

AMAZING  
MAKING LIFE  
AWESOME



GRATITUDE JOURNAL

VOL. XII



THIS GRATITUDE JOURNAL  
BELONGS TO:

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**"Gratitude is not only the greatest of virtues  
but the parent of all others."**

-Cicero

DATE

S M T W T F S

**TODAY I'M GRATEFUL FOR**

**TAKE A MOMENT EACH DAY TO REFLECT ON  
THE THINGS YOU'RE THANKFUL FOR**

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**THINGS THAT MADE ME SMILE TODAY**



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**SOMETHING THAT  
INSPIRED ME TODAY**

**PEOPLE I'M GRATEFUL  
TO HAVE IN MY LIFE**

*Notes & Free Thought*

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"Gratitude is the fairest blossom which  
springs from the soul."

-Henry Ward Beecher

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"There's a whole lot more to life than what you can see, and you've got to be thankful for that."

-The Blind Side (2009)

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"In ordinary life, we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich."

-Dietrich Bonhoeffer

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"Gratitude is a form of prayer."

-Anonymous

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"When you practice gratefulness, there is a sense of respect toward others."

-Dalai Lama

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"I can no other answer make but thanks,  
and thanks, and ever thanks."

-William Shakespeare

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"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."

-Marcel Proust

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"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

-William Arthur Ward

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"We all have something that we are thankful for, even the smallest of things."

-Meet Joe Black (1998)

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"Gratitude unlocks the fullness of life. It turns what we have into enough, and more."

-Melody Beattie

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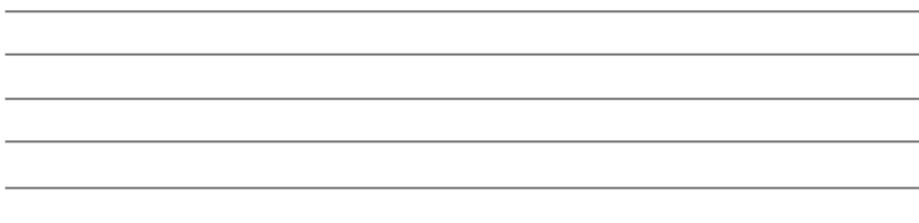
## THINGS THAT MADE ME SMILE TODAY



## SOMETHING THAT INSPIRED ME TODAY

## PEOPLE I'M GRATEFUL TO HAVE IN MY LIFE

## Notes & Free Thought



"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for."

-Zig Ziglar

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"Gratitude is a mark of a noble soul and a refined character. We like to be around those who are grateful."

-Joseph B. Wirthlin

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"I thank God for my handicaps, for, through them, I have found myself, my work, and my God."

-Helen Keller

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"When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in."

-Kristin Armstrong

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"It is not joy that makes us grateful; it is gratitude that makes us joyful."

-David Steindl-Rast

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"The more thankful I became, the more my bounty increased. That's because what you focus on expands, and when you focus on the goodness in your life, you create more of it."

-Oprah Winfrey

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"Gratitude is a powerful catalyst for happiness. It's the spark that lights a fire of joy in your soul."

-Amy Collette

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"Happiness can be found even in the darkest of times, if one only remembers to turn on the light."

-Harry Potter and the Prisoner of Azkaban  
(2004)

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"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

-Melody Beattie

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"There's always something to be thankful for."

-A Christmas Carol (1938)

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"A thankful heart is not only the greatest virtue but the parent of all the other virtues."

-Cicero

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"I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder."

-G.K. Chesterton

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"Gratitude is the most exquisite form of courtesy."

-Jacques Maritain

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"Gratitude is the foundation of happiness." -  
Anonymous

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The real gift of gratitude is that the more grateful you are, the more present you become."

-Robert Holden

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"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."

-William Arthur Ward

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"You have been my friend. That in itself is a tremendous thing."  
-Charlotte's Web (2006)

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"Thankfulness is the beginning of gratitude.  
Gratitude is the completion of thankfulness.  
Thankfulness may consist merely of words.  
Gratitude is shown in acts."

-Henri Frederic Amiel

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"Gratitude is the open door to abundance."

-Anonymous

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"Gratitude and attitude are not challenges;  
they are choices."

-Robert Braathe

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"Gratitude is the best medicine. It heals your mind, your body, and your spirit."

-Anonymous

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"Gratitude is the sweetest thing in a seeker's life—in all human life."  
-Sri Chinmoy

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"I awoke this morning with devout thanksgiving for my friends, the old and the new."

-Ralph Waldo Emerson

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"Look at the world with gratitude and see the beauty in the chaos."

