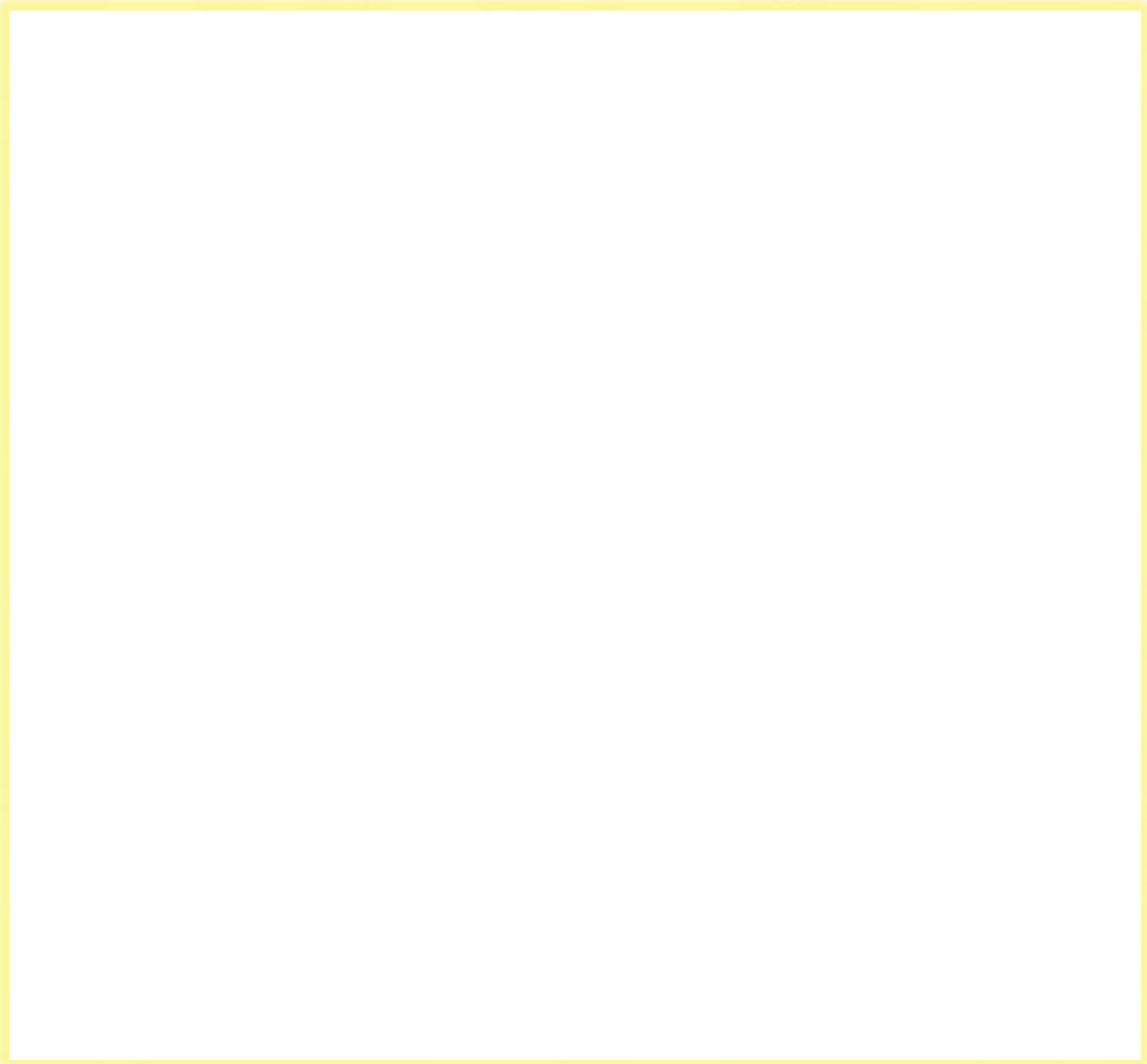
I am grateful to live free and create
my life as I want



WEEKEND

Special exercise for the weekend

Write a short note, or a drawing, to someone special to you, to whom you want to express your thanks and gratitude for having them in your life.



The world wouldn't be so beautiful without you.



