

A decorative border of various flowers and leaves in orange, teal, and grey line art surrounds the central text. The flowers include large five-petaled blooms, small daisy-like flowers, and clusters of berries.

# 31-DAY GRATITUDE *Coloring* JOURNAL

When soaring high or running low,  
give thanks!

Fresh  Possibilities





*Dedicated to:*

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## 31-Day Gratitude Coloring Journal: When Soaring High or Running Low, Give Thanks!

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## **Introduction**

Why should you be journaling? What for? How will it benefit you?

How is it done? What do you write? How do you find time?

A lot of questions surround the idea of keeping a journal, and someone who hasn't done it may have problems trying to see himself doing it now.

At the very least, asking these questions indicate interest in journaling. That's a good first step.

However, the only way to fully grasp its significance is to dive into it, and what better way to start than with a gratitude journal.

You'll be amazed at what unfolds to you by doing so.

## **Why Practice Gratitude**

Life is a blessing and every moment not noticed and celebrated is a waste.

If you imagine people never getting up from bed to see the light of day, you would realize just how lucky you are. Also, you don't have to buy a bottle of canned oxygen to breathe fresh air, scamper for food in a mountain of rubbish, nor be subjected every day to the terrifying sound of bullets, grenades and bombs.

Life is great and there is just so much to be thankful for.

People who express gratitude, whether openly or in subtle or covert ways, radiate positivity and cheerfulness. They tend to be calm, peaceful, content, and joyful, knowing that blessings abound and are there for the taking.



## How to Start a Gratitude Journal

If starting a gratitude journal is something strange, here's a brief on how to do it:

**Step #1** – *Get a pen and paper to record what you are grateful for that day.* You may use a plain notebook or paper tablet if you don't have a commercial or store-bought, fancy gratitude journal. I carry my cell phone with me every minute and I use it to record stuff, including things I'm happy about and grateful for on a daily basis. If you've forgotten your journal and post-it notes are at arms reach, go ahead and use it.

**Step #2** – *Set a time each day to write on your gratitude journal.* You may do it at a convenient time or when you feel the need to write down your gratitude thoughts. You may also do it before bed like many people. Doing so has proven beneficial to getting a good night sleep or getting sleep much faster.

**Step #3** – *Draw, illustrate or color if that's how you want to express your gratitude.* You may even write a poem or song.

**Step #4** – *A simple journaling prompt to follow is: What are you grateful for today?* Think about events, people, challenges, learnings, or insights that have moved or enriched you.

**Step #5** – For privacy considerations, keep your gratitude journal safe. Place it on a secure place that other people can easily find and read.

## 12 Practical Ideas towards a Daily Gratitude Practice

If you are having a tough time wondering what you should be grateful for, or you find yourself forgetting to be grateful each day, these tips and strategies may help make your daily gratitude practice easier:

1. Each morning upon waking, vow to practice gratitude that day.
2. Use all of your senses – touch, feel, sight, smell, taste and hearing - to discover things to be grateful for.
3. Keep "Be Grateful" sticky notes at strategic places in your home and at work.
4. When you find yourself thinking negatively, find something positive to focus on instead.
5. Each time you eat, take a moment to express appreciation for your meal.
6. Keep your gratitude journal by your bed or your alarm clock, where you will see it every night.
7. Write in your gratitude journal the same time each day or night.
8. Rather than focus inward on your own actions, look outward to realize what others have done for you.
9. Call a different person each day and thank that person for something he or she has done for you.
10. Send "thank you" notes to let the important people in your life know that you appreciate them.
11. Find a gratitude partner who would routinely ask if you've expressed gratitude that day, and you do the same.
12. Have a list of "gratitude quotes" and refer to at least one each day.





*Gratitude*  
IS THE MEMORY  
*of the heart.*

~JEAN BATISTE

Day # 1 / Date: \_\_\_\_\_

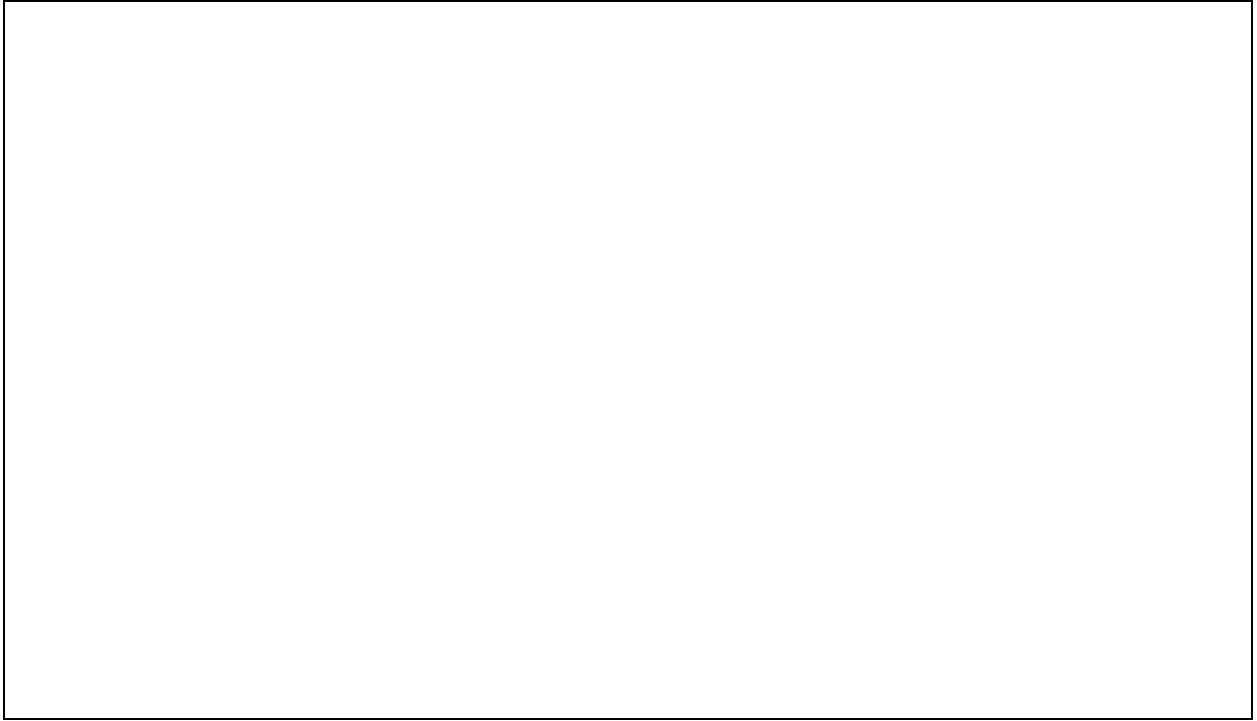
## MUSINGS

Gratitude is the fairest blossom that springs from the soul.

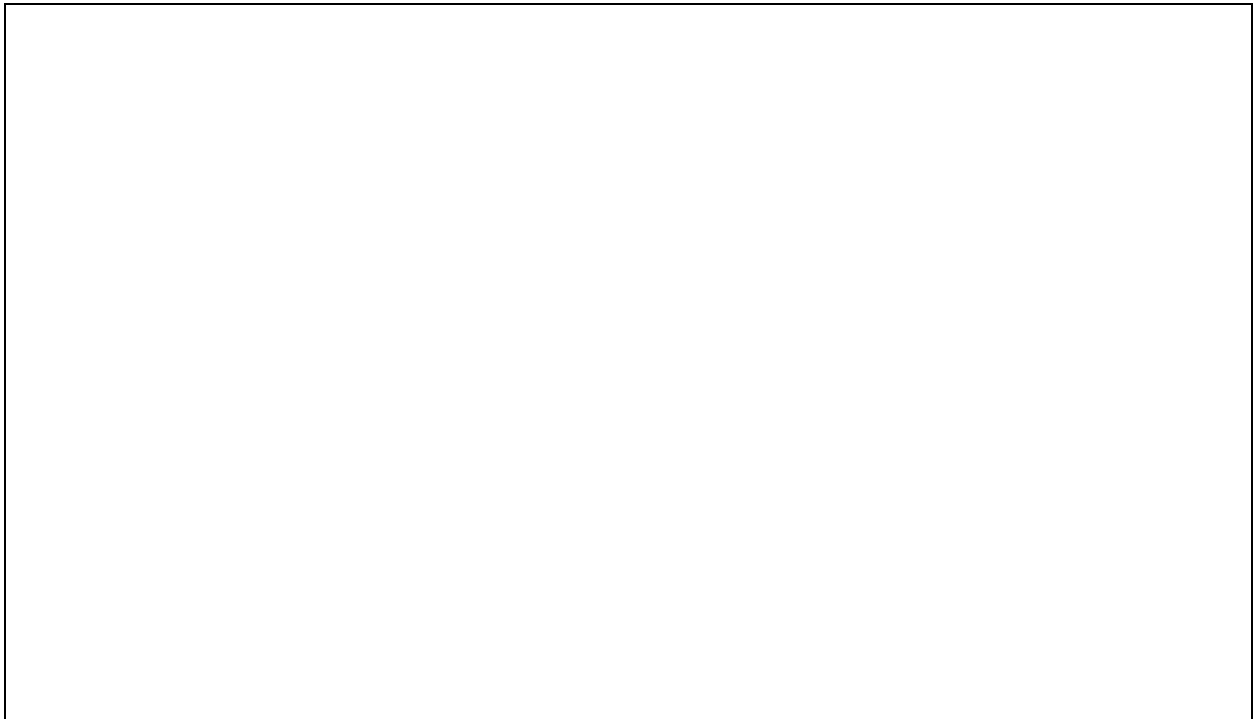
*~Henry Ward Beecher*



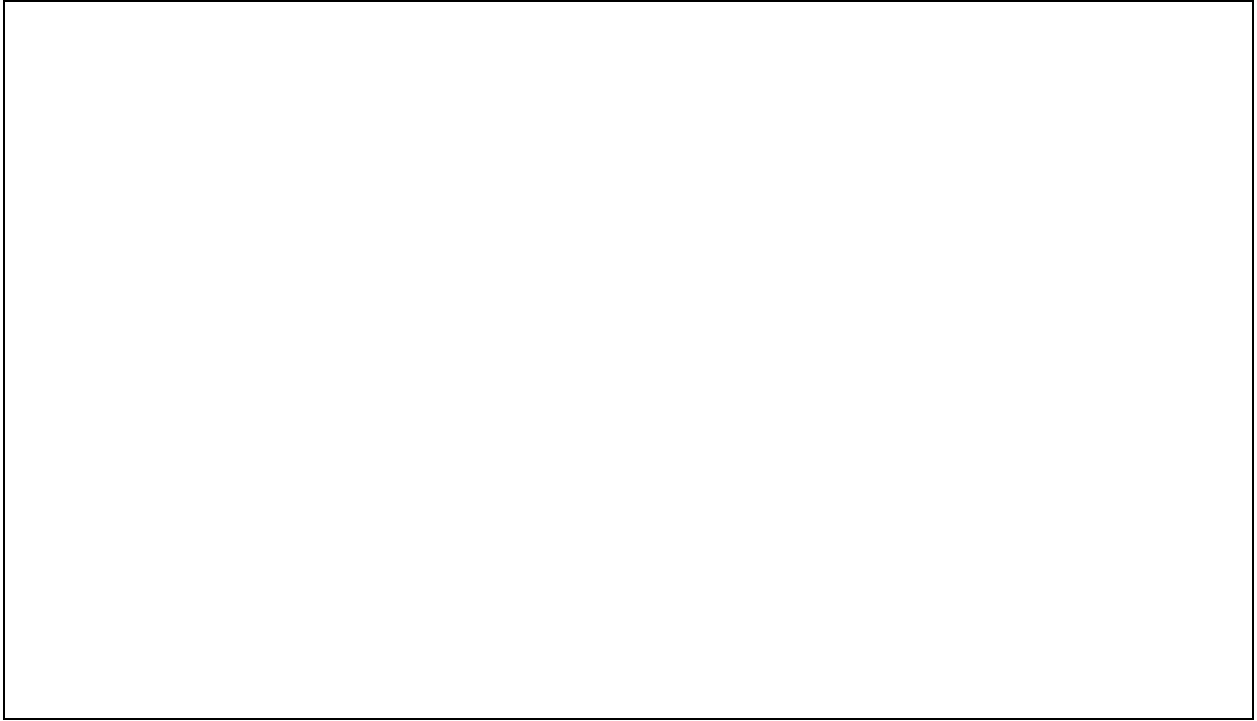
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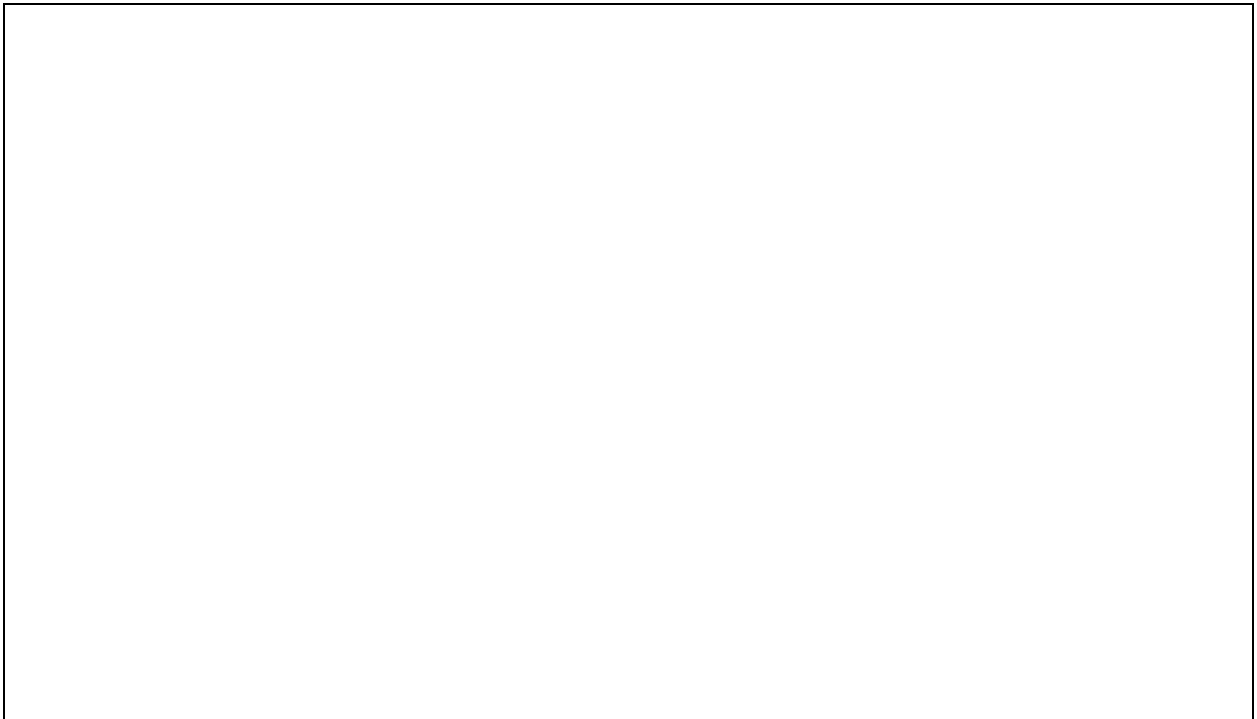
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Joyful moments I want to celebrate today

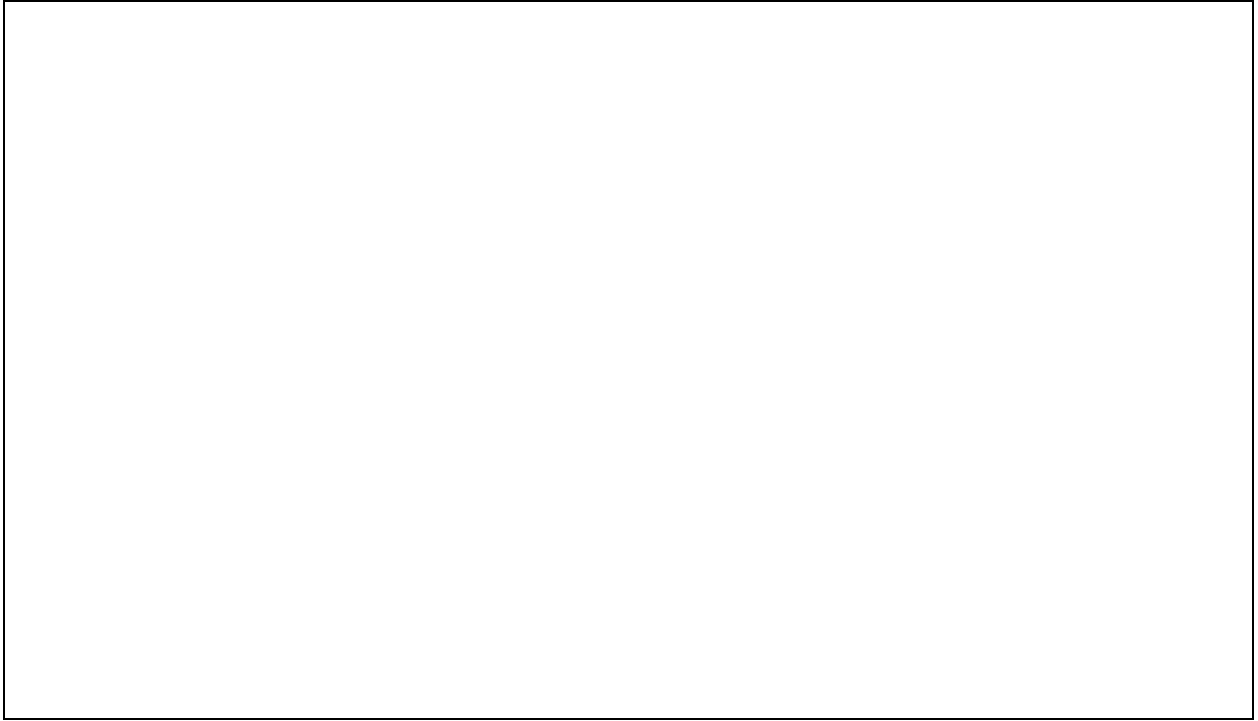
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Lessons I am thankful to have learned today

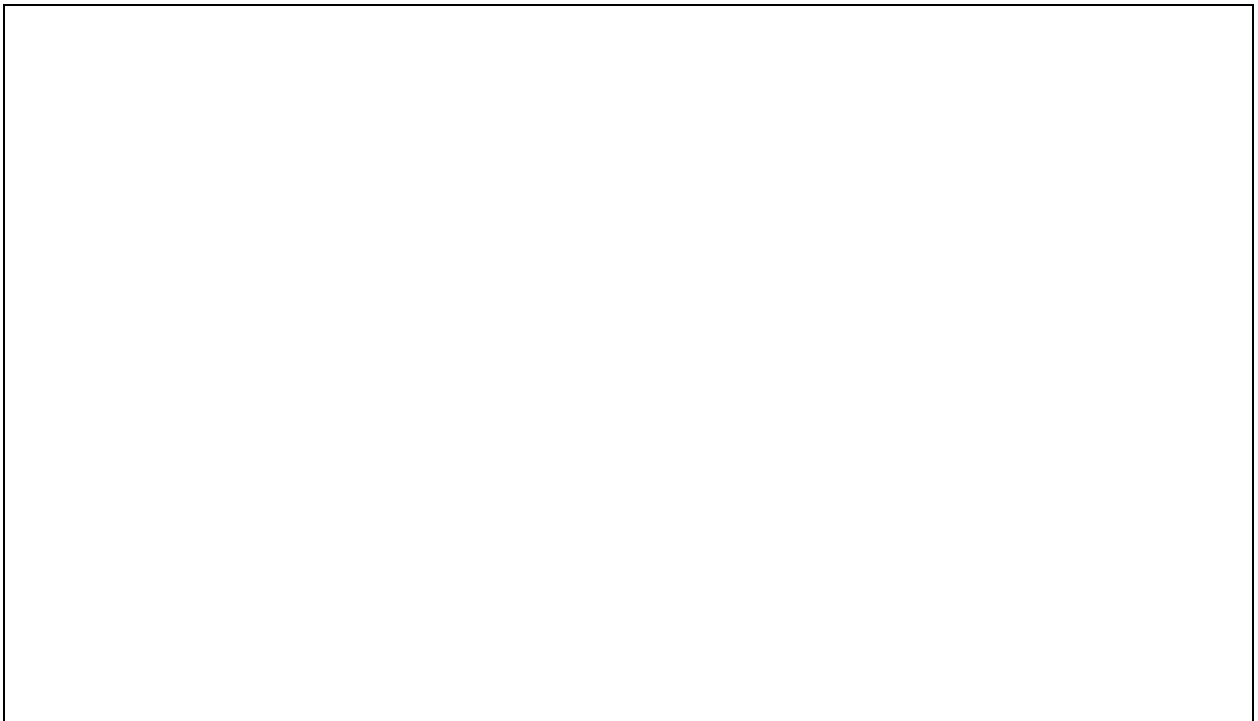
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Concrete steps to express my gratitude today

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Pleasant surprises today!