-The Secret Life of Walter Mitty (2013)

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"When you arise in the morning, think of what a precious privilege it is to be alive – to breathe, to think, to enjoy, to love."

-Marcus Aurelius

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"The more grateful I am, the more beauty I see."

-Mary Davis

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"Gratitude is the ability to experience life as a gift. It liberates us from the prison of self-preoccupation."

-John Ortberg

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"Develop an attitude of gratitude, and give thanks for everything that happens to you."

-Brian Tracy

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"Gratitude changes the pangs of memory  
into a tranquil joy."

-Dietrich Bonhoeffer

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
INSPIRED ME TODAY

PEOPLE I'M GRATEFUL  
TO HAVE IN MY LIFE

*Notes & Free Thought*

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"No duty is more urgent than that of returning thanks."

-James Allen

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TODAY I'M GRATEFUL FOR

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

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"Happiness radiates like the fragrance from a flower, and draws all good things toward you."

-Maharishi Mahesh Yogi

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"Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude."

-Ralph Waldo Emerson

## TODAY I'M GRATEFUL FOR

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## THINGS THAT MADE ME SMILE TODAY



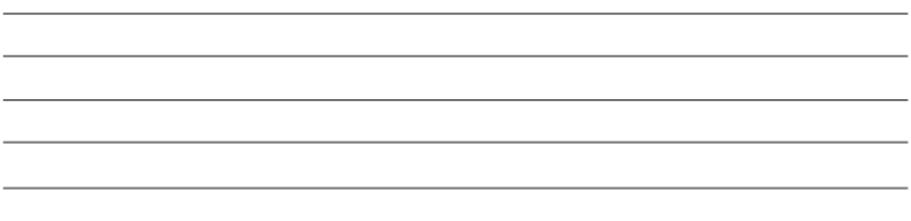
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## SOMETHING THAT INSPIRED ME TODAY

## PEOPLE I'M GRATEFUL TO HAVE IN MY LIFE

## Notes & Free Thought



"Gratitude is a currency that we can mint for ourselves and spend without fear of bankruptcy."

-Fred De Witt Van Amburgh

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"If the only prayer you ever say in your entire life is thank you, it will be enough."

-Meister Eckhart

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"Give thanks for a little, and you will find a lot."

-Hausa Proverb

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"Gratitude is the inward feeling of kindness received."

-Henry Van Dyke

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"We must find time to stop and thank the people who make a difference in our lives."  
-John F. Kennedy

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"Gratitude is the music of the heart when its chords are swept by the breeze of kindness."

-Anonymous

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"Gratitude paints little smiley faces on everything it touches."

-Richelle E. Goodrich

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"Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful."

-Buddha

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"A grateful mind is a great mind which eventually attracts to itself great things."

-Plato

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"To speak gratitude is courteous and pleasant, but to live gratitude is to touch heaven."

-Johannes A. Gaertner

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"Gratitude opens the door to the power, the wisdom, the creativity of the universe."

-Deepak Chopra

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"Gratitude for the present moment and the fullness of life now is the true prosperity."

-Eckhart Tolle

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"Be thankful for what you have; you'll end up having more."  
-Oprah Winfrey

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"I have a lot to be thankful for. I am healthy, happy, and I am loved."  
-Reese Witherspoon

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"We have plenty to be thankful for, as long as we are together."

-Planes, Trains, and Automobiles (1987)

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"When you have the right people, the right mindset, and a lot of gratitude, you will succeed."

-Michael Phelps

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"I'm thankful for every opportunity and every blessing."  
-Barack Obama

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"The roots of all goodness lie in the soil of appreciation for goodness."

-Dalai Lama

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"Thankfulness is the quickest path to joy."

-Jefferson Bethke

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"Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world."

-John Milton

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"Gratitude is a fruit of great cultivation; you do not find it among gross people."

-Samuel Johnson

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"Thankfulness is the beginning of happiness."  
-Tim Keller

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"Gratitude is a prayer that can transform any moment into a blessing."

-David Steindl-Rast

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"Be thankful for the little things, because they make up the big things."

-Joel Osteen

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"When we focus on our gratitude, the tide of disappointment goes out, and the tide of love rushes in."

-Kristin Armstrong

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"Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings."

-Willie Nelson

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"I am grateful for what I am and have. My thanksgiving is perpetual."

-Henry David Thoreau

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"Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude."

-A.A. Milne, Winnie the Pooh

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"When we give cheerfully and accept gratefully, everyone is blessed."  
-Maya Angelou

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"Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you."

-Eileen Caddy

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"The best way to show my gratitude to God is to accept everything, even my problems, with joy."

-Mother Teresa

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"Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind."

