



Gratitude Journal: Things I'm Thankful for

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Gratitude Journal: Things I'm Thankful for. Our daily activities affect our lives in so many ways. Most of the time we don't notice the good things, but we notice and remember the negatives. The negatives stay on and rob us off our happiness and joy.

This Gratitude Journal is for you to write down those things that we are thankful for everyday. It prompts you to write daily and every seven days read back to yourself all the good things you have experienced. Not only will you continue to be motivated without trying, but you will relate better with others and they in turn will reciprocate. People who are grateful are liked more by other people.

Just as night turns into day, and day into night, tough times always come around; but you will be ready. Grab a copy of this *Gratitude Journal* and fortify yourself with your very own personal experiences that will remind you that good times are round the corner. Makes a perfect gift for any occasion!

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