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Appreciation  
is the purest vibration  
that exists on  
the planet today.  
~Abraham Hicks

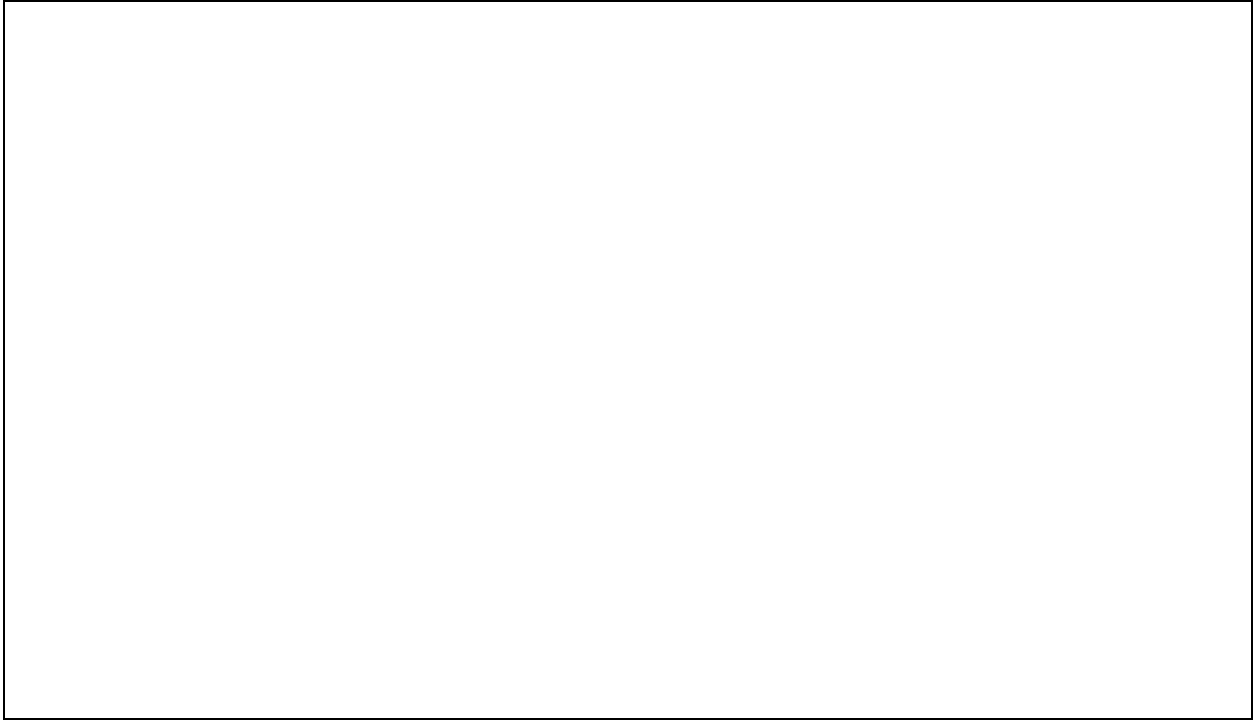
Day # 2 / Date: \_\_\_\_\_

## MUSINGS

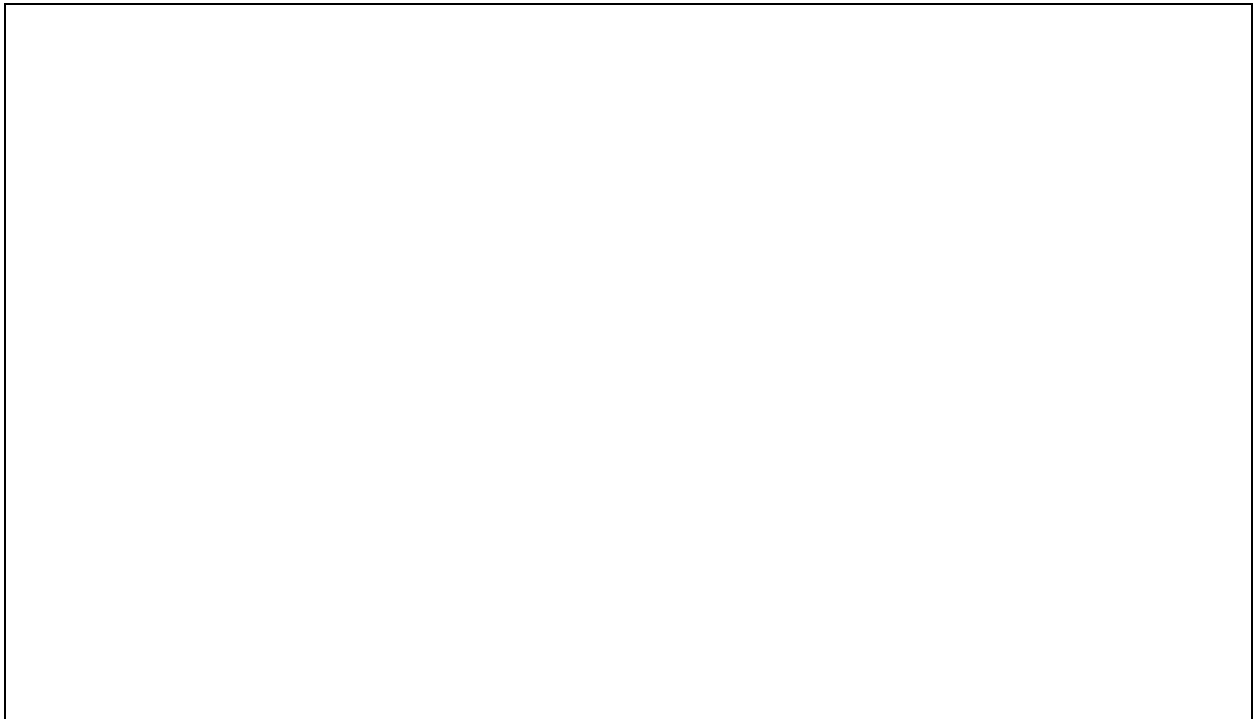
Gratitude can turn a meal into a feast.

~Melody Beattie

Things I am grateful for today

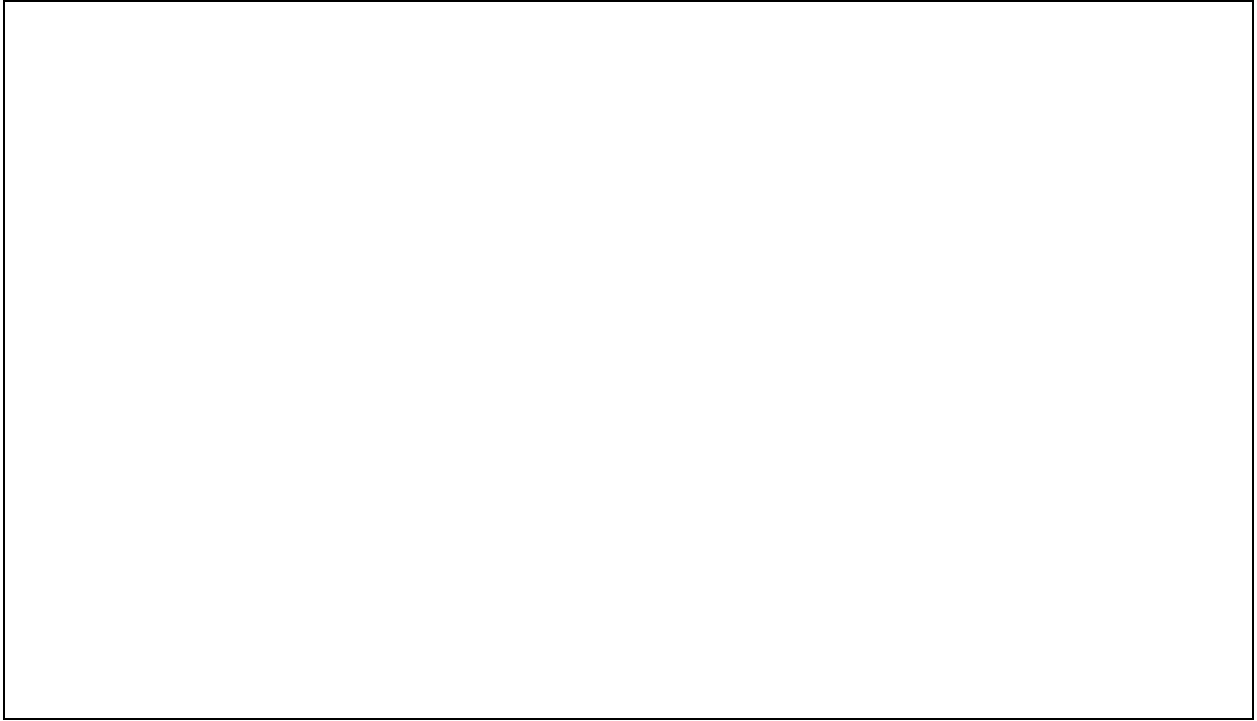
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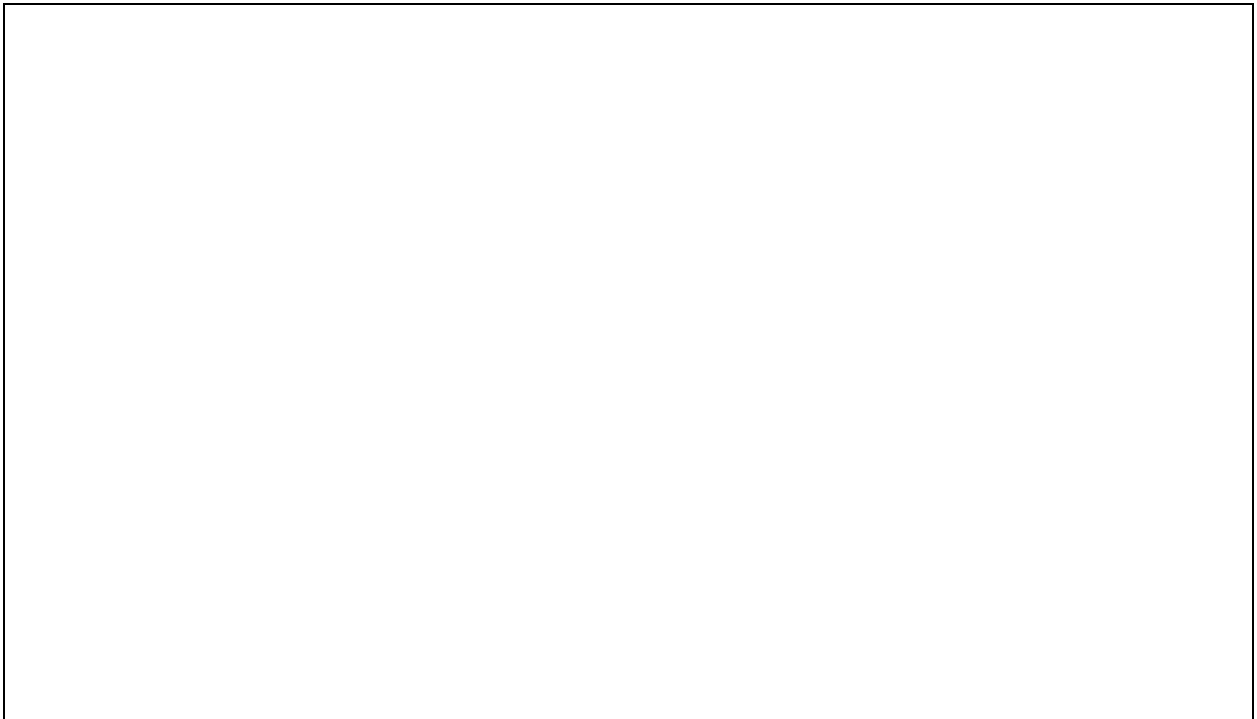
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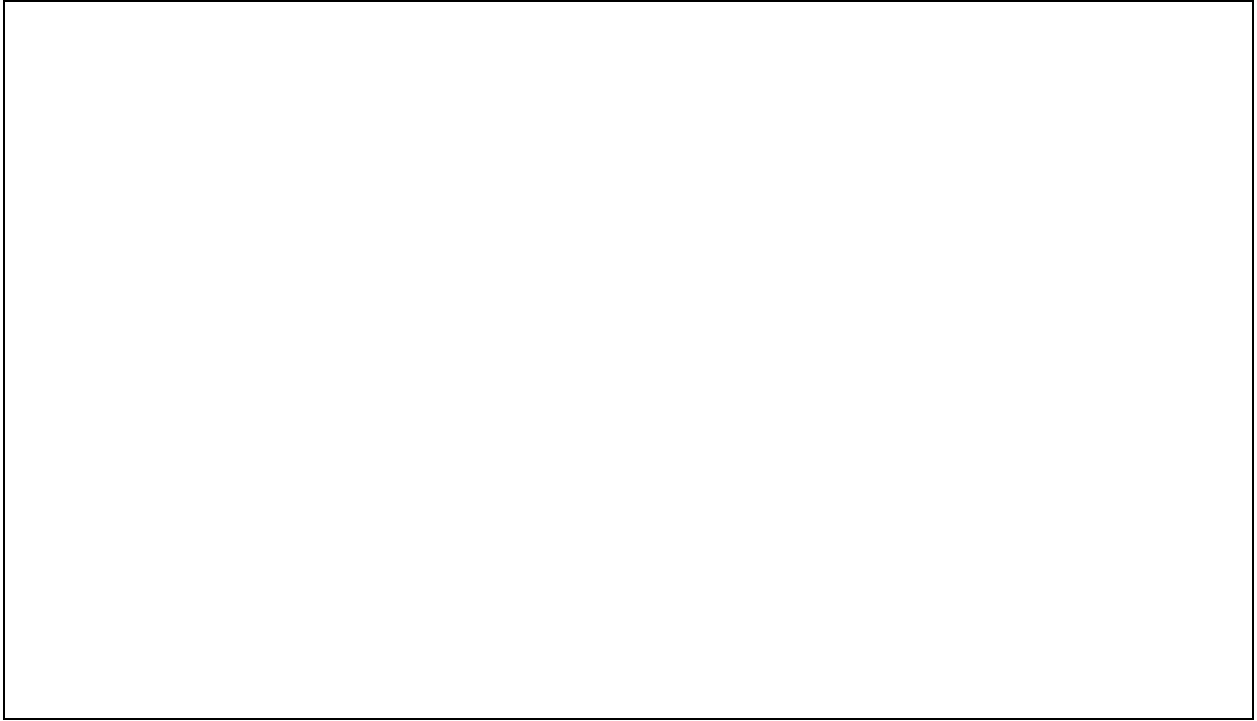
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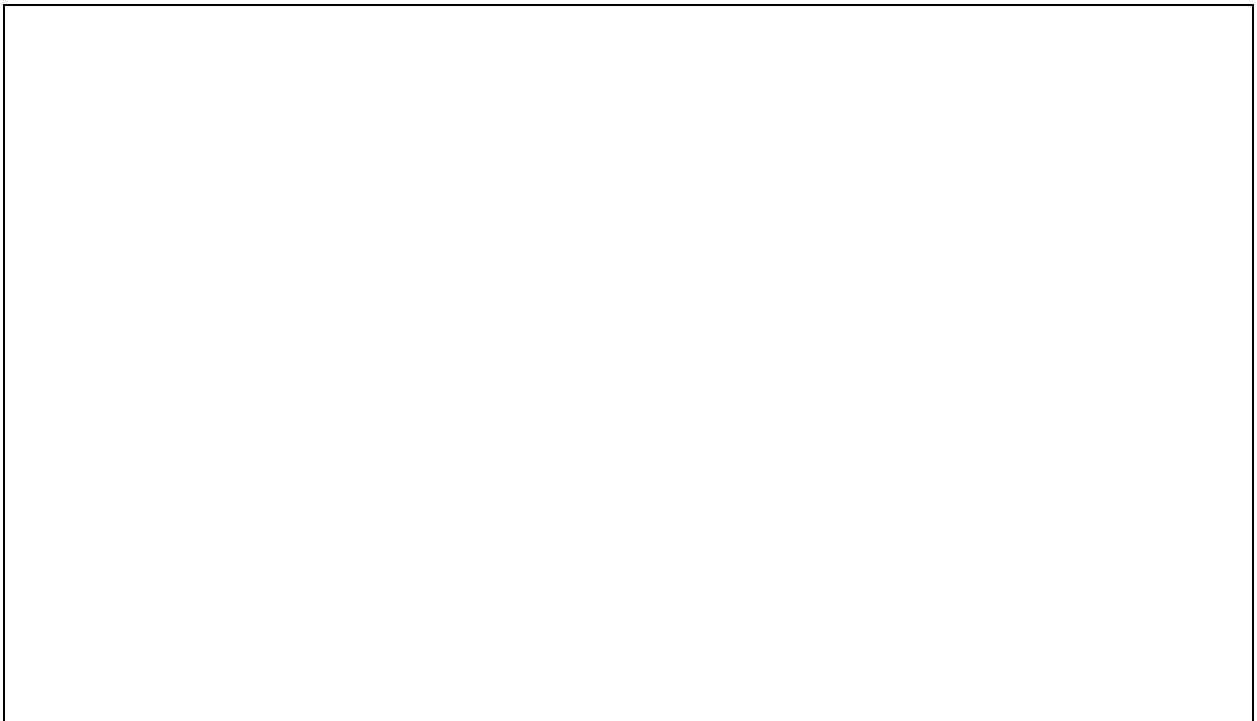
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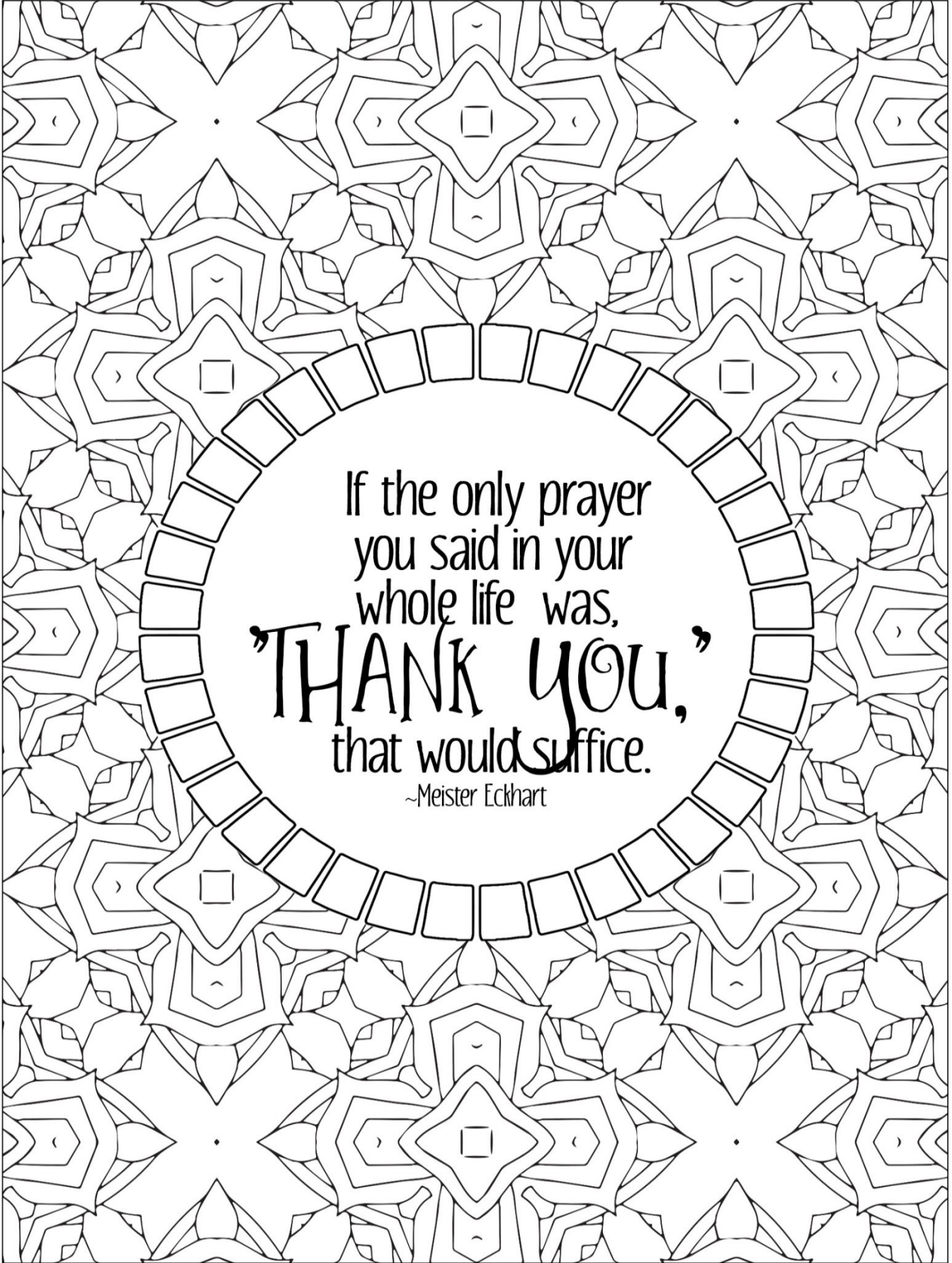
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Concrete steps to express my gratitude today