-Psalm 107:8

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"I am grateful for all my victories, but I am especially grateful for my losses, because they only made me work harder."

-Manny Pacquiao

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"The more thankful I became, the more my bounty increased. That's because, for sure, what you focus on expands. When you focus on the goodness in life, you create more of it."  
-Oprah Winfrey

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"It's a funny thing about life; once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack."

-Germany Kent

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**THINGS THAT MADE ME SMILE TODAY**



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**SOMETHING THAT  
INSPIRED ME TODAY**

**PEOPLE I'M GRATEFUL  
TO HAVE IN MY LIFE**

*Notes & Free Thought*

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"O Lord, that lends me life, lend me a heart  
replete with thankfulness!"  
-William Shakespeare, Henry VI, Part 2

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"Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well."

-Voltaire

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"Let gratitude be the pillow upon which you kneel to say your nightly prayer."

-Maya Angelou

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"We often take for granted the very things  
that most deserve our gratitude."

-Cynthia Ozick

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"No one who achieves success does so without acknowledging the help of others. The wise and confident acknowledge this help with gratitude."

-Alfred North Whitehead

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"Gratitude is the beginning of greatness. It  
is an expression of humility."

-James E. Faust

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"Gratitude helps us to be present in the moment, rather than chasing what we don't have."

-Emma Stone

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"I always find something to be thankful for."

-Kate Winslet

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"Gratitude is not only the greatest of virtues  
but the most fruitful."  
-Winston Churchill

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"Gratitude is when memory is stored in the heart and not in the mind."

-Lionel Hampton

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"There is a calmness to a life lived in  
gratitude, a quiet joy."

-Ralph H. Blum

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"Gratitude is the heart's way of  
remembering the kindness of others."  
-Anonymous

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"Gratitude is the foundation of happiness."

-Leonardo DiCaprio

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"Everything we do should be a result of our gratitude for what God has done for us."

-Lauren Hill

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"A lot of people think big means good.  
But you can be small and still make a big  
difference. Stay humble and grateful."

-Usain Bolt

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"I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds."  
-Psalm 9:1

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**"Enjoy the little things, for one day you may look back and realize they were the big things."**

**-Robert Brault**

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"Being grateful for the things I have instead of lamenting what I don't have is something that serves me well."

-Hugh Jackman

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"Gratitude changes the way we experience the game of life."

-Tom Brady

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"Gratitude is not only a response to kindness, but also a stimulus to it."

-Margaret Mead

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"The roots of all goodness lie in the soil of appreciation for goodness."

-Dalai Lama

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"Gratitude and humility are two sides of the same coin."  
-Condoleezza Rice

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"We should certainly count our blessings,  
but we should also make our blessings  
count."

-Neal A. Maxwell

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"When it comes to life, the critical thing is whether you take things for granted or take them with gratitude."

-G.K. Chesterton

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"Gratitude brings you into alignment with your purpose in life."

-Pope Francis

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"Gratitude is the manifestation of love."

-Paramahansa Yogananda

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"I am thankful for laughter, except when  
milk comes out of my nose."  
-Woody Allen

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"The best way to enjoy life is to be thankful for what you have."

-Jennifer Aniston

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"Gratitude fuels my drive and reminds me to keep pushing."

-LeBron James

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"Thankfulness is a form of joy."

-Unknown

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"Gratitude keeps me grounded, no matter the outcome of the game."

-Michael Jordan

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"Gratitude is a mark of a noble soul and a refined character."  
-Joseph Addison

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"Gratitude is the inward feeling of kindness

received."

-Douglas MacArthur

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"Gratitude bestows reverence, allowing us to encounter everyday epiphanies."

-John Milton

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"We can only be said to be alive in those moments when our hearts are conscious of our treasures."

-Thornton Wilder

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"I'm grateful for every day. You never know how long it's going to last."

-Venus Williams

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"I truly believe we can always find something to be grateful for."

-Sandra Bullock

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"I am thankful for all the moments when I felt I couldn't go on, because they taught me resilience."

-Rafael Nadal

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"Silent gratitude isn't very much use to anyone."

-Gertrude Stein

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"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has."

-Epictetus

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
INSPIRED ME TODAY

PEOPLE I'M GRATEFUL  
TO HAVE IN MY LIFE

*Notes & Free Thought*

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"The unthankful heart discovers no mercies;  
but the thankful heart will find, in every  
hour, some heavenly blessings."

-Henry Ward Beecher

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"You learn to appreciate the things you have, and it makes you grateful for what you can do."

-Kobe Bryant

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"Success is nothing without gratitude."