Thank you for your existence.

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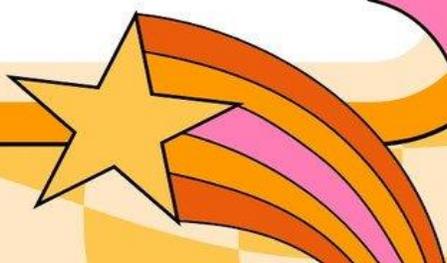
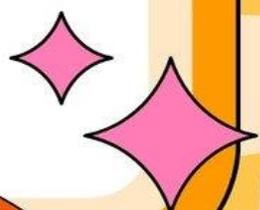
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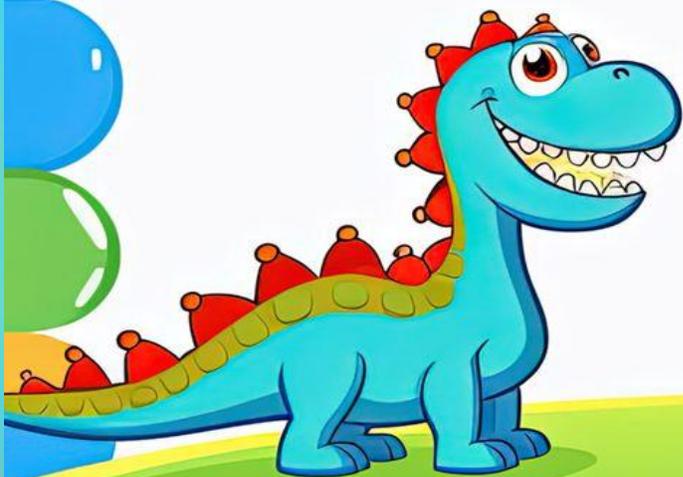


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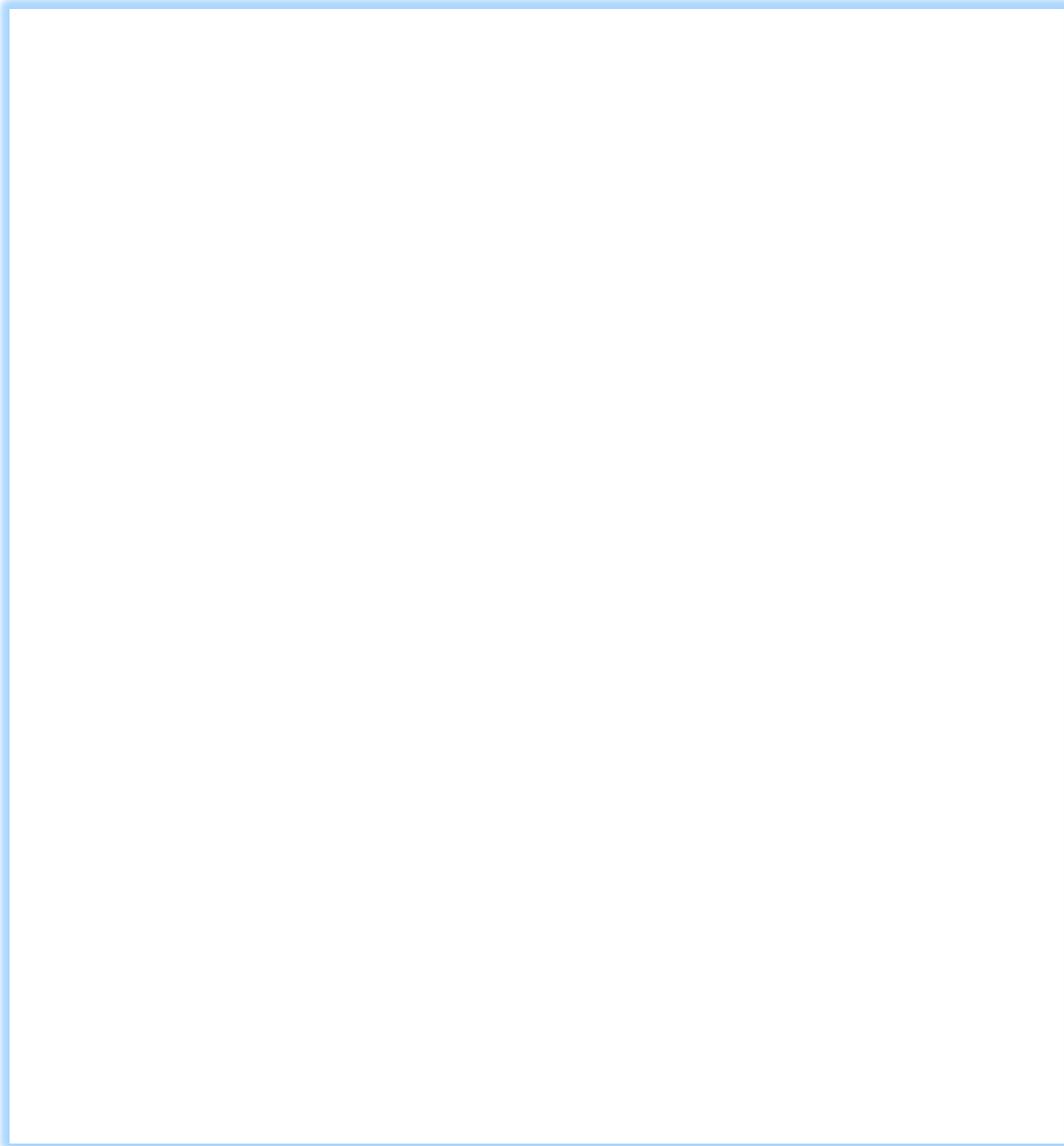
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