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Pleasant surprises today!

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If the only prayer  
you said in your  
whole life was,  
**"THANK YOU,"**  
that would suffice.  
~Meister Eckhart

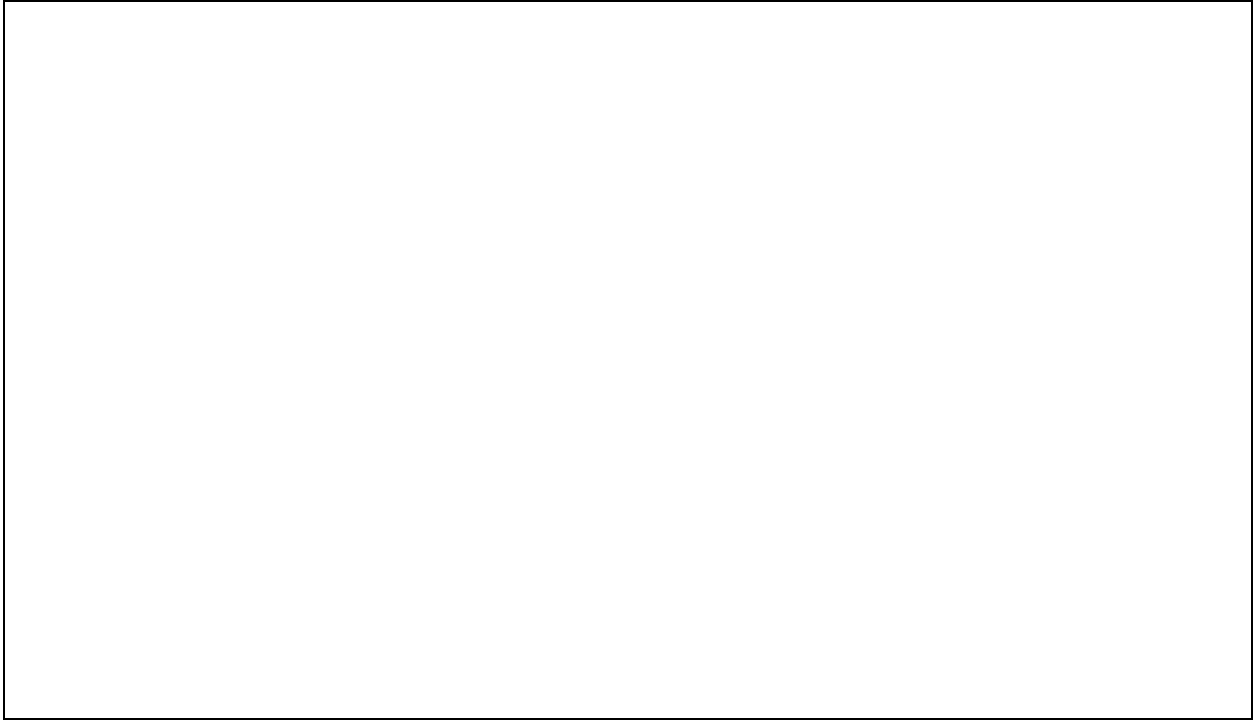
Day # 3 / Date: \_\_\_\_\_

## MUSINGS

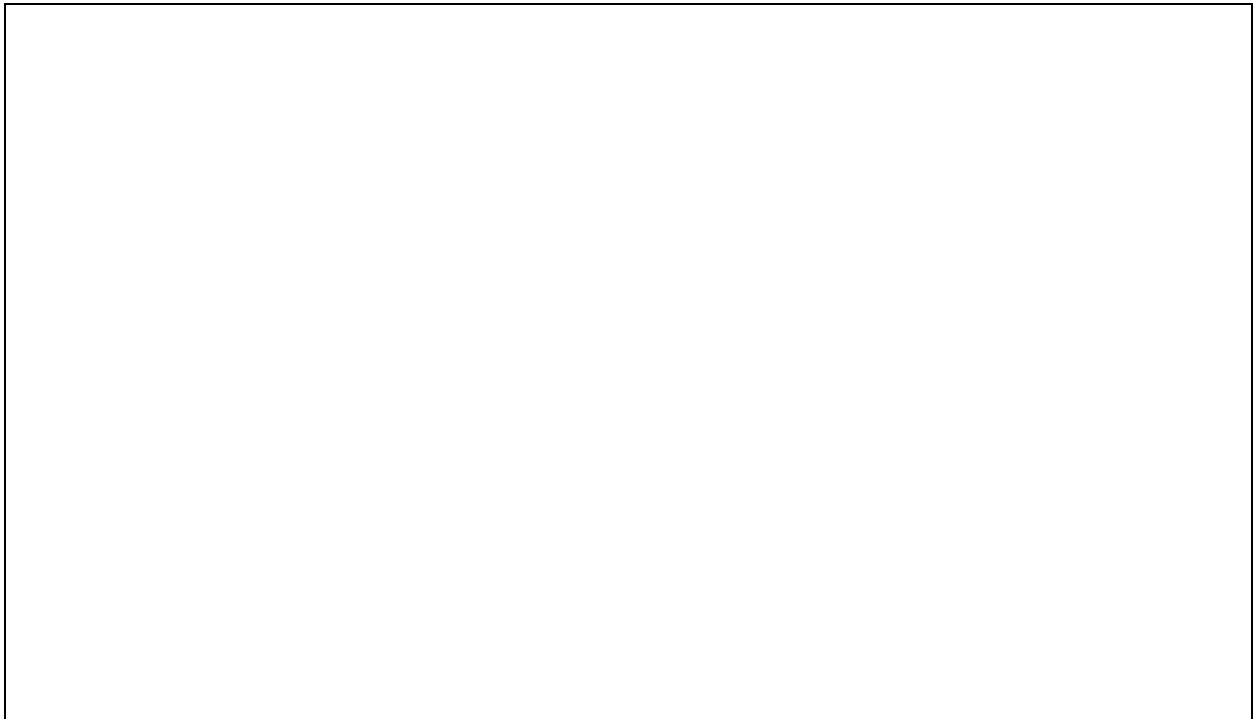
Gratitude is the wine for the soul. Go on. Get drunk.

*~Rumi*

Things I am grateful for today

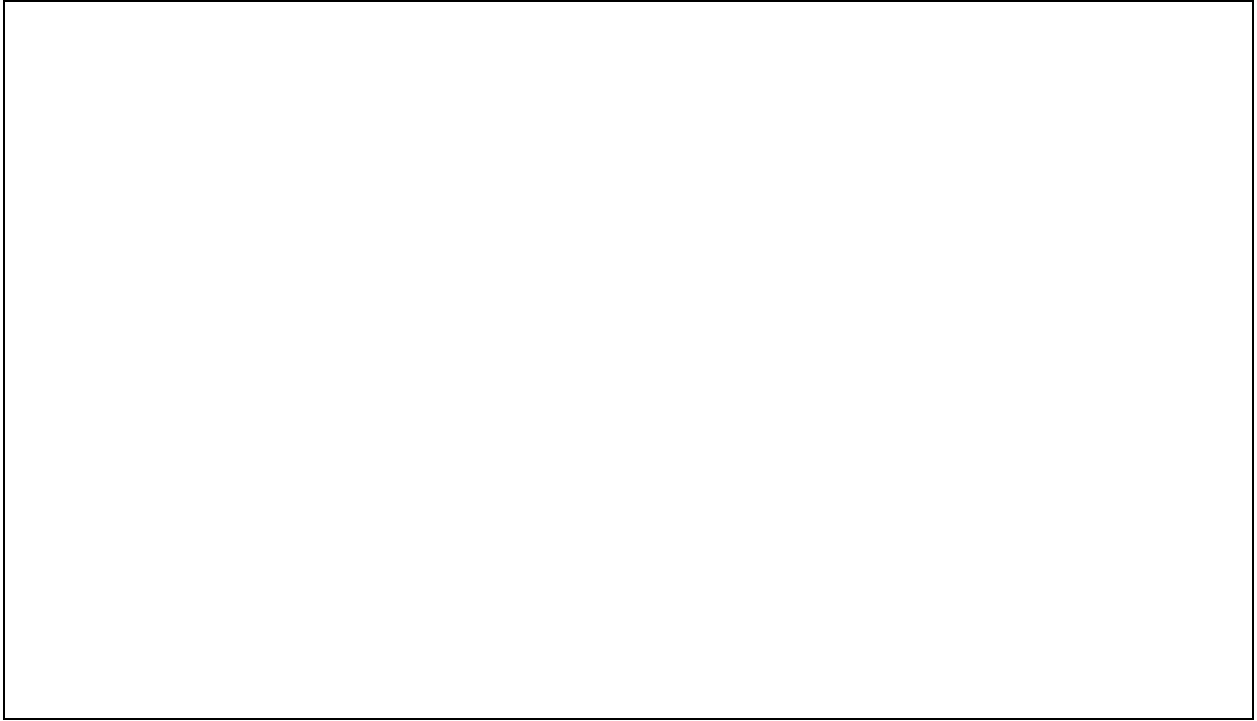
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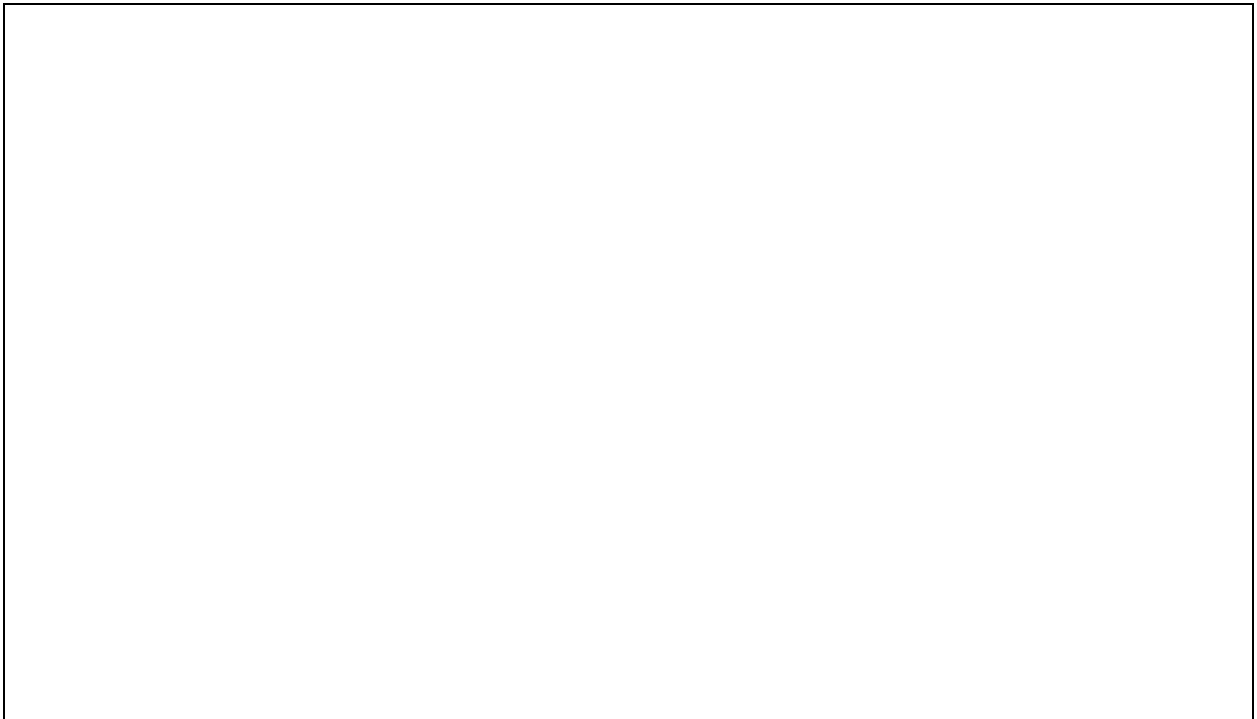
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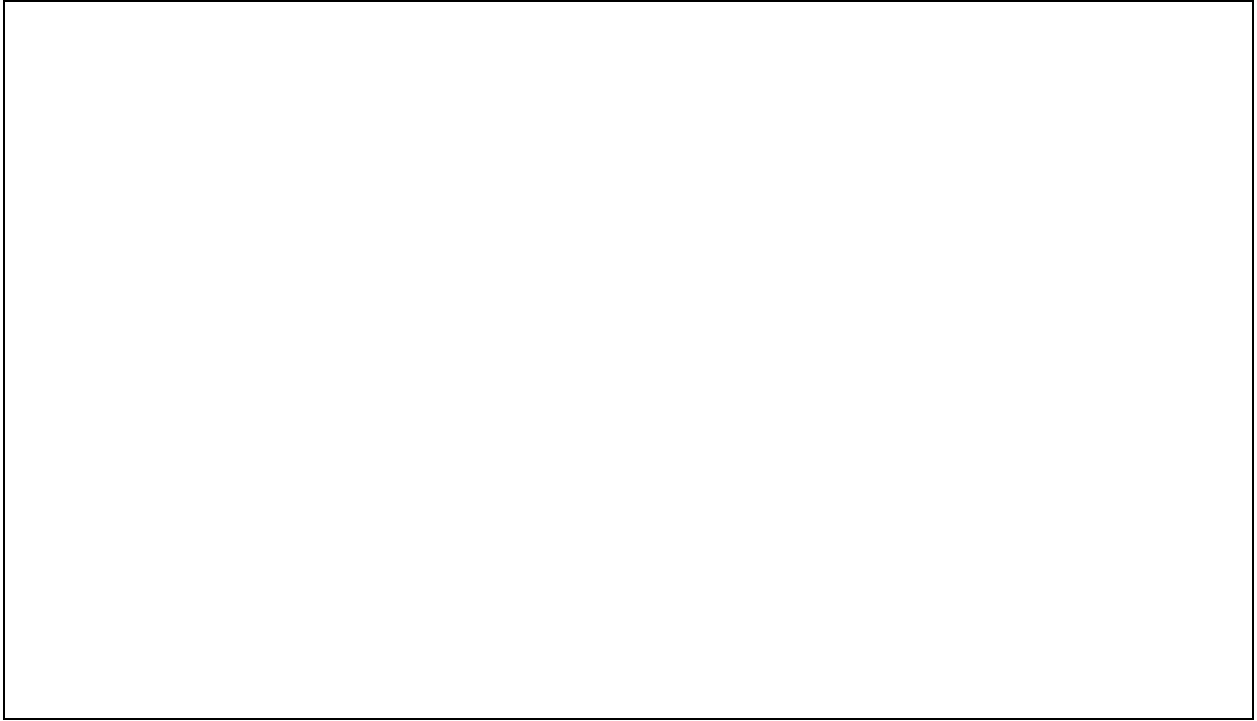
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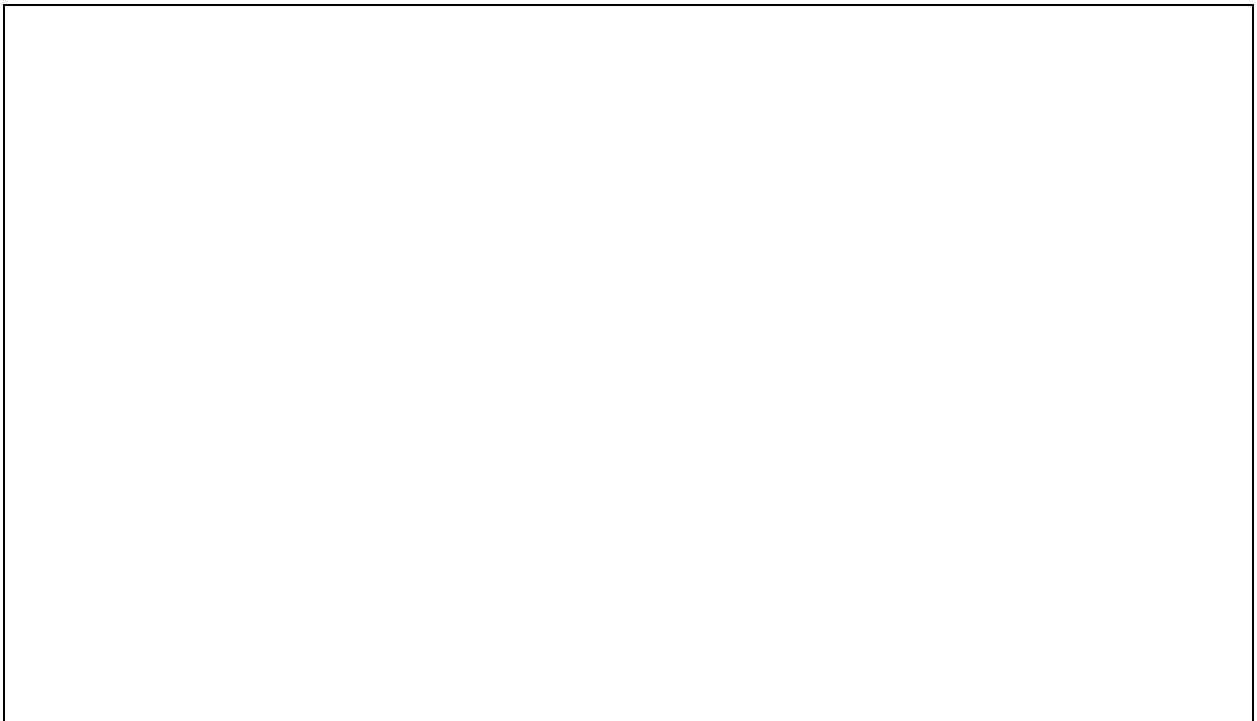
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Pleasant surprises today!