-Billie Jean King

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"To be grateful is to recognize the love of  
God in everything He has given us."

-Theodore Roosevelt

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"I have had struggles, but I am thankful for them because they made me stronger."  
-Scarlett Johansson

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"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."

-Abraham Lincoln

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"Gratitude shifts your focus from what's missing to what you already have."

-Tony Robbins

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"Gratitude is not only a response to kindness, but also a stimulus to it."

-Immanuel Kant

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"Gratitude changes the pangs of memory  
into a tranquil joy."

-Dietrich Bonhoeffer

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"Gratitude is the foundation of everything I do in life and sport."

-Novak Djokovic

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"Gratitude helps you fall in love with the life  
you already have."

-Anonymous

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"Be grateful for challenges, for they make you stronger."

-Norman Schwarzkopf

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THE THINGS YOU'RE THANKFUL FOR

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## SOMETHING THAT INSPIRED ME TODAY

## PEOPLE I'M GRATEFUL TO HAVE IN MY LIFE

## Notes & Free Thought

"The willingness of America's veterans to sacrifice for our country has earned them our lasting gratitude."

-Jeff Miller

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"Gratitude is the sign of a noble heart."

-Aesop

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"We must find time to stop and thank the people who make a difference in our lives."  
-John F. Kennedy

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"When you are grateful, fear disappears,  
and abundance appears."

-Tony Robbins

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**PEOPLE I'M GRATEFUL  
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*Notes & Free Thought*

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"Gratitude is the most exquisite form of courtesy."

-Jacques Maritain

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*Notes & Free Thought*

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"A moment of gratitude makes a difference  
in your attitude."  
-Anonymous

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"Gratitude is the sweetest thing in a seeker's life—in all human life."

-Sri Chinmoy

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"Gratitude is the sign of noble souls."

-Woodrow Wilson

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PEOPLE I'M GRATEFUL  
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*Notes & Free Thought*



"I've always been grateful for my family and

for their belief in me."

-Cristiano Ronaldo

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"I have a lot of things to be thankful for, and I try to keep that in mind."  
-Meryl Streep

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"Gratitude is a duty which ought to be paid, but which none have a right to expect."  
-Jean-Jacques Rousseau

DATE

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## TODAY I'M GRATEFUL FOR

TAKE A MOMENT EACH DAY TO REFLECT ON  
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## THINGS THAT MADE ME SMILE TODAY



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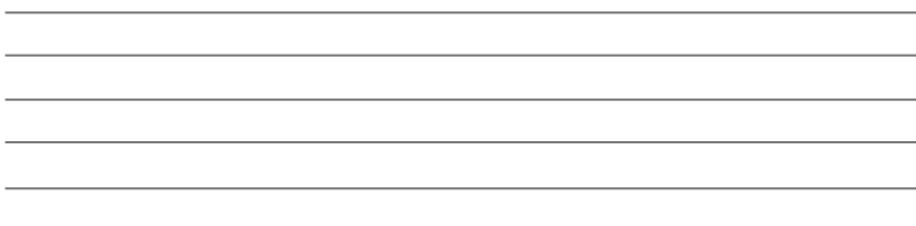
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## SOMETHING THAT INSPIRED ME TODAY

## PEOPLE I'M GRATEFUL TO HAVE IN MY LIFE

## Notes & Free Thought



If you are humble, nothing will touch you,  
neither praise nor disgrace, because you  
know what you are."

-Roger Federer

DATE

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"Gratitude bestows reverence, allowing us to encounter everyday epiphanies."

-John Milton

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## THINGS THAT MADE ME SMILE TODAY



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## Notes & Free Thought

"Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse."

-Henry Van Dyke

TODAY I'M GRATEFUL FOR

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"Feeling gratitude and not expressing it is like wrapping a present and not giving it."  
-William Arthur Ward

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"Gratitude is one of the least articulate of the emotions, especially when it is deep."

-Felix Frankfurter

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"Wear gratitude like a cloak and it will feed every corner of your life."

-Rumi

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"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

-Melody Beattie

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"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity... It makes sense of our past, brings peace for today, and creates a vision for tomorrow."

-Melody Beattie

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"Gratitude unlocks the doors of fullness in life."

-William Arthur Ward

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"I'm thankful for my health and the people around me who make me better."

-Roger Federer

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"I owe everything to the grace of God, and  
I'm eternally thankful."

-Tim Tebow

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"No duty is more urgent than that of returning thanks."

-James Allen

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"Gratitude and humility are the twin hallmarks of greatness."  
-Warren Buffett

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"Gratitude is the single most important ingredient to living a successful and fulfilled life."

-Jack Canfield

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