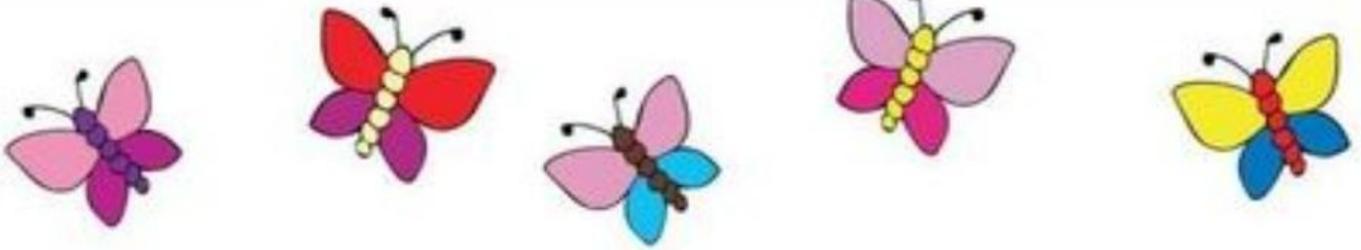
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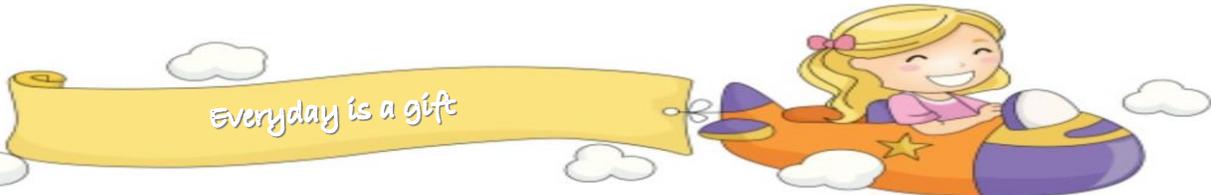
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