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*Two kinds of gratitude:  
The sudden kind  
we feel for what we take;  
The larger kind  
we feel for what we give.  
~Edwin Arlington Robinson*

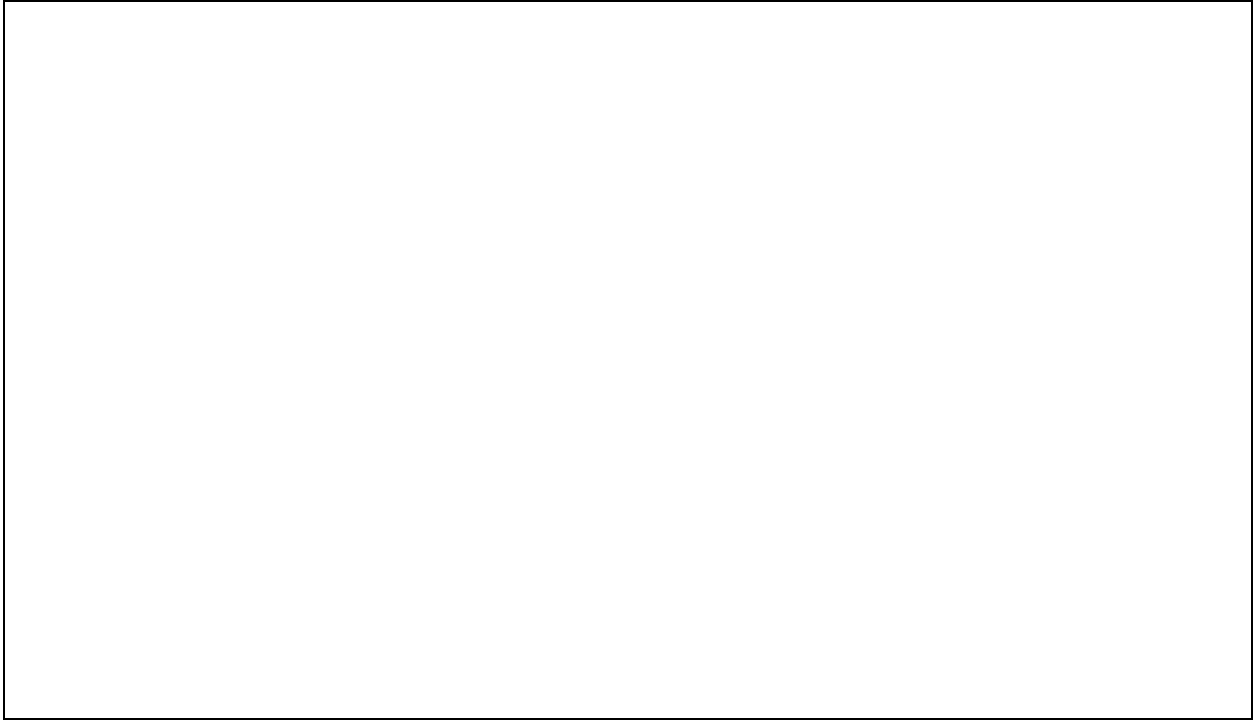
Day # 4 / Date: \_\_\_\_\_

## MUSINGS

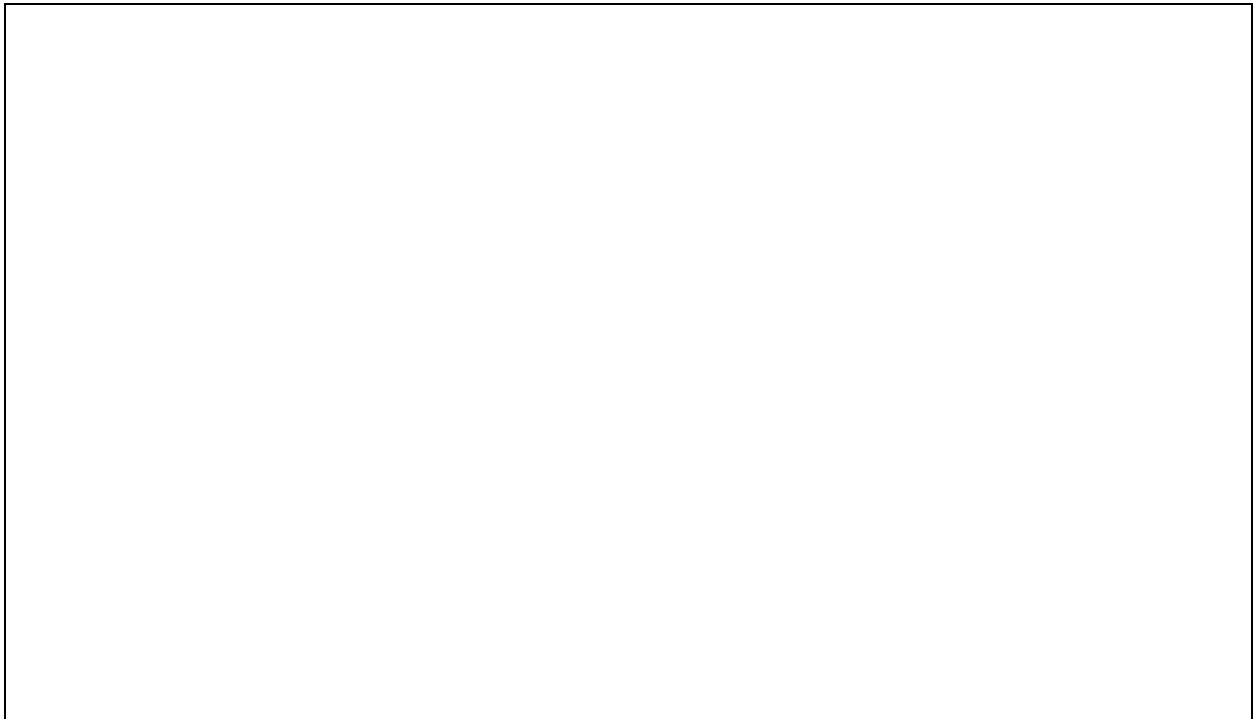
No duty is more urgent than that of returning thanks.

*~James Allen*

Things I am grateful for today

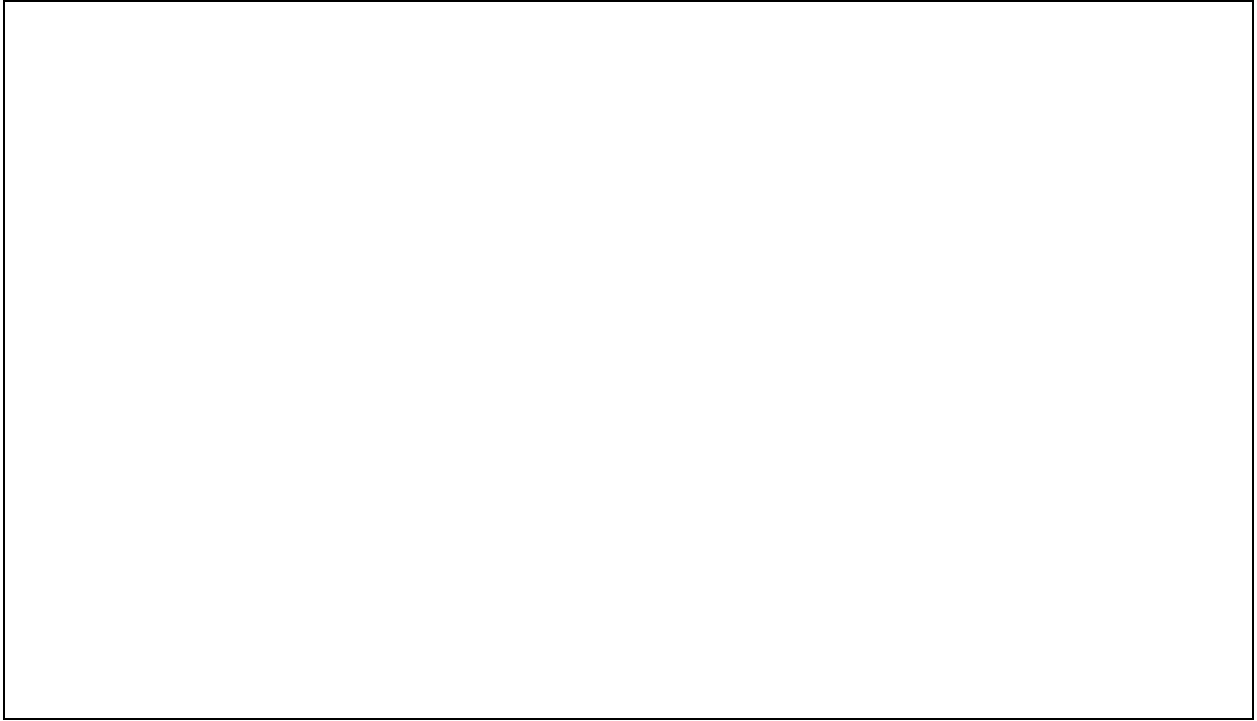
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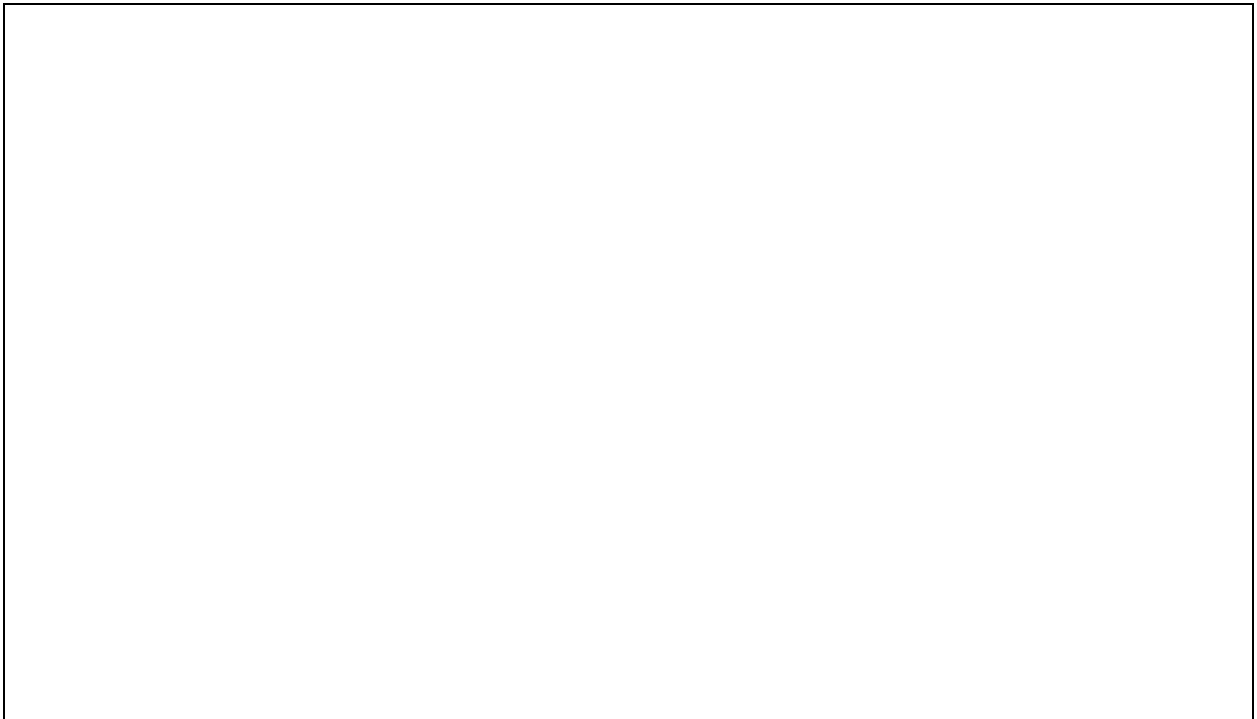
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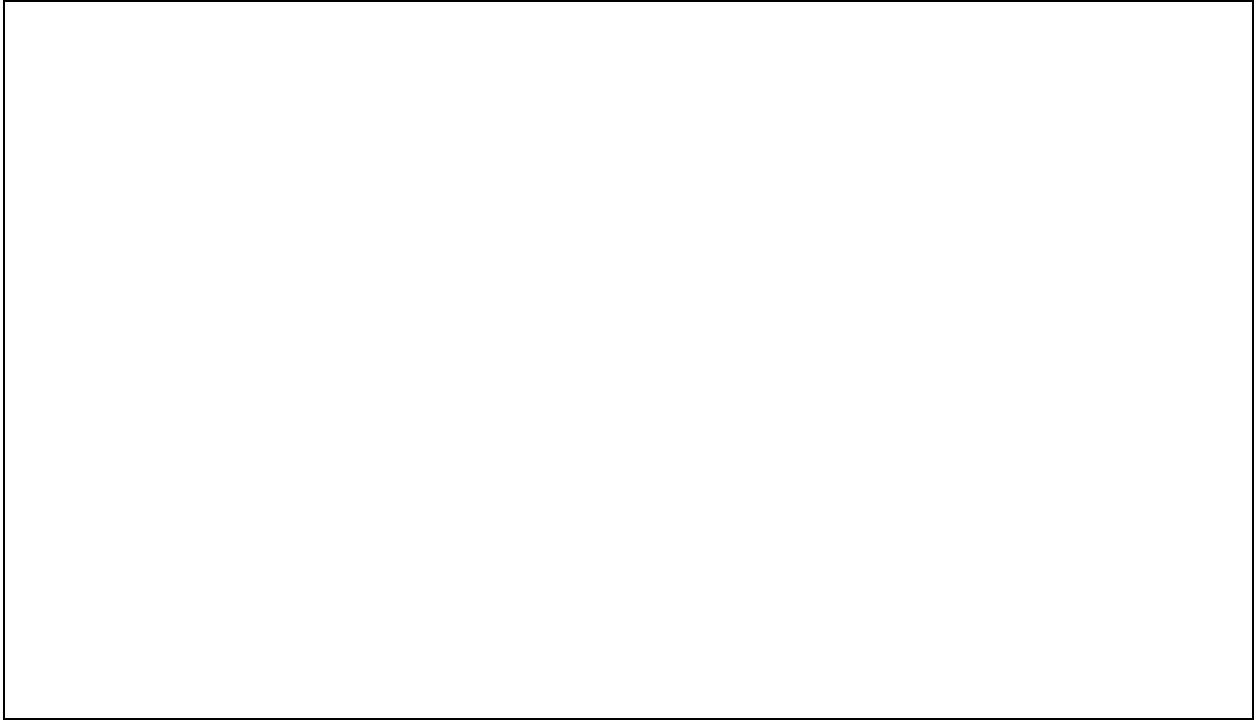
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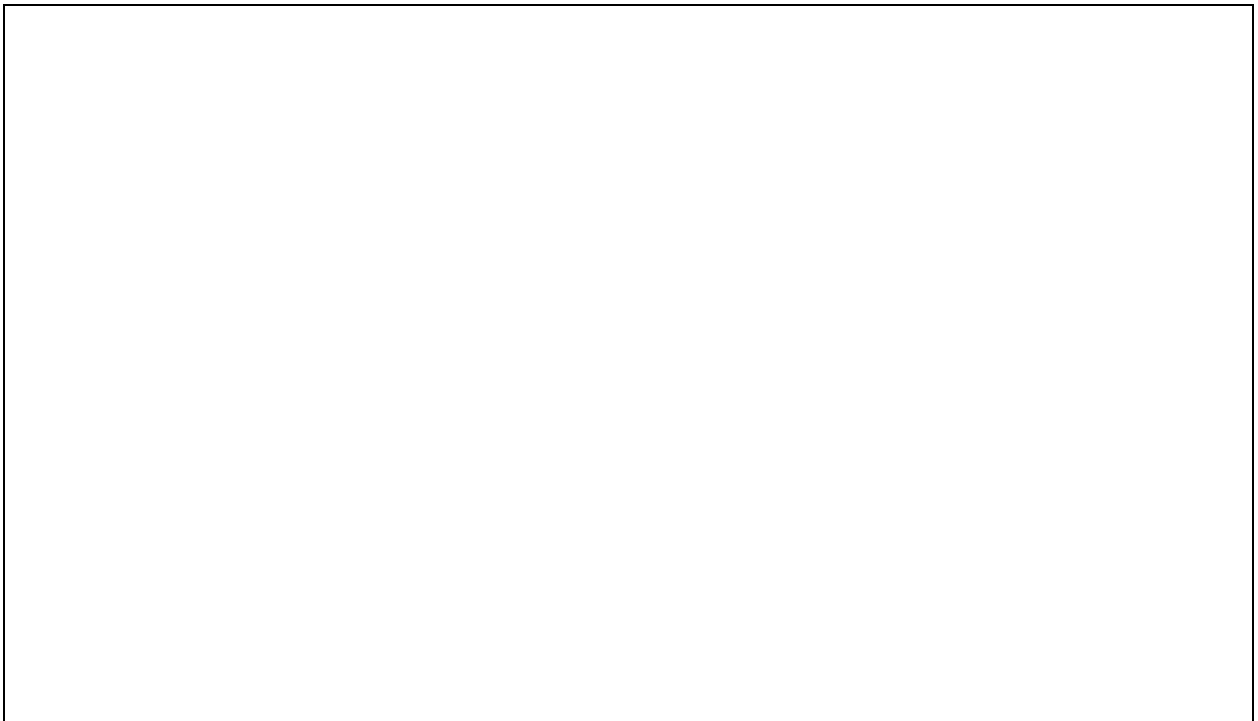
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*If you count  
all your assets,  
you always show  
a profit.*

