

# **A JOURNEY WITHIN**



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## *Daily Gratitude Log*

EWA KREMPA





## Gratitude Log

*If you make your prayers an expression of gratitude  
and thanksgiving for the blessings you  
have already received,  
instead of requests for what you do not have,  
you will obtain results a great deal faster.”  
–Napoleon Hill*

This Daily Gratitude Log Belongs To:

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Date Started:

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My favorite Quote & Why?

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Things That Make Me Happy & Why?

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The best experiences of My Life & Why?

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*“Do not wait: the time will never be ‘just right’. Start where you stand,  
and work whatever tools you may have at your command and better tools  
will be found as you go along.” –Napoleon Hill*



**Photo: Canadian Rockies**  
*Ewa Krempa*





Photo: Ewa Krempa



Photo: Ewa Krempa



Photo: Ewa Krempa

Week 1 of A Journey Within

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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My favorite moments of the week are:

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*“Any ideas, plan, or purpose may be placed in the mind through repetition of thought.”*  
*-Napoleon Hill*

Week 2 of A Journey Within

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Something I learned this week that I'm very thankful for & why?

*"Strength and growth come only through continuous effort and struggle."-Napoleon Hill*

Week 3 of A Journey Within

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My favorite moments of the week are:

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*“Great achievement is usually born of great sacrifice, and is never the result of selfishness.” -Napoleon Hill*

Week 4 of A Journey Within

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What brought me the most joy this week & why?

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*“A quitter never wins-and-a winner never quits.”-Napoleon Hill*

Week 5 of A Journey Within

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My favorite moments of the week are:

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*“Any ideas, plan, or purpose may be placed in the mind through repetition of thought.” -Napoleon Hill*

Week 6 of A Journey Within

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Who made me smile the most this past week & why?

*“The way of success is the way of continuous pursuit of knowledge.” -Napoleon Hill*

Week 7 of A Journey Within

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My favorite moments of the week are:

*“Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.”-Napolcon Hill*

Week 8 of A Journey Within

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What are 5 ways I can share my gratitude with other people in the next 24 hours?

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*“Great achievement is usually born of great sacrifice, and is never the result of selfishness.” -Napoleon Hill*

Week 9 of A Journey Within

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My favorite moments of the week are:

*“If you do not conquer self, you will be conquered by self.” -Napoleon Hill*

Week 10 of A Journey Within

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My favourite nature moments of the week & why?

*“If you do not conquer self, you will be conquered by self.” -Napoleon Hill*

Week 11 of A Journey Within

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My favorite moments of the week are:

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*“If you can't do great things, do small things in a great way.”-Napoleon Hill*

Week 12 of A Journey Within

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What are 5 things I love most about where I live & why?

"Most great people have achieved their greatest success just one step beyond their  
greatest failure." -Napoleon Hill

Week 13 of A Journey Within

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My favorite moments of the week are:

*"The oak sleeps in the acorn. The bird waits in the egg, and in the highest vision of the soul, a waking angel stirs. Dreams are the seedlings of reality." -Napoleon Hill*

Week 14 of A Journey Within

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How is My life more positive today than it was 12 weeks ago & why?

*"Fortunate is the young man or young woman who learns, early in life, to use imagination, and doubly so in this age of greater opportunity." -Napoleon Hill*

Week 15 of A Journey Within

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My favorite moments of the week are:

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*"If you will decide definitely what you want most during your entire lifetime and write it down on paper so that I can read it, I will give you the key with which you may open the door to the attainment of your desires - whatever they may be." -Napoleon Hill*

Week 16 of A Journey Within

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What is one aspect of My health that I'm more grateful for & why?

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*"Truly, 'thoughts are things,' and powerful things at that, when they are mixed with definiteness of purpose, persistence, and a burning desire for their translation into riches, or other material objects."-Napoleon Hill*

Week 17 of A Journey Within

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My favorite moments of the week are:

*“Set your mind on a definite goal and observe how quickly the world stands aside to let you pass.” -Napoleon Hill*

Week 18 of A Journey Within

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Someone who makes My life better & why?