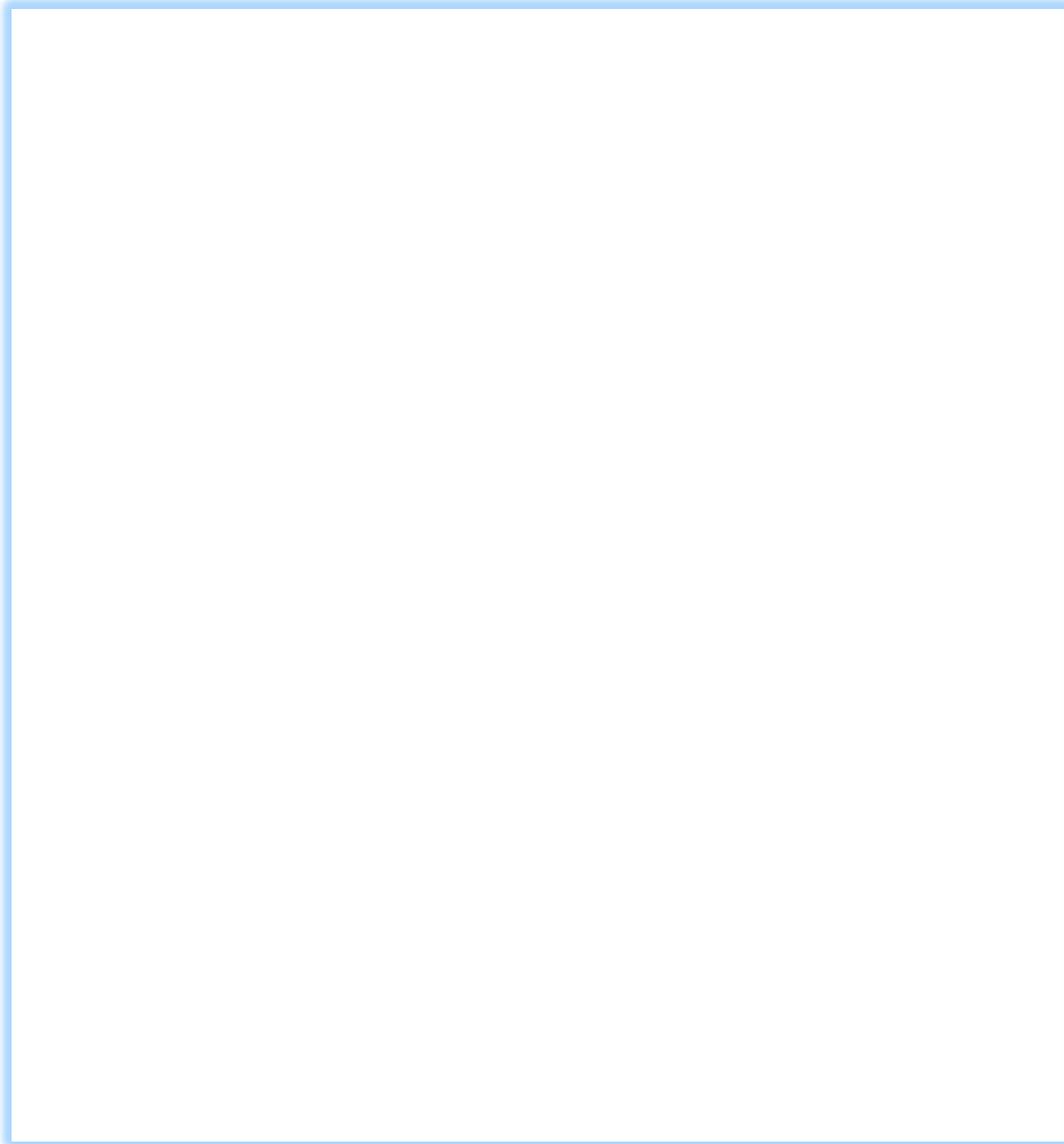
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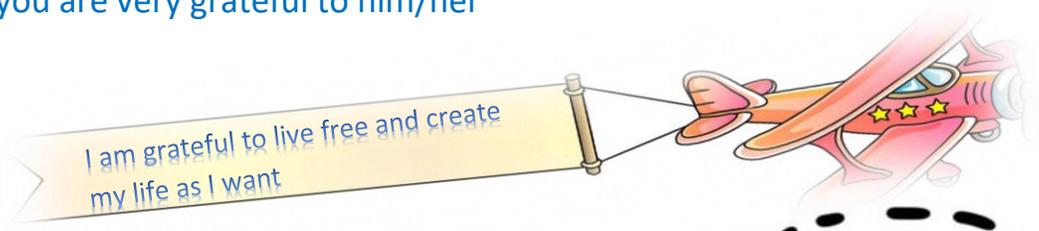
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