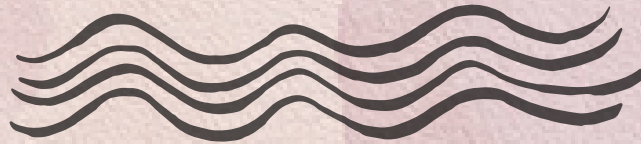




Gratitude Journal

14 days gratitude practice
for morning & evening



DATE

Gratitude Journal

TODAY I WANT TO FEEL

HOW I WANT TO SPREAD HAPPINESS

THINGS I AM GRATEFUL FOR TODAY



NIGHT REFLECTIONS

- TODAY'S HIGHLIGHT

INTENTION FOR TOMORROW

- TODAY'S LEARNING

"Happiness is a habit"

DATE

Gratitude Journal

TODAY I WANT TO FEEL

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"Do what you love"

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"A grateful heart is a magnet for miracles"

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"Every day is a gift"

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"Find joy in the little things"

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"Abundance starts with gratitude."

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"Seek happiness within yourself"

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"Smile often, live happily"

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"Happiness is an inside job"

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"Create, inspire, thrive"

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"Radiate kindness always"

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"Embrace the journey"

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"Chase your dreams fearlessly"

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- TODAY'S LEARNING

"Joy is not in things; it is in us"



Give thanks to
yourself
for doing the work