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*"Any idea, plan, or purpose may be placed in the mind through repetition of thought."-Napoleon Hill*

Week 19 of A Journey Within

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My favorite moments of the week are:

*"Hold a picture of yourself long and steadily enough in your mind's eye, and you will  
be drawn toward it."  
-Napolcon Hill*

Week 20 of A Journey Within

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My “perfect day” recently & why?

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*“Success come to those who become success conscious.”  
-Napoleon Hill*

Week 21 of A Journey Within

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My favorite moments of the week are:

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*"One of the greatest problems of life, if not, in fact, the greatest, is that of learning the art of harmonious negotiation with others." -Napoleon Hill*

Week 22 of A Journey Within

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My recent time when I truly felt at peace & why?

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*"Knowledge is only potential power." -Napoleon Hill*

Week 23 of A Journey Within

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My favorite moments of the week are:

*"The world has the habit of making room for the man whose actions show that he knows where he is going."  
-Napoleon Hill*

Week 24 of A Journey Within

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My favourite quote or a bit of wisdom that I like to frequently share with others & why?

*"You give before you get." -Napoleon Hill*

Week 25 of A Journey Within

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My favourite moments of the week are:

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*"You may as well know, right here, that you can never have riches in great quantities,  
UNLESS you can work yourself into a white heat of DESIRE for money, and actually  
BELIEVE you will possess it.."  
-Napoleon Hill*

Week 26 of A Journey Within

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What is a personal viewpoint that positively defines Me as a person & why?

*"... our brains become magnetized with the dominating thoughts which we hold in our minds, and, by means with which no person is familiar, these 'magnets' attract to us the forces, the people, the circumstances of life which harmonize with the nature of our dominating thoughts." -Napoleon Hill*

Week 27 of A Journey Within

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My favorite moments of the week are:

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*"Man, alone, has the power to transform his thoughts into physical reality; man, alone, can dream and make his dreams come true."-Napoleon Hill*

Week 28 of A Journey Within

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My happiest moments of the Week & why?

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*"Life reflects your own thoughts back to you."  
-Napoleon Hill*

Week 29 of A Journey Within

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My favorite moments of the week are:

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*"The starting point of all achievement is desire."  
-Napoleon Hill*

Week 30 of A Journey Within

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What is My favorite season & what do I like about it?

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*"When your desires are strong enough you will appear to possess superhuman powers to achieve."*  
*-Napoleon Hill*

Week 31 of A Journey Within

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\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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My favorite moments of the week are:

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*"All achievements, all earned riches, have their beginning in an idea."-Napoleon Hill*

Week 32 of A Journey Within

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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What am I most looking forward to next week & why?

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*"Man, alone, has the power to transform his thoughts into physical reality; man, alone, can dream and make his dreams come true."-Napoleon Hill*

Week 33 of A Journey Within

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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My favorite moments of the week are:

*"Every person who wins in any undertaking must be willing to cut all sources of retreat. Only by doing so can one be sure of maintaining that state of mind known as a burning desire to win -- essential to success."*

*-Napoleon Hill*

Week 34 of A Journey Within

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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A small, everyday thing that *I* enjoy doing with a special person in My life & why?

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*I am thankful for the adversities, which have crossed my pathway, for they taught me tolerance, sympathy, self-control, perseverance and some other virtues I might never have known. -Napoleon Hill*

Week 35 of A Journey Within

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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My favorite moments of the week are:

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*“An intangible impulse of thought can be transmuted into its physical counterpart”  
-Napoleon Hill*

Week 36 of A Journey Within

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What makes me happy when I'm feeling down & why?

*"If you fail to control your own mind, you may be sure that you will control nothing else"*

*-Napoleon Hill*

Week 37 of A Journey Within

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My favorite moments of the week are:

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*“A great many years ago I purchased a fine dictionary. The first thing I did with it was to turn to the word ‘impossible,’ and neatly clip it out of the book. That would not be an unwise thing for you to do” -Napoleon Hill*

Week 38 of A Journey Within

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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What do I love most about the current season & why?

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*“In planning to acquire your share of the riches, let no one influence you to scorn the dreamer” – -Napoleon Hill*

Week 39 of A Journey Within

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My favorite moments of the week are:

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*“If the thing you wish to do is right, and you believe in it, go ahead and do it! Put your dreams across, and never mind what ‘they’ say if you meet with temporary defeat, for ‘they,’ perhaps, do not know that every failure brings with it the seed of an equivalent success”-Napoleon Hill*

Week 40 of A Journey Within

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What freedoms am I most grateful for & why?