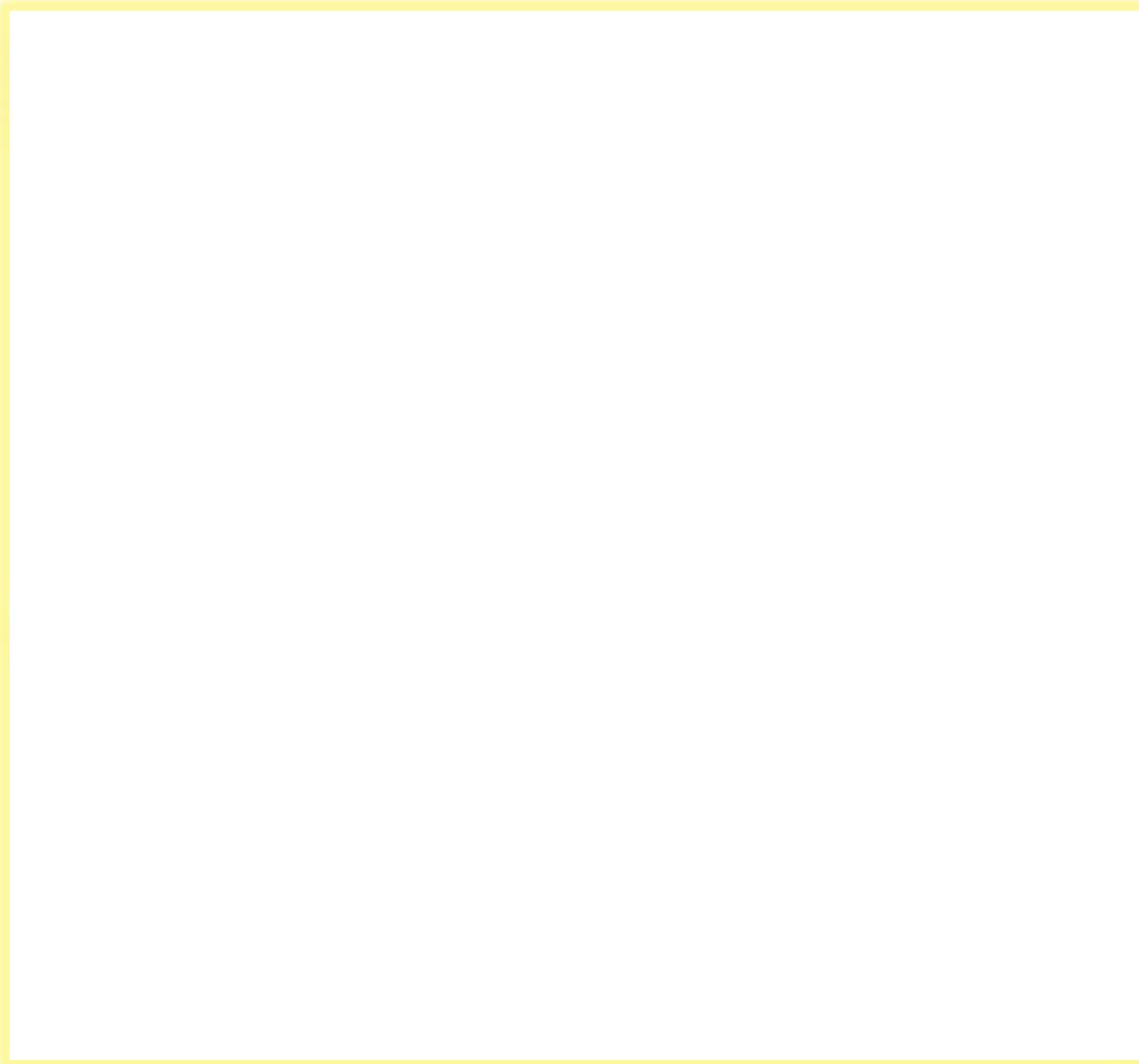
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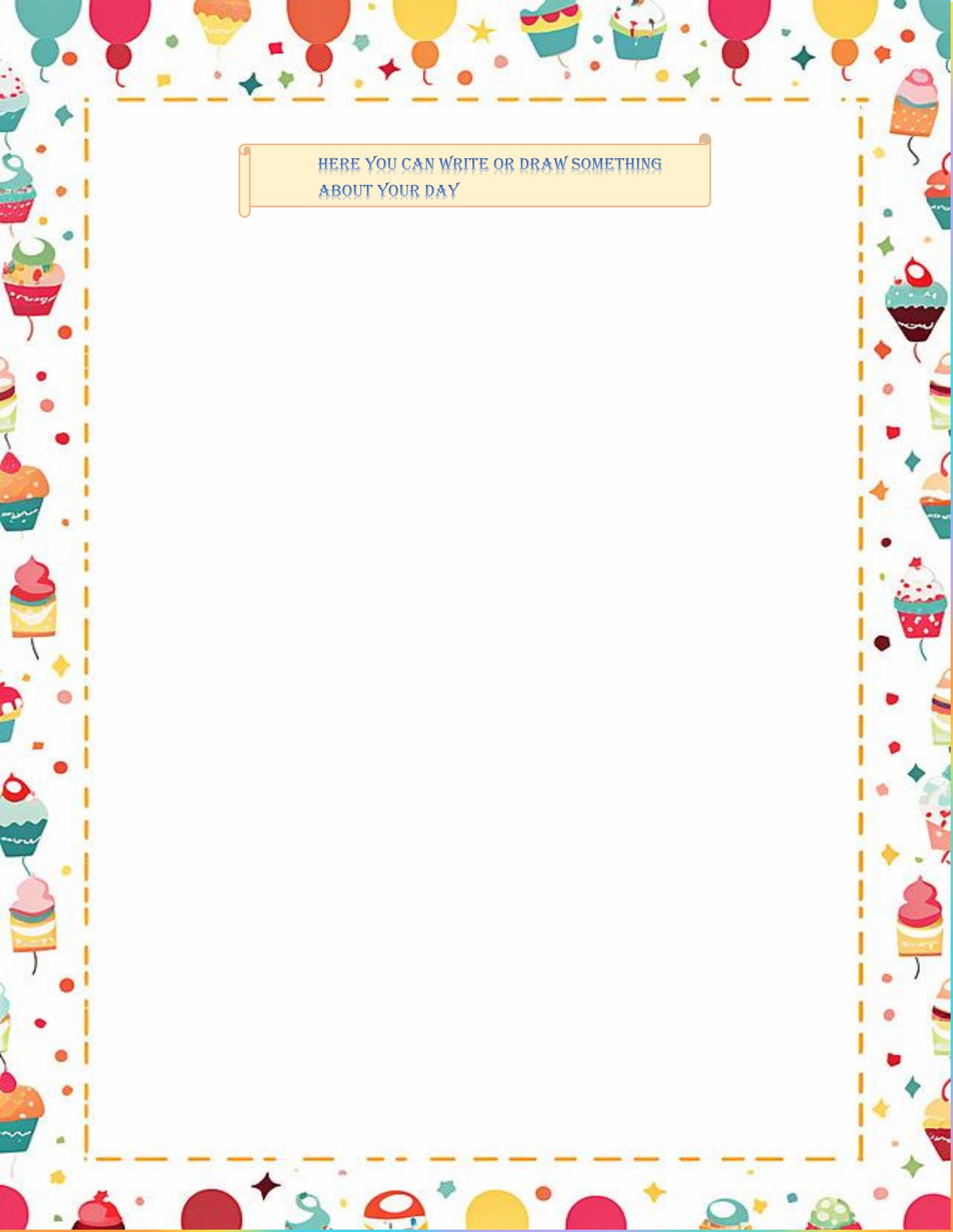
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