*~Robert Quillen*

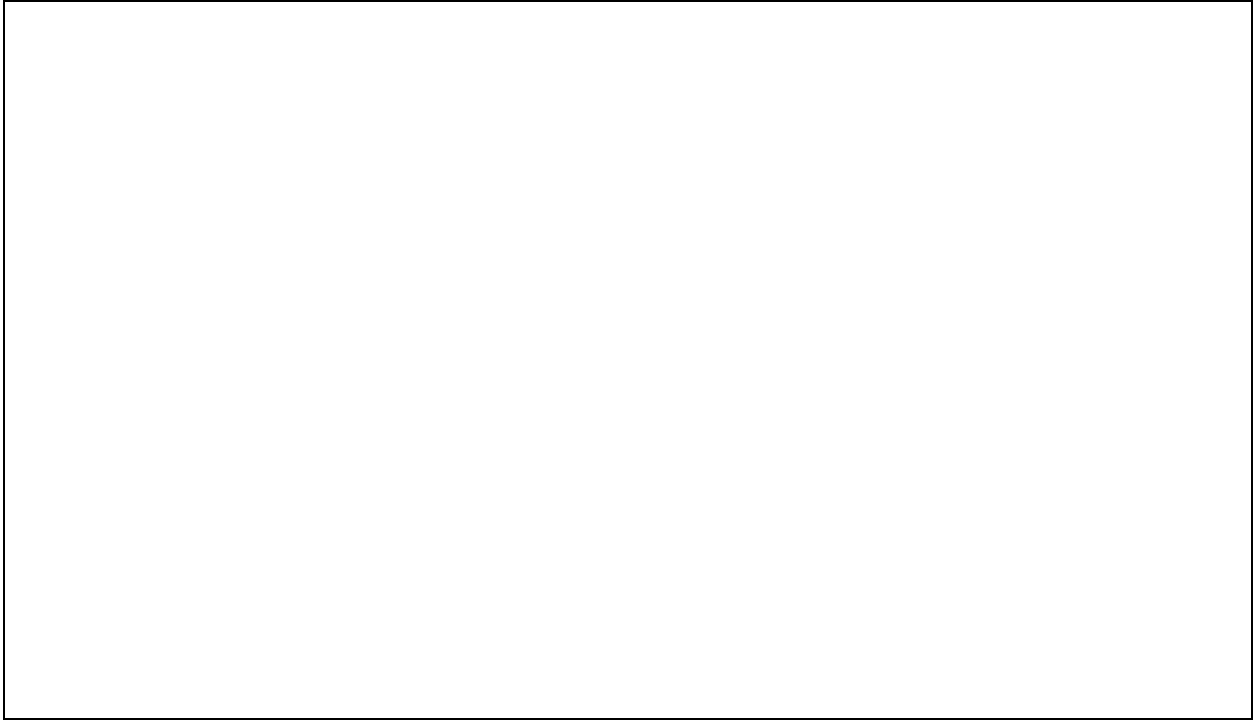
Day # 5 / Date: \_\_\_\_\_

## MUSINGS

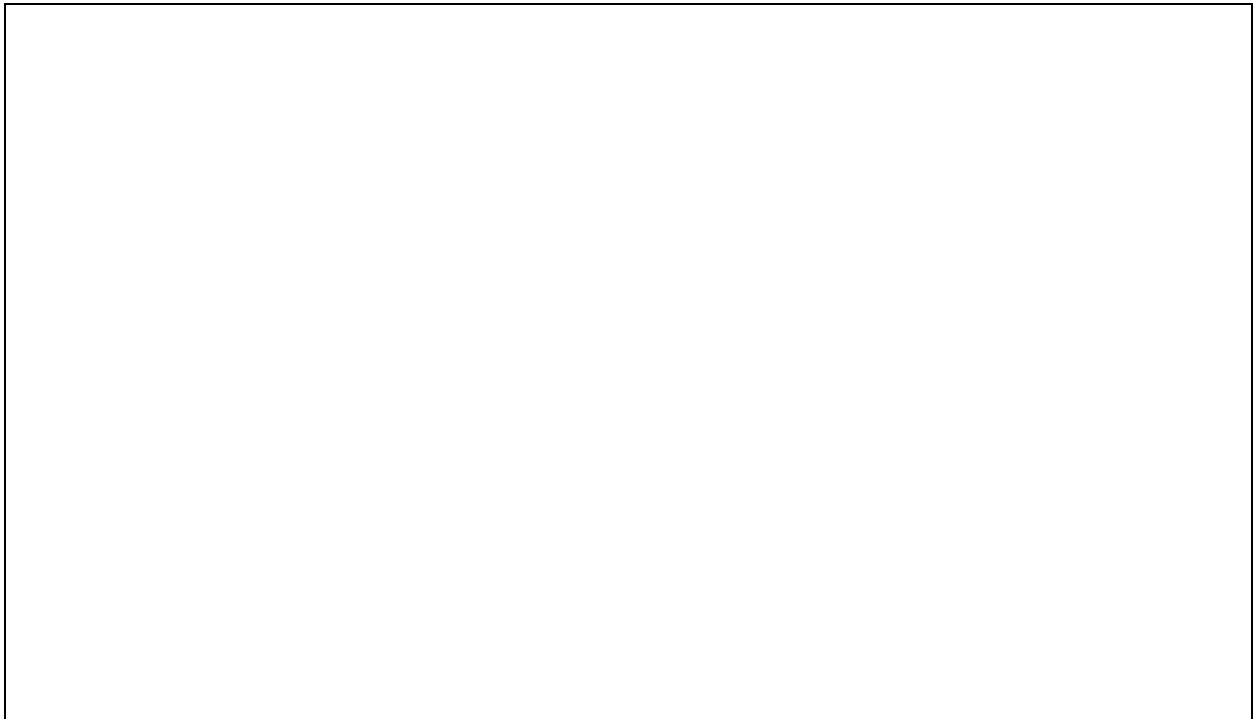
I am thankful for laughter, except when milk comes out of my nose.

*~Woody Allen*

Things I am grateful for today

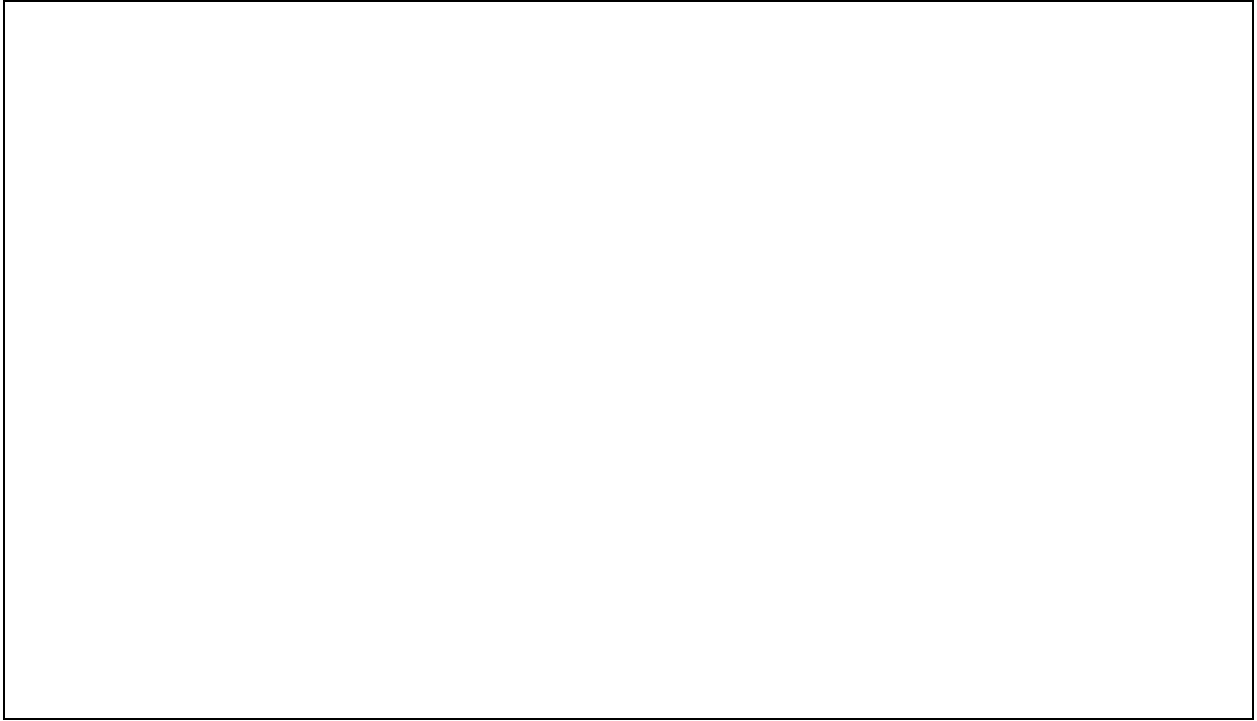
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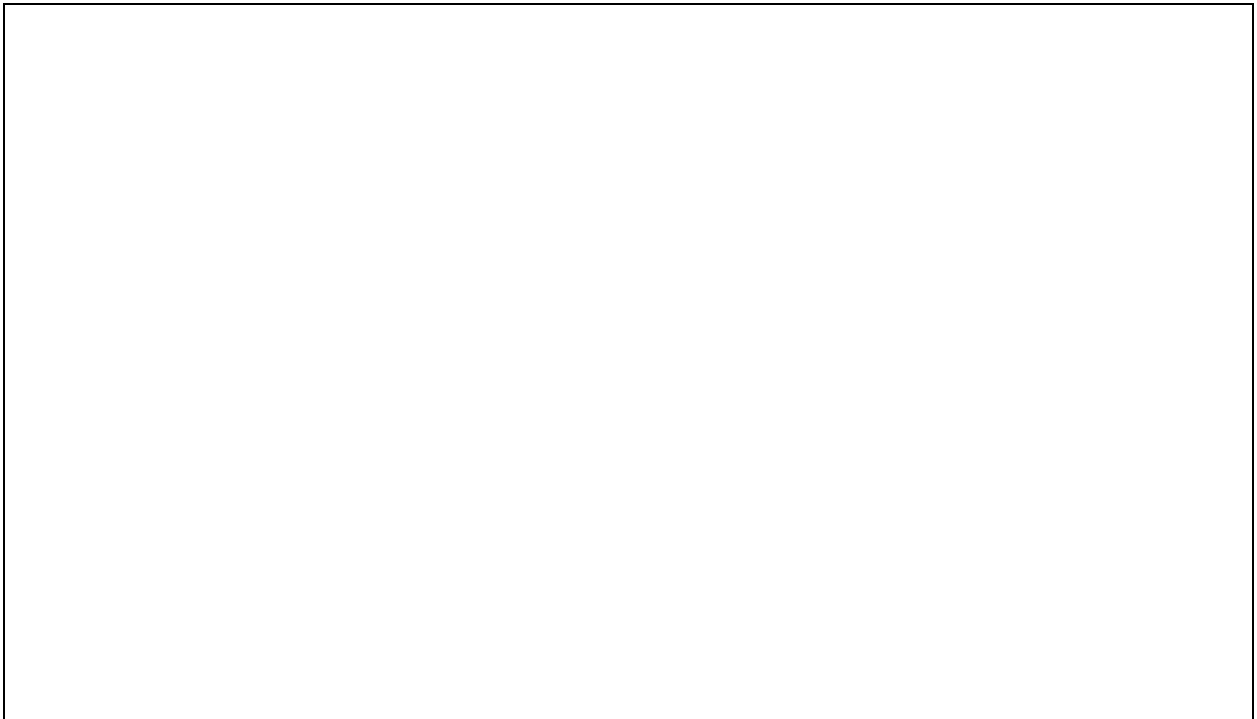
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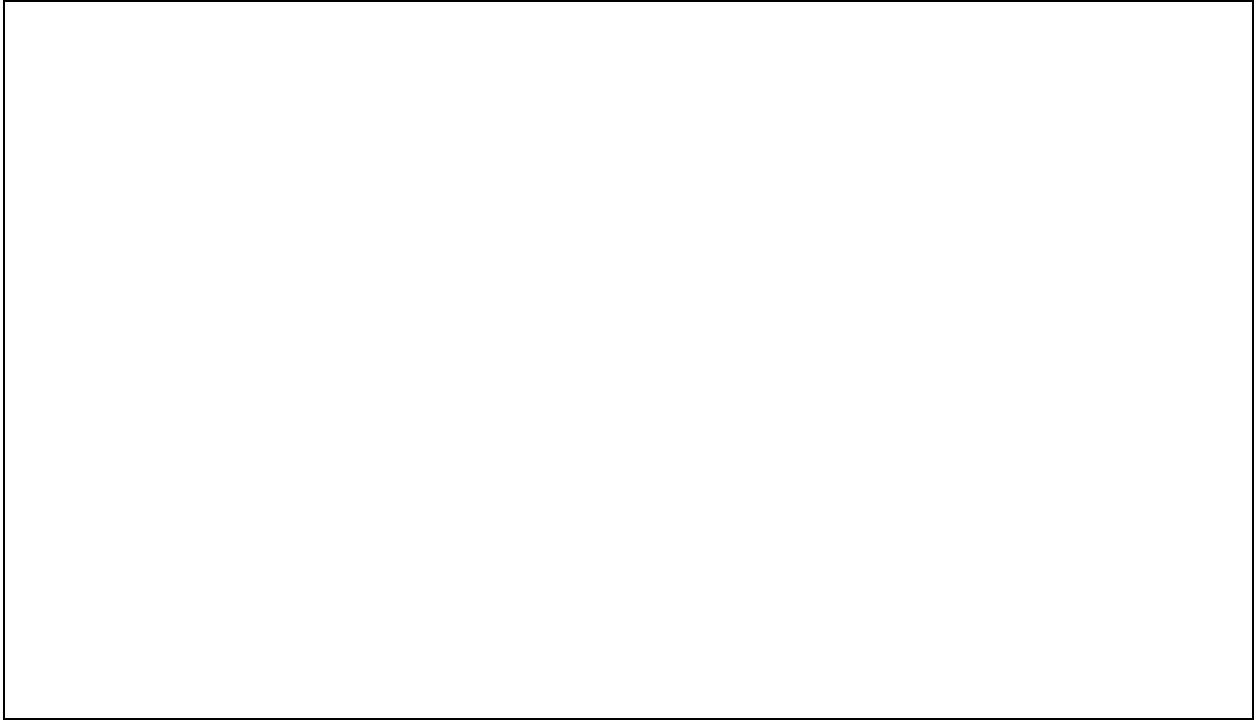
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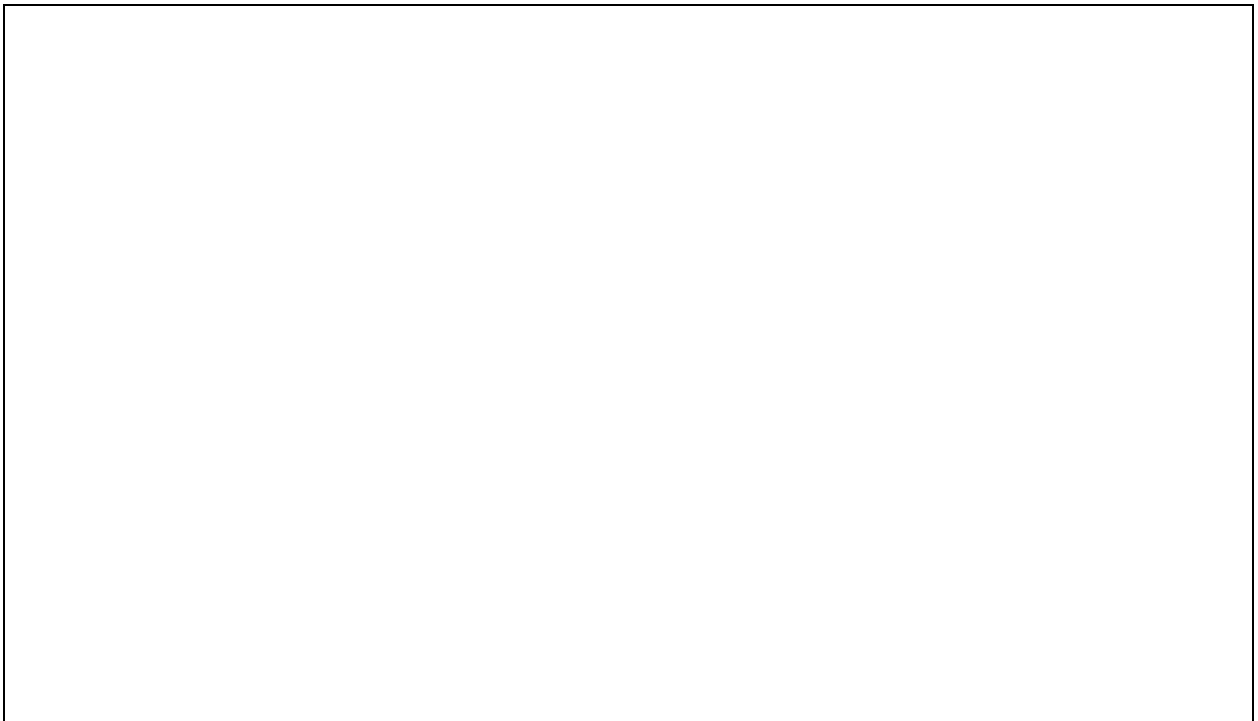
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Pleasant surprises today!