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*“A burning desire to be, and to do is the starting point from which all dreamers must take off. Dreams are not born of indifference, laziness, or lack of ambition”-Napoleon Hill*

Week 41 of A Journey Within

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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My favorite moments of the week are:

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*“To win the big stakes in this changed world, you must catch the spirit of the great pioneers of the past, whose dreams have given to civilization all that it has of value, the spirit that serves as the life-blood of our own country – your opportunity and mine, to develop and market our talents.” -Napoleon Hill*

Week 42 of A Journey Within

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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What makes Me happy to be alive & why?

*“Put your foot upon the neck of the fear of criticism by reaching a decision not to worry about what other people think, do, or say.”-Napoleon Hill*

Week 43 of A Journey Within

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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My favourite moments of the week are:

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*“One who has loved truly, can never lose entirely. Love is whimsical and temperamental. Its nature is ephemeral, and transitory. It comes when it pleases, and goes away without warning. Accept and enjoy it while it remains, but spend no time worrying about its departure. Worry will never bring it back.” -Napoleon Hill*

Week 44 of A Journey Within

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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My favourite activities of the week & why?

“Neglecting to broaden their view has kept some people doing one thing all their lives.” -Napoleon Hill

Week 45 of A Journey Within

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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My favourite moments of the week are:

*“If you are ready for the secret, you already possess one half of it, therefore, you will readily recognize the other half the moment it reaches your mind.” -Napoleon Hill*

Week 46 of A Journey Within

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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What activity do I enjoy when with others & why?

*“There are no limitations to the mind except those we acknowledge both poverty and riches are the offspring of thought” -Napoleon Hill*

Week 47 of A Journey Within

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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My favorite moments of the week are:

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*“the cause of the depression is traceable directly to the worldwide habit of trying to  
reap without sowing.” -Napoleon Hill*

Week 48 of A Journey Within

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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How have I recently cared for My mental wellbeing?

*“Knowledge is power.” It is nothing of the sort! Knowledge is only potential power. It becomes power only when, and if, it is organized into definite plans of action, and directed to a definite end.” -Napoleon Hill*

Week 49 of A Journey Within

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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My favorite moments of the week are:

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*“Both success and failure are largely the results of habit!” -Napoleon Hill*

Week 50 of A Journey Within

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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What is an app or piece of technology that I use every day which adds value to My  
life?

*“Faith removes limitations!” -Napoleon Hill*

Week 51 of A Journey Within

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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My favorite moments of the week are:

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“If you fill your mind with FEAR, doubt and unbelief in your ability to connect with, and use the forces of Infinite Intelligence, the law of auto-suggestion will take this spirit of unbelief and use it as a pattern by which your subconscious mind will translate it into its physical equivalent.” -Napoleon Hill

Week 52 of A Journey Within

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

\_\_, \_\_, 20\_\_ I am so Happy and Grateful for:

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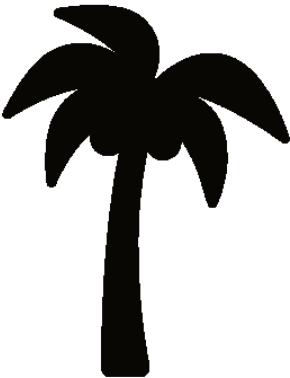
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What gift did I enjoy receiving in the past year & why?

*“Every man is what he is, because of the dominating thoughts which he permits to occupy his mind.” -Napoleon Hill*



\_\_, \_\_, 20\_\_

What positive changes in your personality have happened in the last year?

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*“I will eliminate hatred, envy, jealousy, selfishness, and cynicism, by developing love for all humanity, because I know that a negative attitude toward others can never bring me success. I will cause others to believe in me, because I will believe in them, and in myself.”-Napoleon Hill*

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Quotes by Napoleon Hill – to encourage self inspiration & education of awareness

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Facebook: Dynamic Mindset Group

Thank you





**Photo: Canadian Rockies**

*Photo: Ewa Krempa*