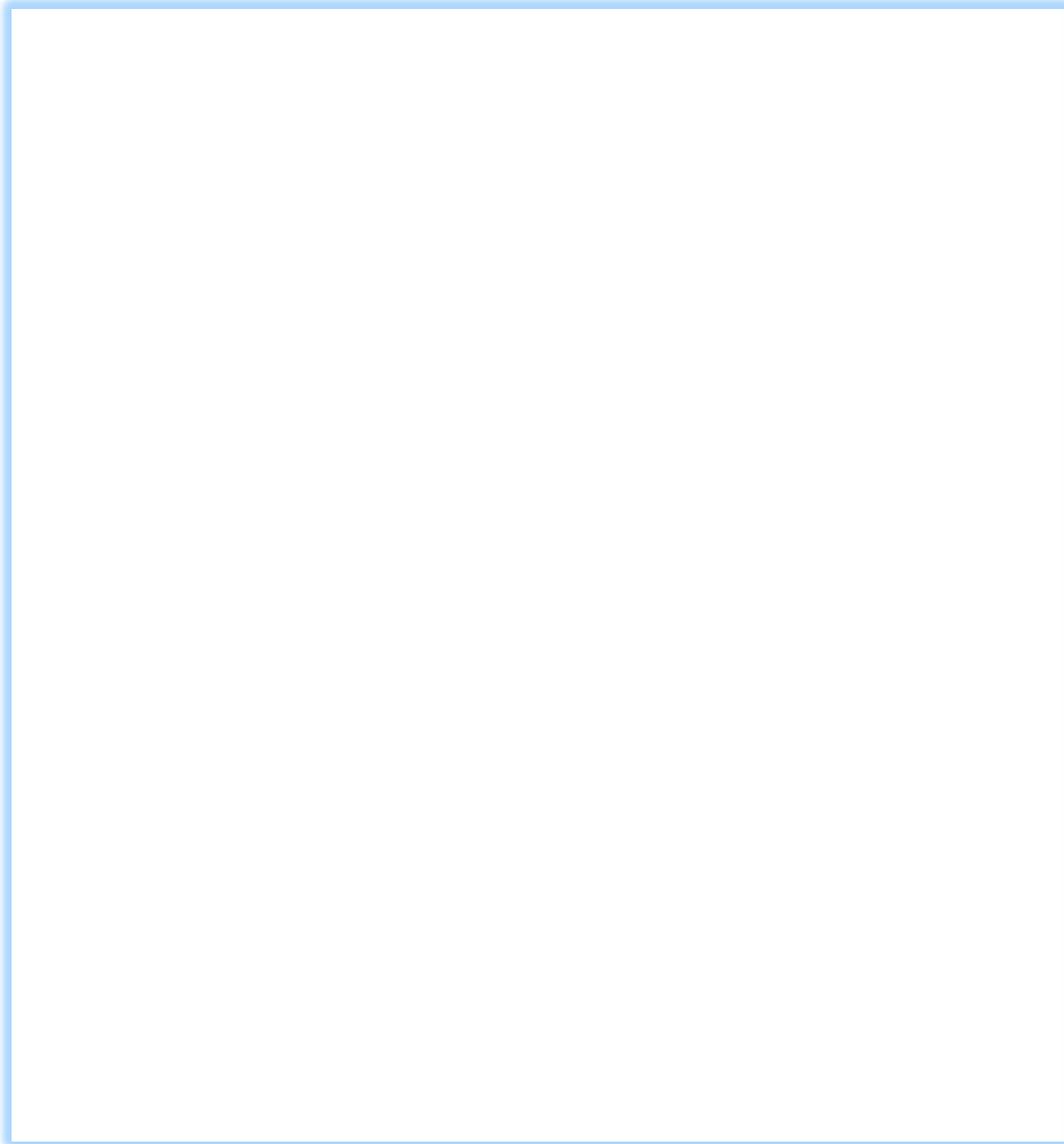


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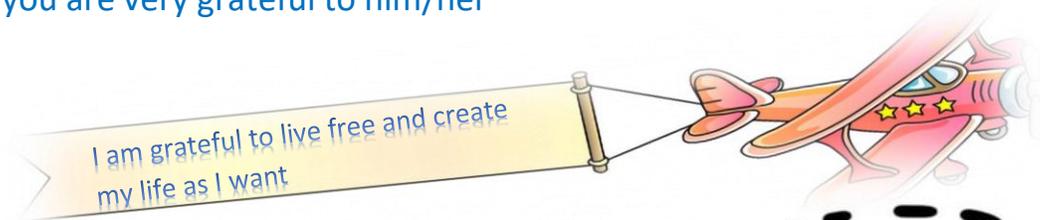
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