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GOD  
GAVE YOU A GIFT OF  
**86,400 SECONDS**  
TODAY. HAVE YOU  
USED ONE TO SAY  
**"THANK YOU?"**

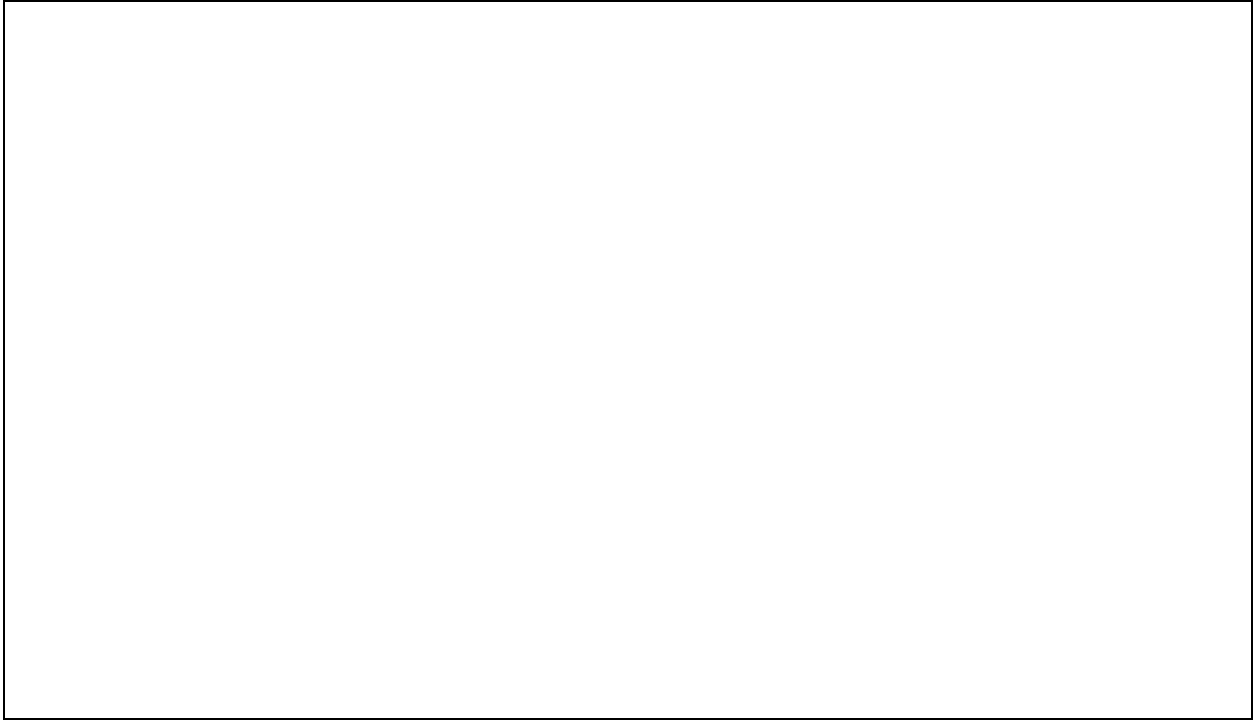
~WILLIAM A. WARD

Day # 6 / Date: \_\_\_\_\_

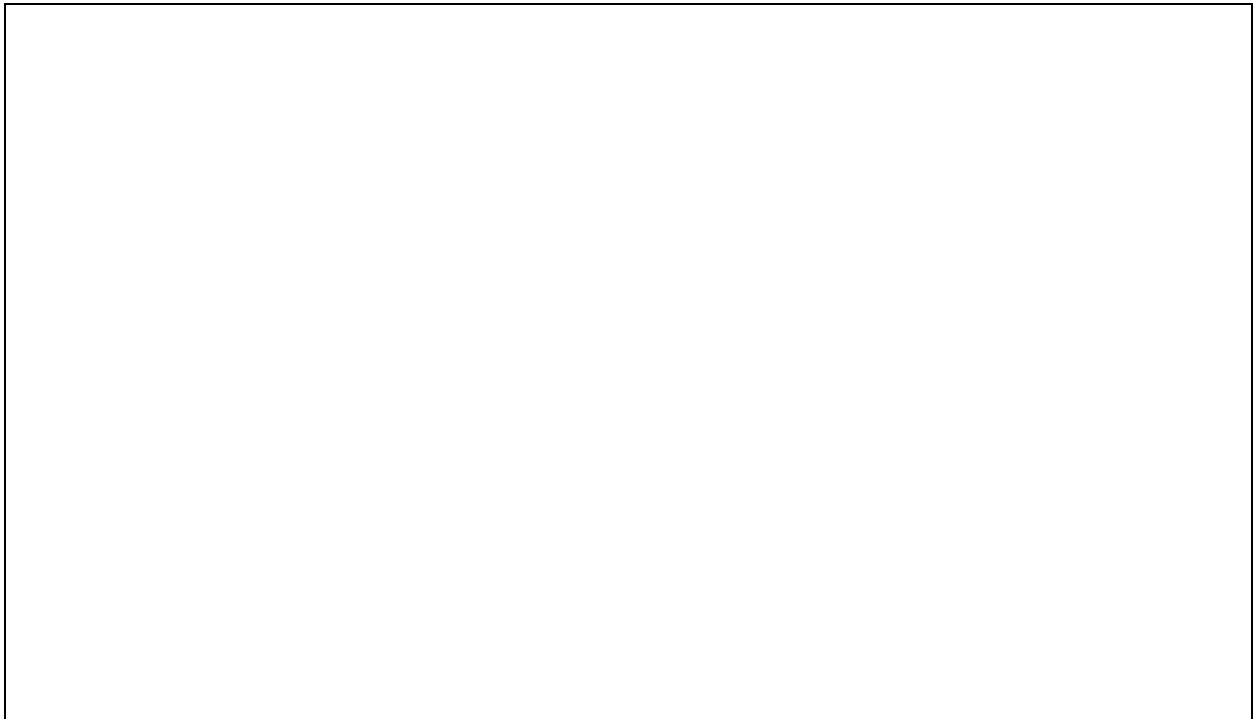
## MUSINGS

The hardest arithmetic to master is that which enables us to  
count our blessings. ~Eric Hoffer

Things I am grateful for today

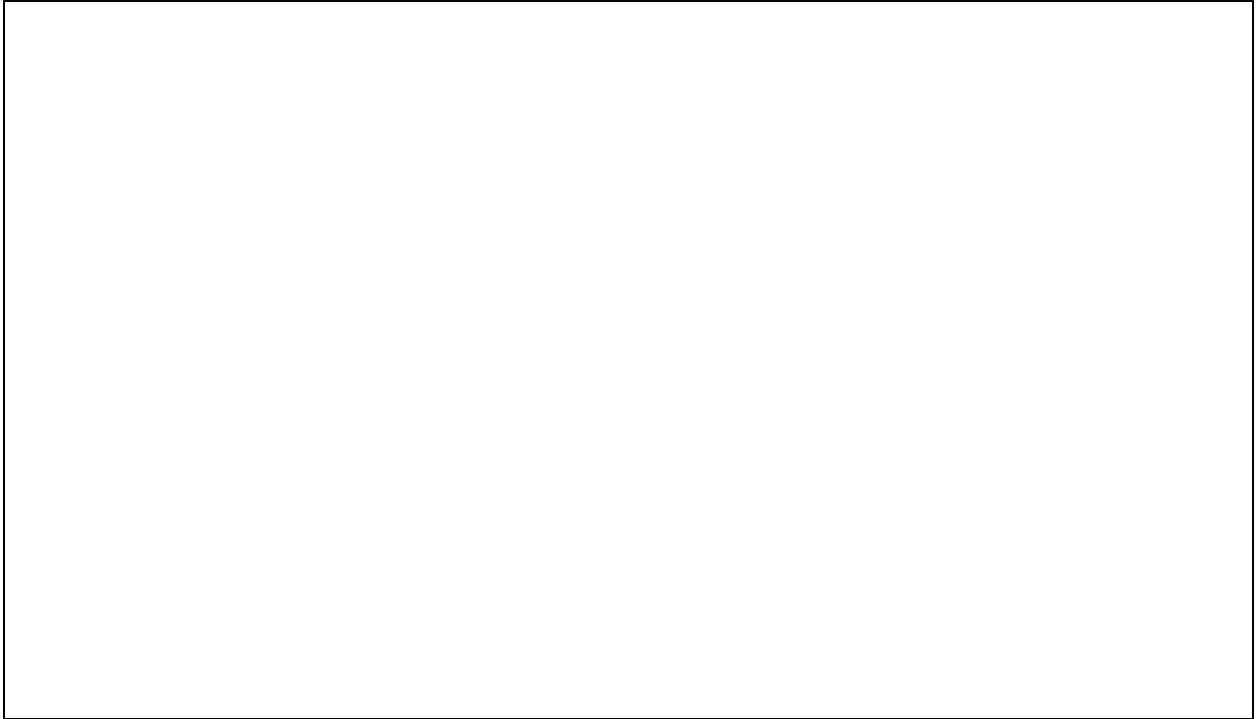
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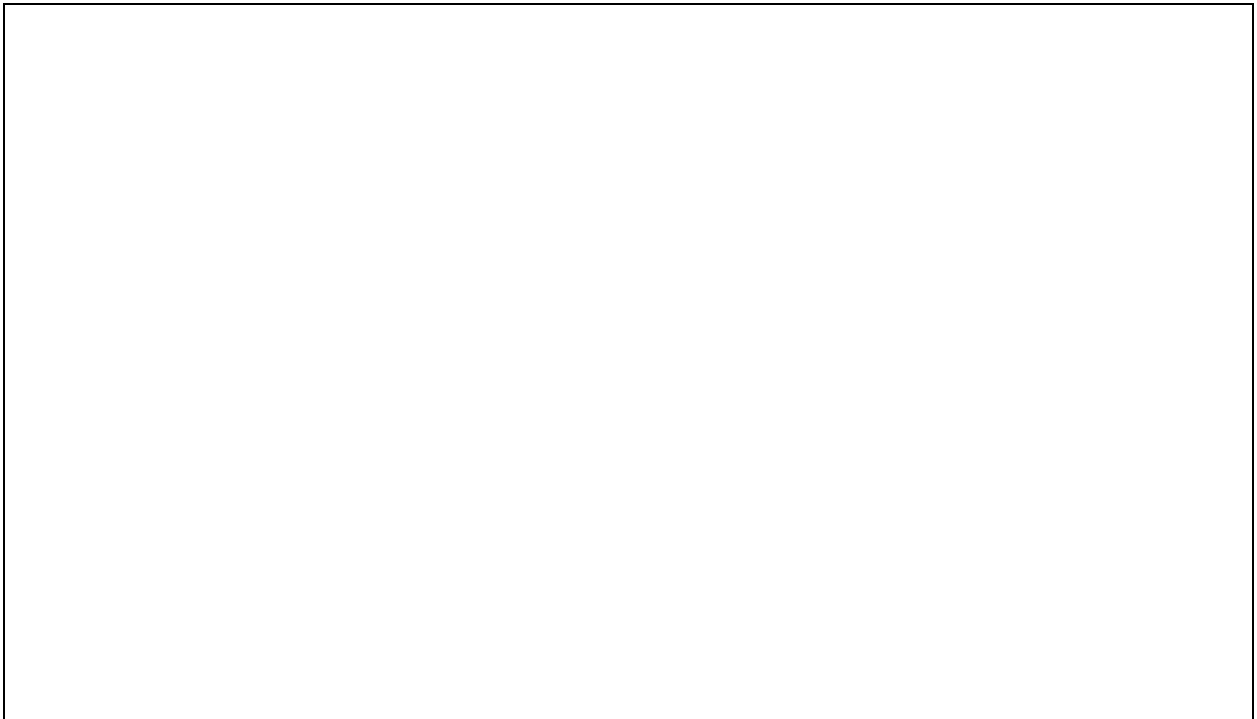
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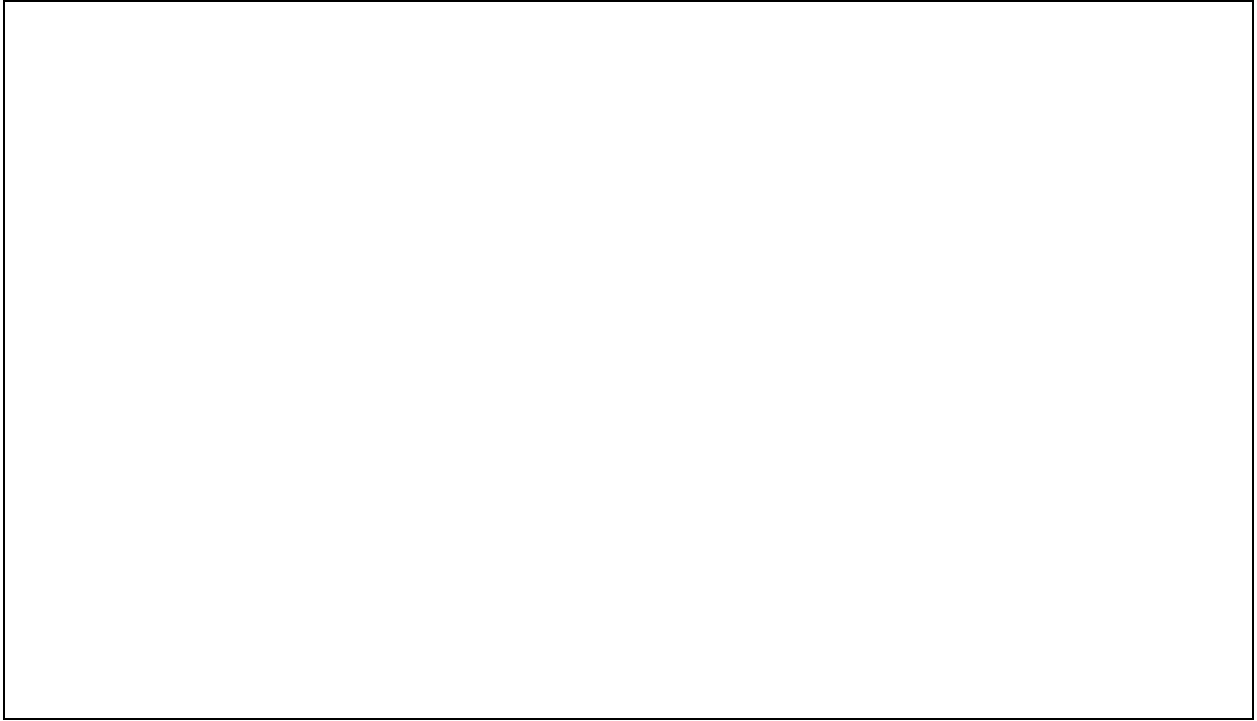
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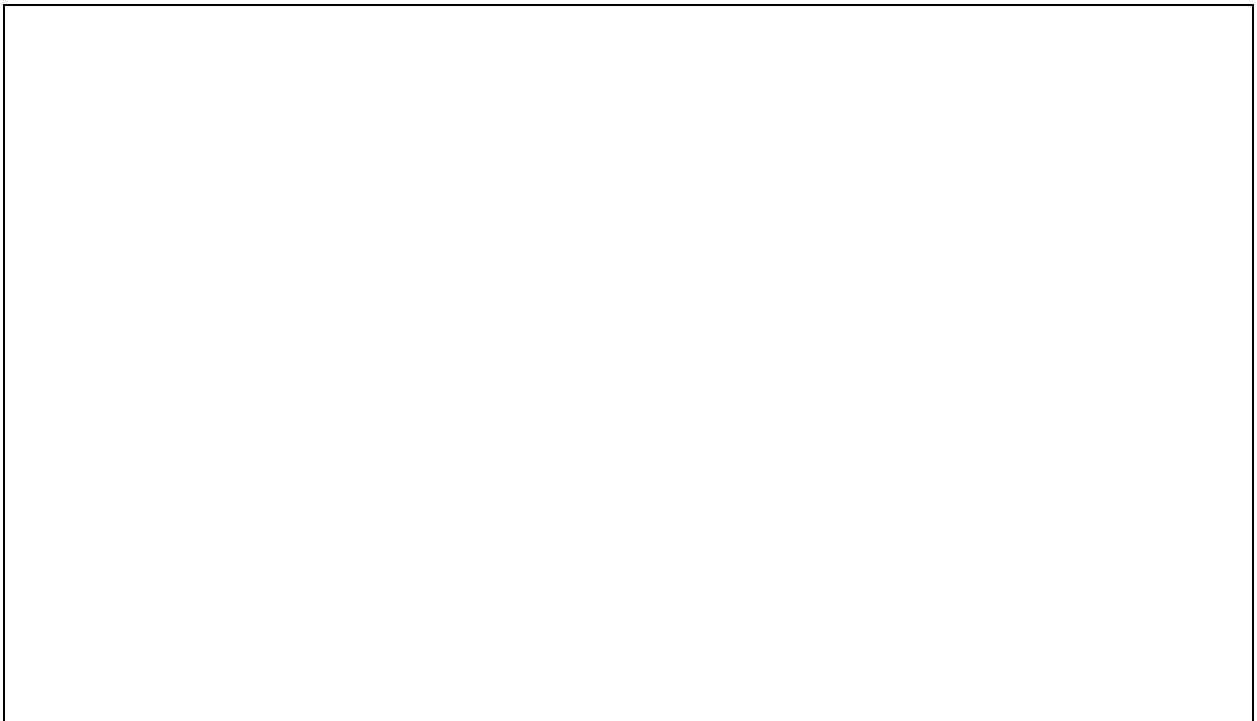
Lessons I am thankful to have learned today

