



THIS LIFE OF MINE...



GRATITUDE JOURNAL

VOL. XI



THIS GRATITUDE JOURNAL
BELONGS TO:

**"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







**SOMETHING THAT
INSPIRED ME TODAY**

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

Notes & Free Thought



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

-Henry Ward Beecher

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Notes & Free Thought



"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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Notes & Free Thought



"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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Notes & Free Thought



"Gratitude is a form of prayer."

-Anonymous

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Notes & Free Thought



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

-Dalai Lama

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Notes & Free Thought



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

-William Shakespeare

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Notes & Free Thought



"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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Notes & Free Thought



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

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Notes & Free Thought



"We all have something that we are thankful for, even the smallest of things."
-Meet Joe Black (1998)

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Notes & Free Thought



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

-Melody Beattie

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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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Notes & Free Thought



"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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Notes & Free Thought



"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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Notes & Free Thought



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

-David Steindl-Rast

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Notes & Free Thought



"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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Notes & Free Thought



"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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Notes & Free Thought



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

-Melody Beattie

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Notes & Free Thought



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

-A Christmas Carol (1938)

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Notes & Free Thought



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

-Cicero

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Notes & Free Thought



"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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Notes & Free Thought



"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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Notes & Free Thought



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

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Notes & Free Thought



"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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Notes & Free Thought



"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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Notes & Free Thought



"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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Notes & Free Thought



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

-Ralph Waldo Emerson

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Notes & Free Thought



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

-The Secret Life of Walter Mitty (2013)

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Notes & Free Thought



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

-James Allen

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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

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"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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THE THINGS YOU'RE THANKFUL FOR

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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



"I have a lot to be thankful for. I am healthy,

happy, and I am loved."

-Reese Witherspoon

DATE

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Notes & Free Thought



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

-Planes, Trains, and Automobiles (1987)

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Notes & Free Thought



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

-Michael Phelps

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Notes & Free Thought



"I'm thankful for every opportunity and every blessing."

-Barack Obama

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Notes & Free Thought



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

-Dalai Lama

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Notes & Free Thought



"Thankfulness is the quickest path to joy."

-Jefferson Bethke

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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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Notes & Free Thought



"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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Notes & Free Thought



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

-Samuel Johnson

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Notes & Free Thought



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

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**PEOPLE I'M GRATEFUL
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Notes & Free Thought



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

-David Steindl-Rast

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Notes & Free Thought



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

-Joel Osteen

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Notes & Free Thought



"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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Notes & Free Thought



"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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Notes & Free Thought



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

-Henry David Thoreau

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Notes & Free Thought



"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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Notes & Free Thought



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

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Notes & Free Thought



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

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-Eileen Caddy

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Notes & Free Thought



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

-Mother Teresa

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PEOPLE I'M GRATEFUL
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Notes & Free Thought



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

-Psalm 107:8

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Notes & Free Thought



"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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Notes & Free Thought



"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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Notes & Free Thought



"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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Notes & Free Thought



"O Lord, that lends me life, lend me a heart
replete with thankfulness!"

-William Shakespeare, Henry VI, Part 2

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Notes & Free Thought



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

-Voltaire

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Notes & Free Thought



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

-Maya Angelou

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**PEOPLE I'M GRATEFUL
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Notes & Free Thought



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

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Notes & Free Thought



"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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Notes & Free Thought



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

-James E. Faust

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**PEOPLE I'M GRATEFUL
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Notes & Free Thought



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

-Emma Stone

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Notes & Free Thought



"I always find something to be thankful for."

-Kate Winslet

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Notes & Free Thought



"Gratitude is not only the greatest of virtues

but the most fruitful."

-Winston Churchill

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Notes & Free Thought



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

-Lionel Hampton

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Notes & Free Thought



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

-Ralph H. Blum

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Notes & Free Thought



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

-Anonymous

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Notes & Free Thought



"Gratitude is the foundation of happiness."

-Leonardo DiCaprio

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Notes & Free Thought



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

-Lauryn Hill

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Notes & Free Thought



"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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Notes & Free Thought



"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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Notes & Free Thought



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

-Robert Brault

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Notes & Free Thought



"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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Notes & Free Thought



"Gratitude changes the way we experience

the game of life."

-Tom Brady

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Notes & Free Thought



"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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Notes & Free Thought



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

-Condoleezza Rice

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Notes & Free Thought



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

-Neal A. Maxwell

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Notes & Free Thought



"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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Notes & Free Thought



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

-Pope Francis

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Notes & Free Thought



"Gratitude is the manifestation of love."

-Paramahansa Yogananda

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Notes & Free Thought



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

-Woody Allen

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Notes & Free Thought



"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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Notes & Free Thought



"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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TO HAVE IN MY LIFE

Notes & Free Thought



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

-Thornton Wilder

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







SOMETHING THAT
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PEOPLE I'M GRATEFUL
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Notes & Free Thought



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

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Notes & Free Thought



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

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Notes & Free Thought



"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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Notes & Free Thought



"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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Notes & Free Thought



"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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Notes & Free Thought



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

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Notes & Free Thought



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

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Notes & Free Thought



"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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Notes & Free Thought



"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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Notes & Free Thought



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

-Anonymous

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Notes & Free Thought



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

-Norman Schwarzkopf

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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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Notes & Free Thought



"Gratitude is the sign of a noble heart."

-Aesop

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Notes & Free Thought



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

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Notes & Free Thought



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

-Tony Robbins

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Notes & Free Thought



"Gratitude is the most exquisite form of courtesy."

-Jacques Maritain

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Notes & Free Thought



"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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Notes & Free Thought



"Gratitude is the sign of noble souls."

-Woodrow Wilson

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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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**PEOPLE I'M GRATEFUL
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Notes & Free Thought



"I have a lot of things to be thankful for, and

I try to keep that in mind."

-Meryl Streep

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Notes & Free Thought



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

-Jean-Jacques Rousseau

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Notes & Free Thought



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

-Roger Federer

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

-John Milton

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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

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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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Notes & Free Thought



"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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Notes & Free Thought



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

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Notes & Free Thought



"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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