GRATITUDE



INCLUDES 33 JOURNAL PAGES



Spend time daily in gratitude and thanksgiving.
You can choose in for a month, a year, or for your lifetime. Daily journal: 3 to 10 things you are grateful for. Be thoughtful and aware of things that you have been blessed with.

This Book Belongs To	

"I AM HAPPY BECAUSE I'M GRATEFUL. I CHOOSE TO BE GRATEFUL. THAT GRATITUDE ALLOWS ME TO BE HAPPY." — WILL ARNETT.



"LIVE A LIFE FULL OF HUMILITY, GRATITUDE, INTELLECTUAL CURIOSITY, AND NEVER STOP LEARNING."

— GZA.

"REFLECT UPON YOUR PRESENT BLESSINGS—OF WHICH EVERY MAN HAS MANY—NOT ON YOUR PAST MISFORTUNES, OF WHICH ALL MEN HAVE SOME." — CHARLES DICKENS.



"AS WE EXPRESS OUR GRATITUDE, WE MUST NEVER FORGET THAT THE HIGHEST APPRECIATION IS NOT TO UTTER WORDS, BUT TO LIVE BY THEM." — JOHN F. KENNEDY.



LET US BE GRATEFUL TO THE PEOPLE WHO MAKE US HAPPY; THEY ARE THE CHARMING GARDENERS WHO MAKE OUR SOULS BLOSSOM."



— MARCEL PROUST.

"WEAR GRATITUDE LIKE A CLOAK, AND IT WILL FEED EVERY CORNER OF YOUR LIFE." — RUMI.



"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.



"TWO KINDS OF GRATITUDE: THE SUDDEN KIND WE FEEL FOR WHAT WE TAKE; LARGER KIND WE FEEL FOR WHAT WE GIVE."



- EDWIN ARLINGTON ROBINSON.

"ALWAYS HAVE AN ATTITUDE OF GRATITUDE." — STERLING K. BROWN.



"I DON'T HAVE TO CHASE EXTRAORDINARY MOMENTS TO FIND HAPPINESS - IT'S RIGHT IN FRONT OF ME IF I'M PAYING ATTENTION AND PRACTICING GRATITUDE." — BRENE BROWN.



"GRATITUDE UNLOCKS THE FULLNESS OF LIFE. IT TURNS WHAT WE HAVE INTO ENOUGH, AND MORE." — MELODY BEATTIE.



"GRATITUDE IS A POWERFUL CATALYST FOR HAPPINESS. IT'S THE SPARK THAT LIGHTS A FIRE OF JOY IN YOUR SOUL." — AMY COLLETTE.



"WHEN YOU ARE GRATEFUL, FEAR DISAPPEARS, AND ABUNDANCE APPEARS." — TONY ROBBINS.



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"HAPPINESS CANNOT BE TRAVELED TO, OWNED, EARNED, WORN OR CONSUMED. HAPPINESS IS THE SPIRITUAL EXPERIENCE OF LIVING EVERY MINUTE WITH LOVE, GRACE, AND GRATITUDE." — DENIS WAILEY.



"BEING GRATEFUL DOES NOT MEAN THAT EVERYTHING IS NECESSARILY GOOD. IT JUST MEANS THAT YOU CAN ACCEPT IT AS A GIFT." — ROY T. BENNETT.



"GRATITUDE MAKES SENSE OF OUR PAST, BRINGS PEACE FOR TODAY, AND CREATES A VISION FOR TOMORROW." — MELODY BEATTIE.



"I THINK GRATITUDE IS A BIG THING. IT PUTS YOU IN A PLACE WHERE YOU'RE HUMBLE." — ANDRA DAY.



"WHEN WE FOCUS ON OUR GRATITUDE, THE TIDE OF DISAPPOINTMENT GOES OUT AND THE TIDE OF LOVE RUSHES IN." — KRISTIN ARMSTRONG.



"LET US BE GRATEFUL TO THE PEOPLE WHO MAKE US HAPPY; THEY ARE THE CHARMING GARDENERS WHO MAKE OUR SOULS BLOSSOM." — MARCEL PROUST.



"WHEN YOU ARISE IN THE MORNING GIVE THANKS FOR THE FOOD AND FOR THE JOY OF LIVING. IF YOU SEE NO REASON FOR GIVING THANKS, THE FAULT LIES ONLY IN YOURSELF." — TECUMSEH.



"FOR MY PART, I AM ALMOST CONTENTED JUST NOW, AND VERY THANKFUL. GRATITUDE IS A DIVINE EMOTION: IT FILLS THE HEART, BUT NOT TO BURSTING; IT WARMS IT, BUT NOT TO FEVER." — CHARLOTTE BRONTË.



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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.



"HAVE GRATITUDE FOR ALL THAT YOU HAVE, AND YOU CAN BE HAPPY EXACTLY AS YOU ARE." — MANDY INGBER.



"GRATITUDE IS NOT ONLY THE GREATEST OF VIRTUES, BUT THE PARENT OF ALL OTHERS." — MARCUS TULLIUS CICERO.



"GRATITUDE LOOKS TO THE PAST AND LOVE TO THE PRESENT; FEAR, AVARICE, LUST, AND AMBITION LOOK AHEAD." — C.S. LEWIS.



"GRATITUDE AND ATTITUDE ARE NOT CHALLENGES; THEY ARE CHOICES." — ROBERT BRAATHE.



"GIVING IS AN EXPRESSION OF GRATITUDE FOR OUR BLESSINGS." — LAURA ARRILLAGA-ANDREESSEN.



"GRATITUDE IS THE ABILITY TO EXPERIENCE LIFE AS A GIFT. IT LIBERATES US FROM THE PRISON OF SELF-PREOCCUPATION." — JOHN ORTBERG.



"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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"'THANK YOU' IS THE BEST PRAYER THAT ANYONE COULD SAY. I SAY THAT ONE A LOT. THANK YOU EXPRESSES EXTREME GRATITUDE, HUMILITY, UNDERSTANDING." — ALICE WALKER.



"JOY IS THE SIMPLEST FORM OF GRATITUDE." — KARL BARTH.