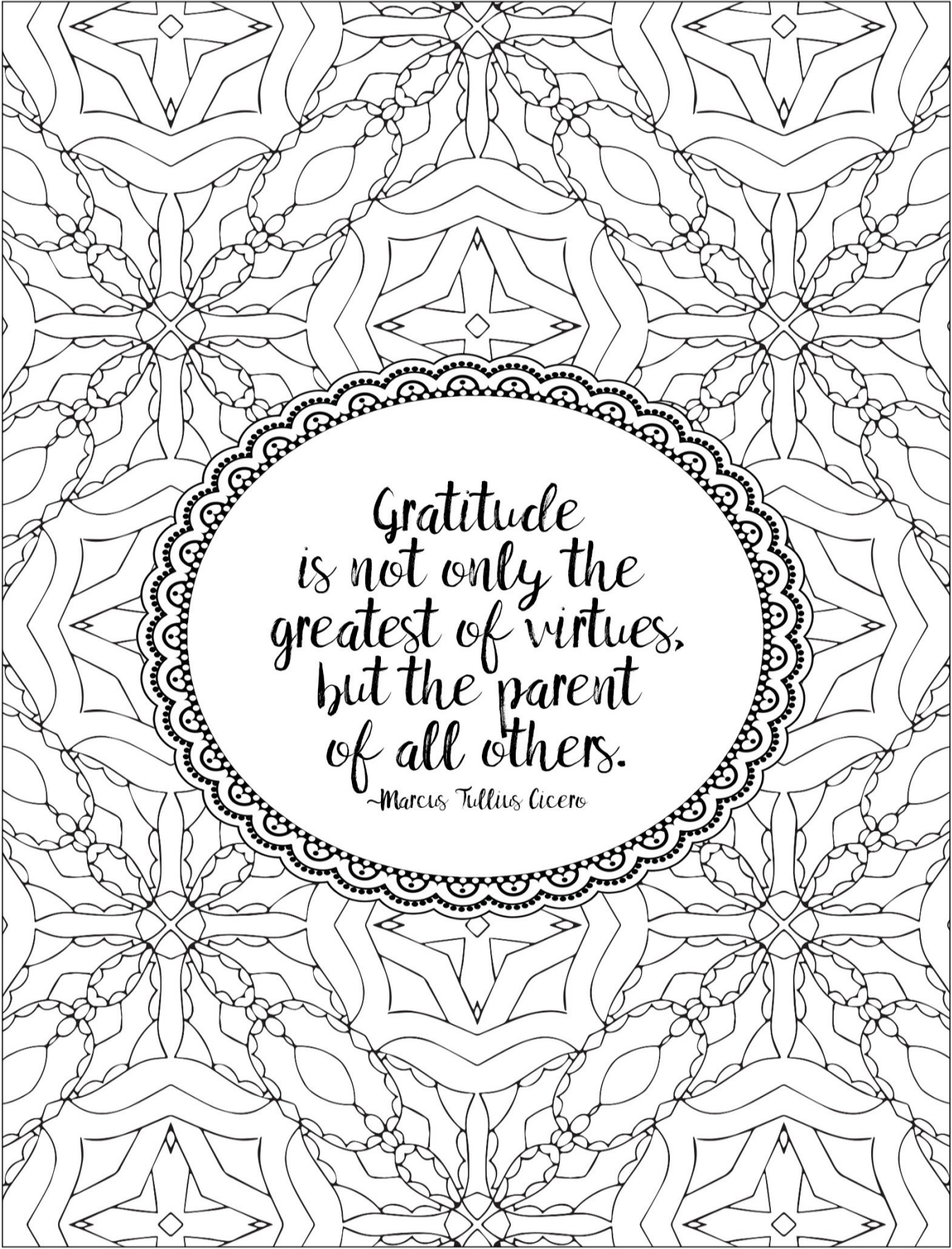
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Concrete steps to express my gratitude today

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Pleasant surprises today!

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Gratitude  
is not only the  
greatest of virtues,  
but the parent  
of all others.

~Marcus Tullius Cicero

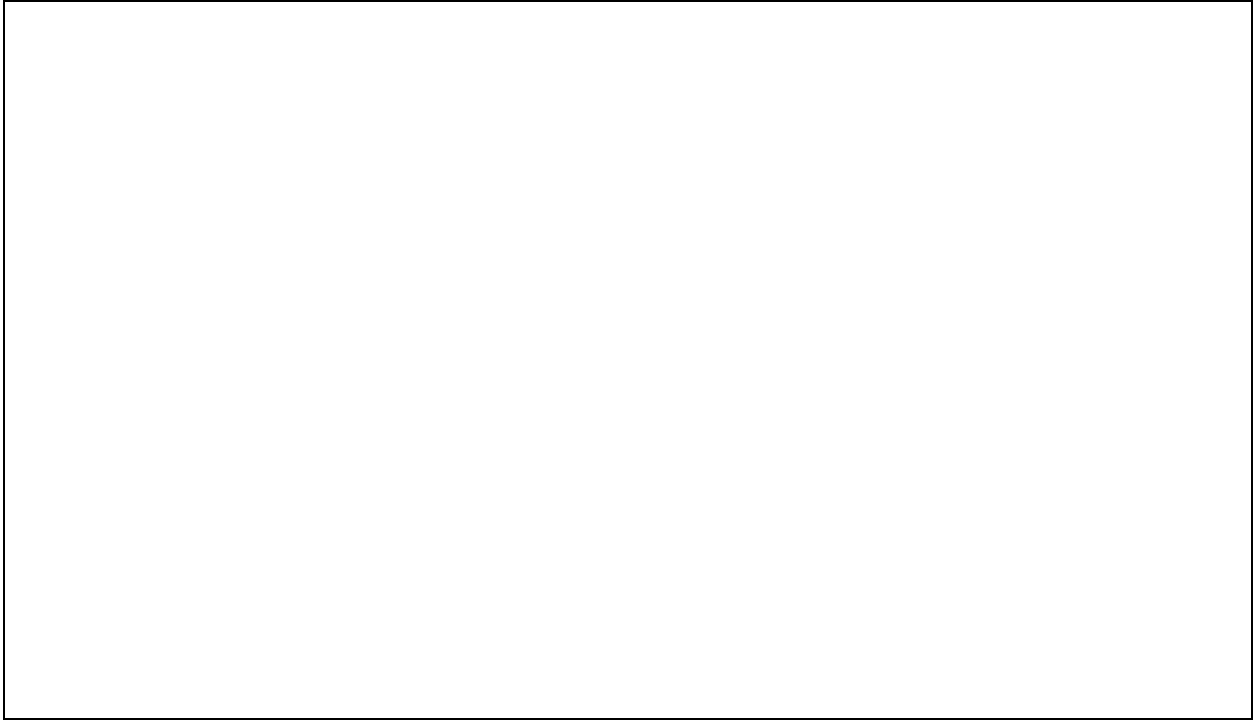
Day # 7 / Date: \_\_\_\_\_

## MUSINGS

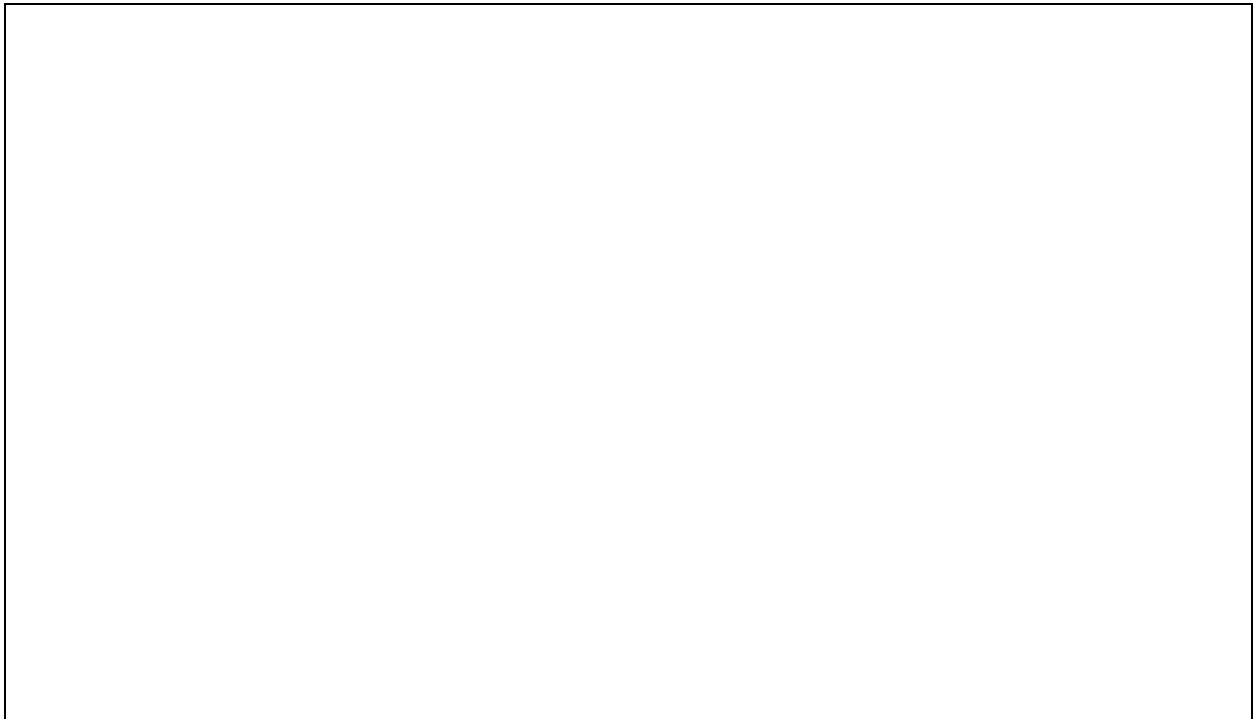
When you are grateful, fear disappears and abundance appears.

*~Tony Robbins*

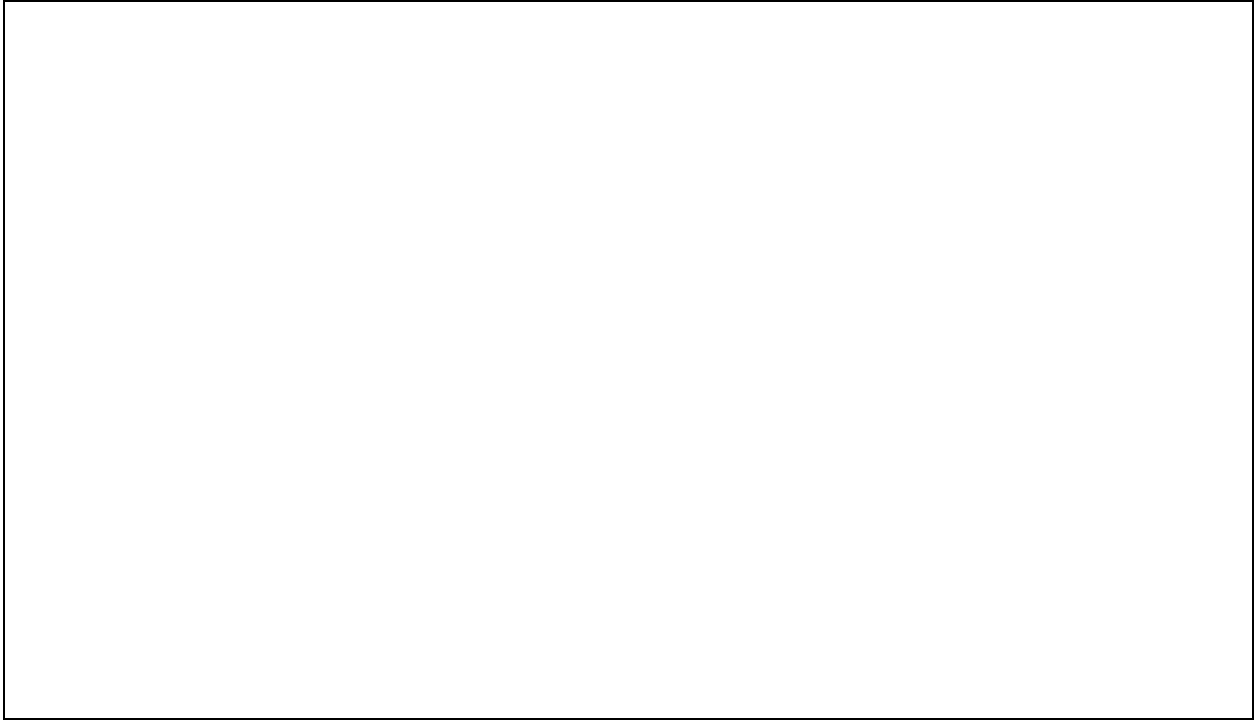
Things I am grateful for today

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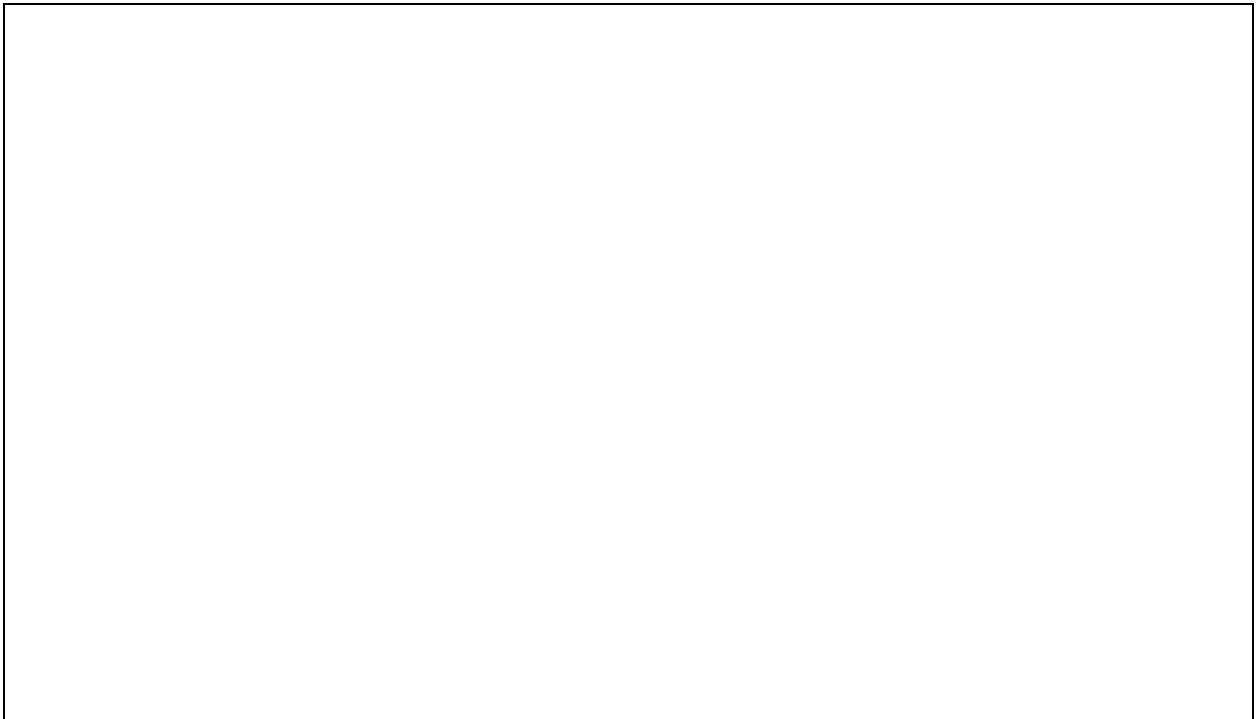
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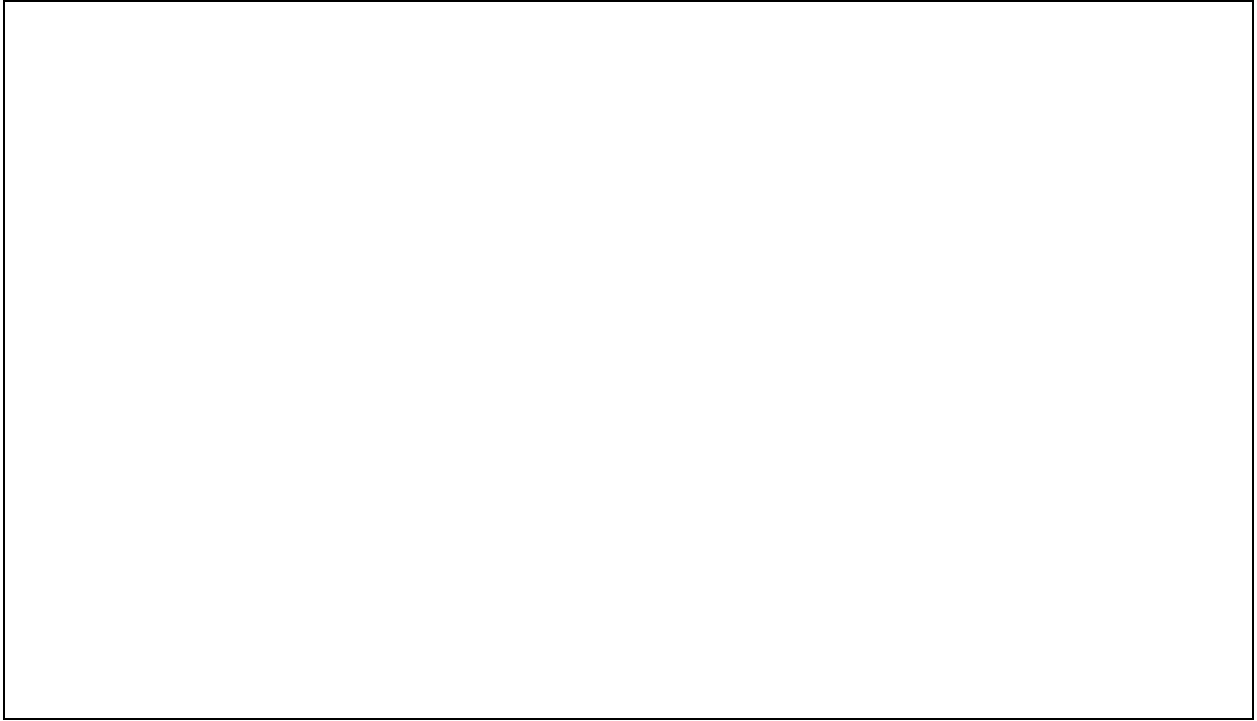
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Lessons I am thankful to have learned today

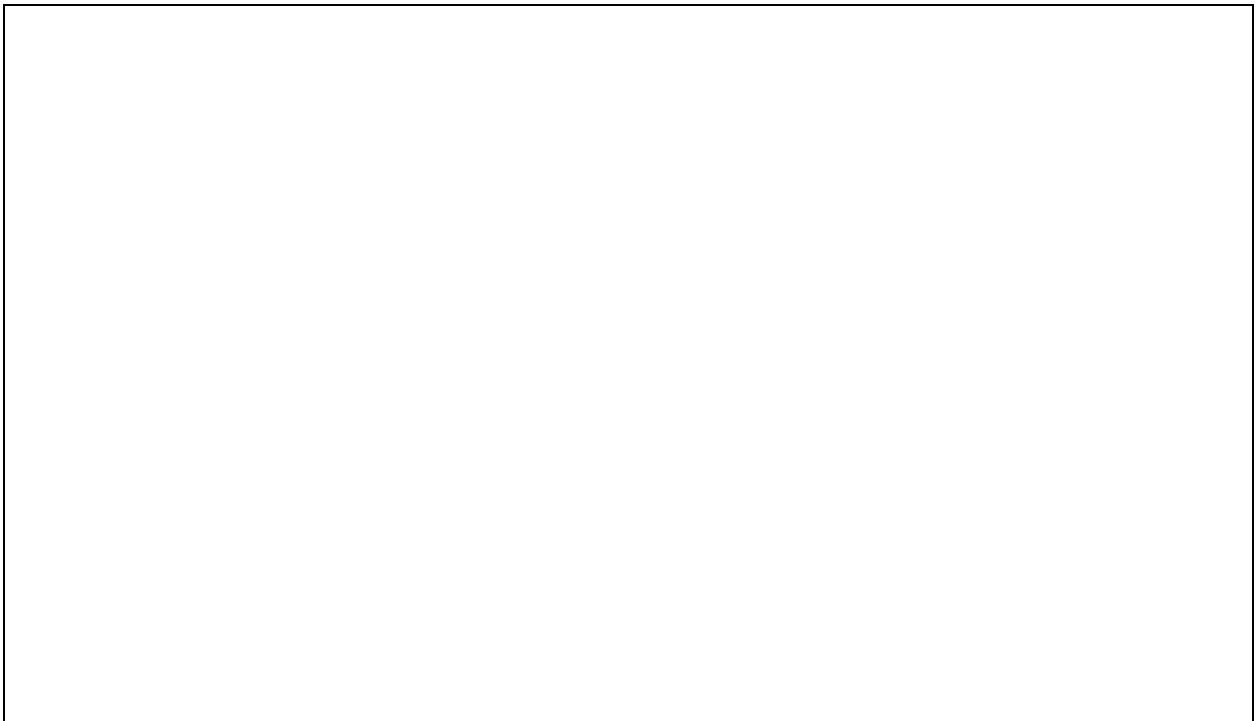
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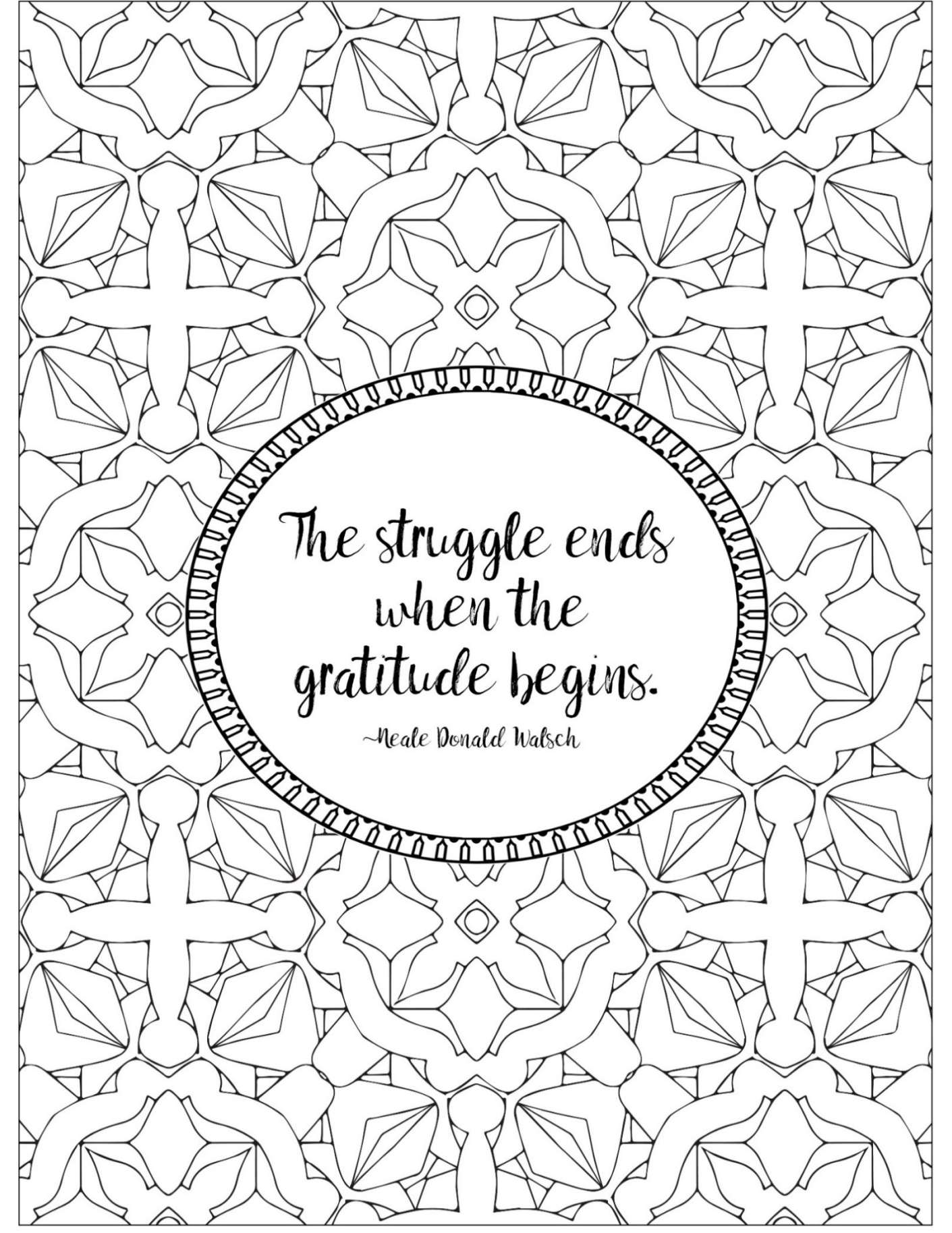


Concrete steps to express my gratitude today

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Pleasant surprises today!

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*The struggle ends  
when the  
gratitude begins.*

*~Neale Donald Walsch*

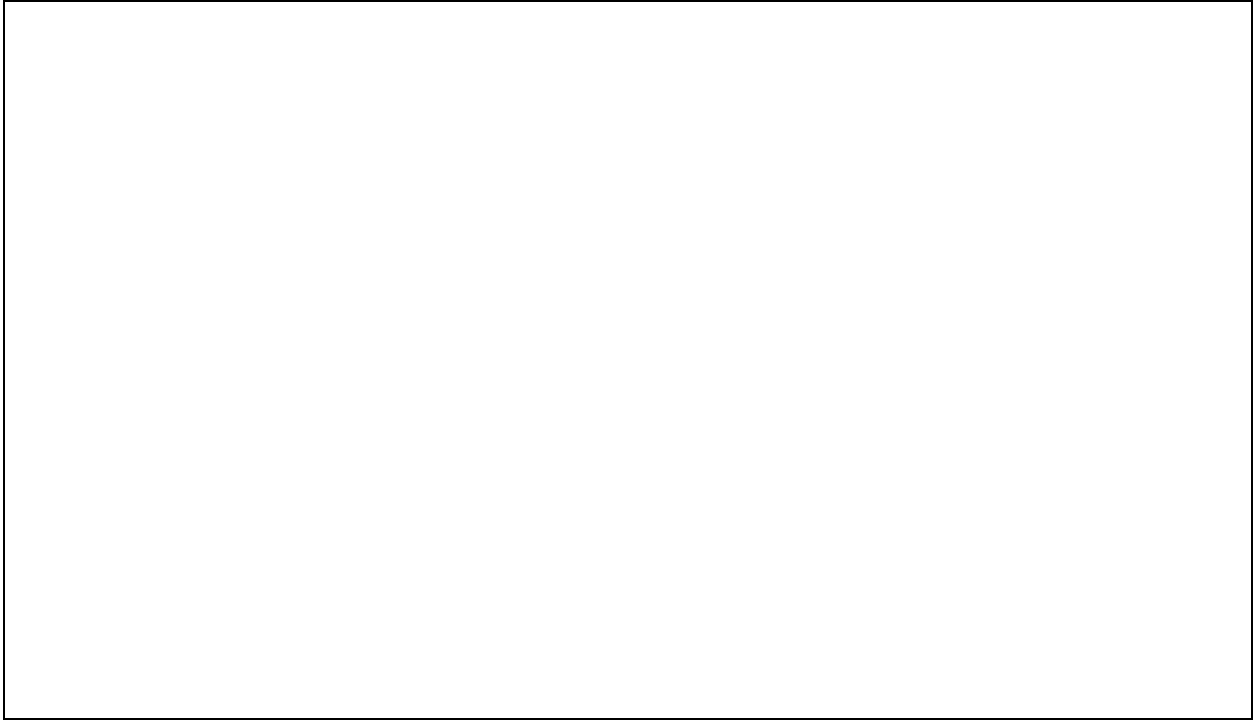
Day # 8 / Date: \_\_\_\_\_

## MUSINGS

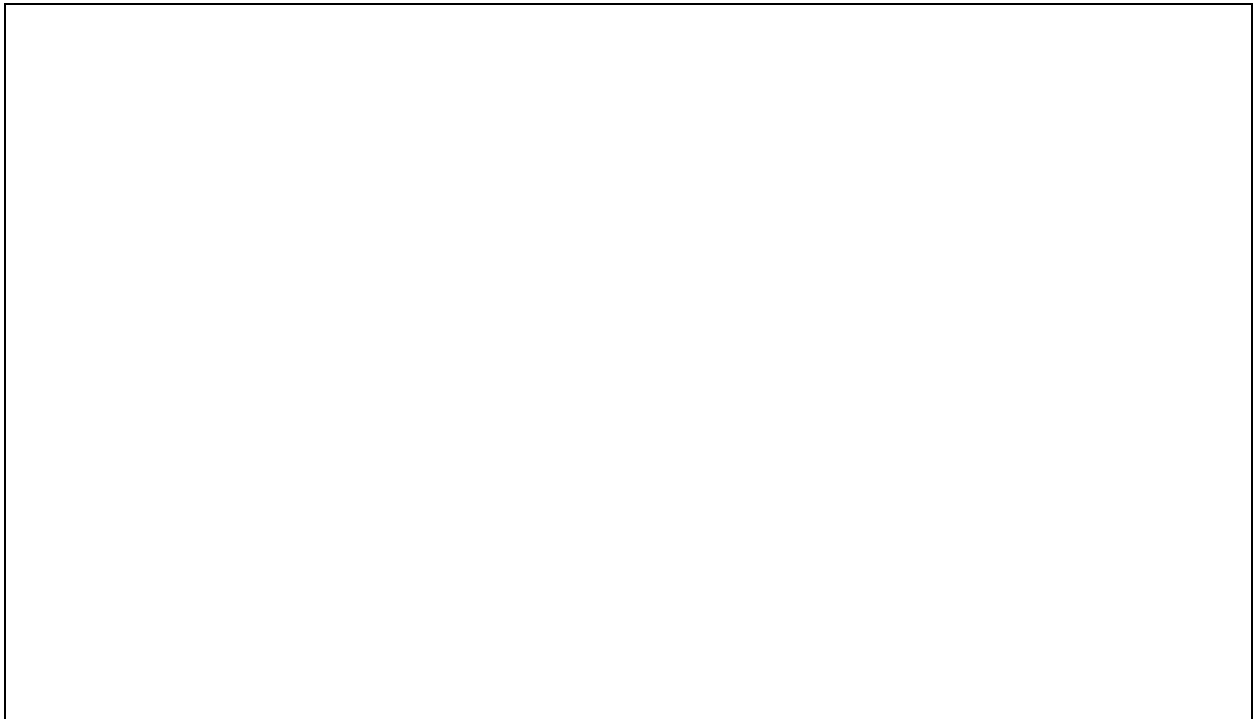
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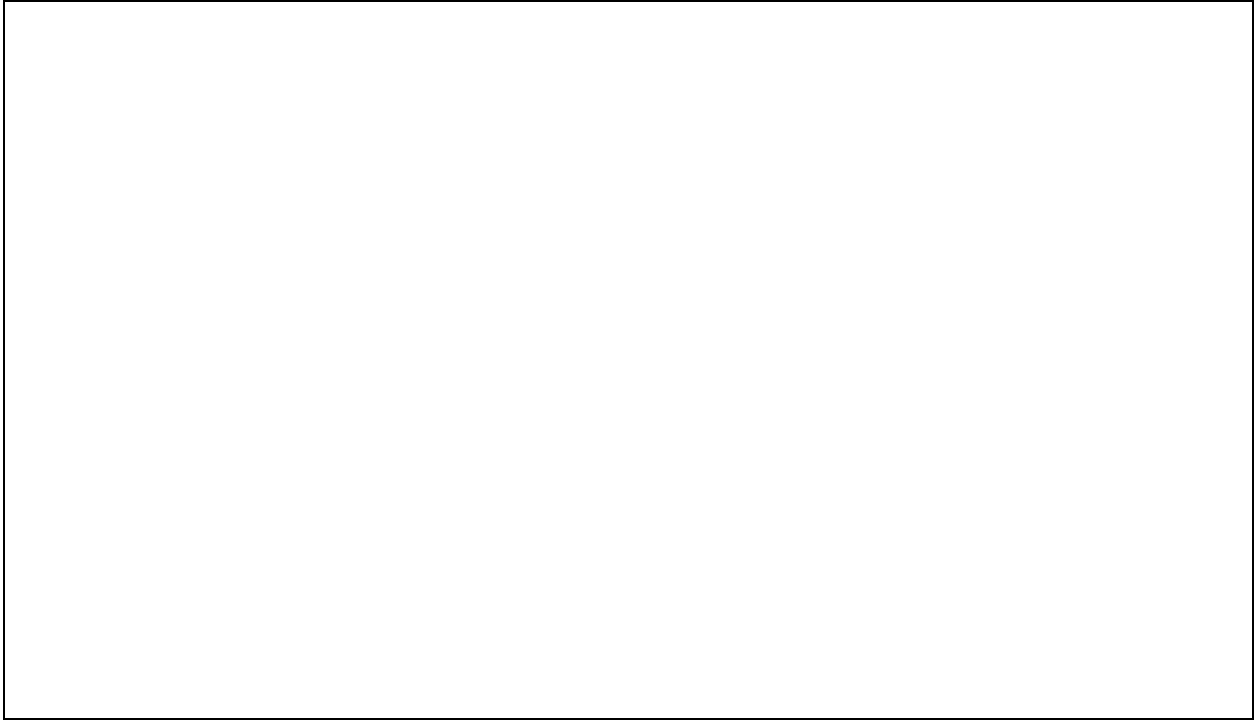
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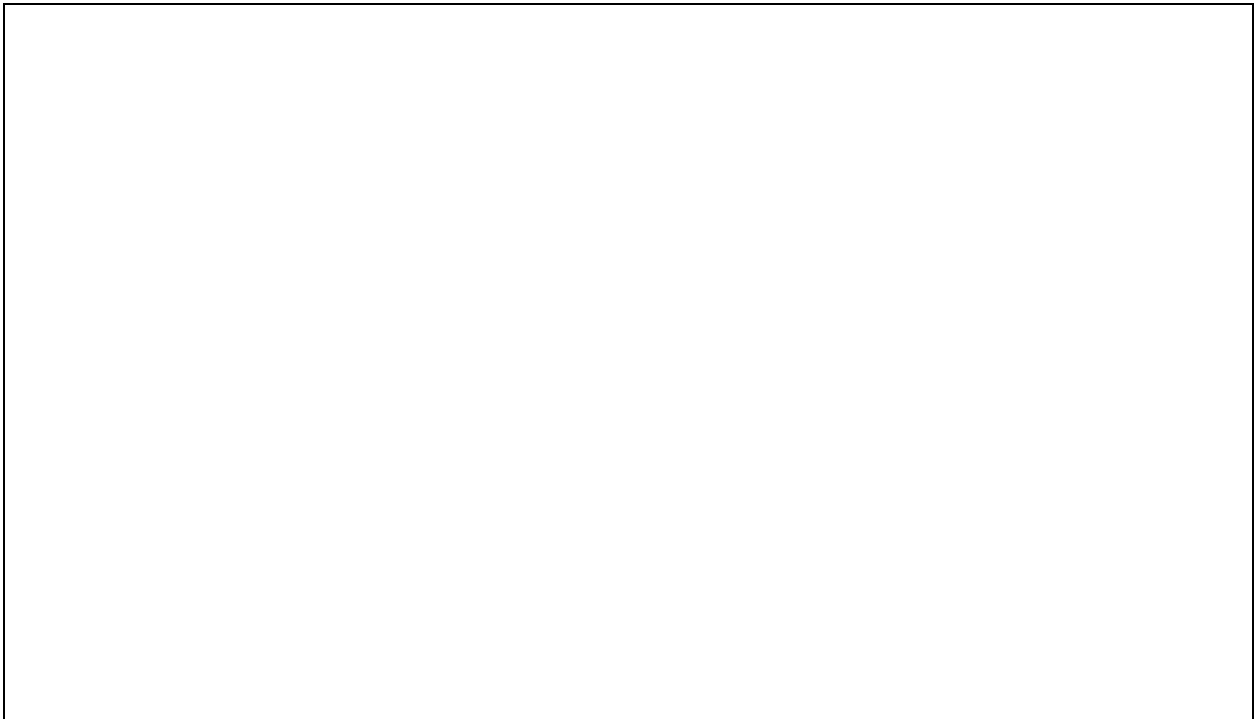
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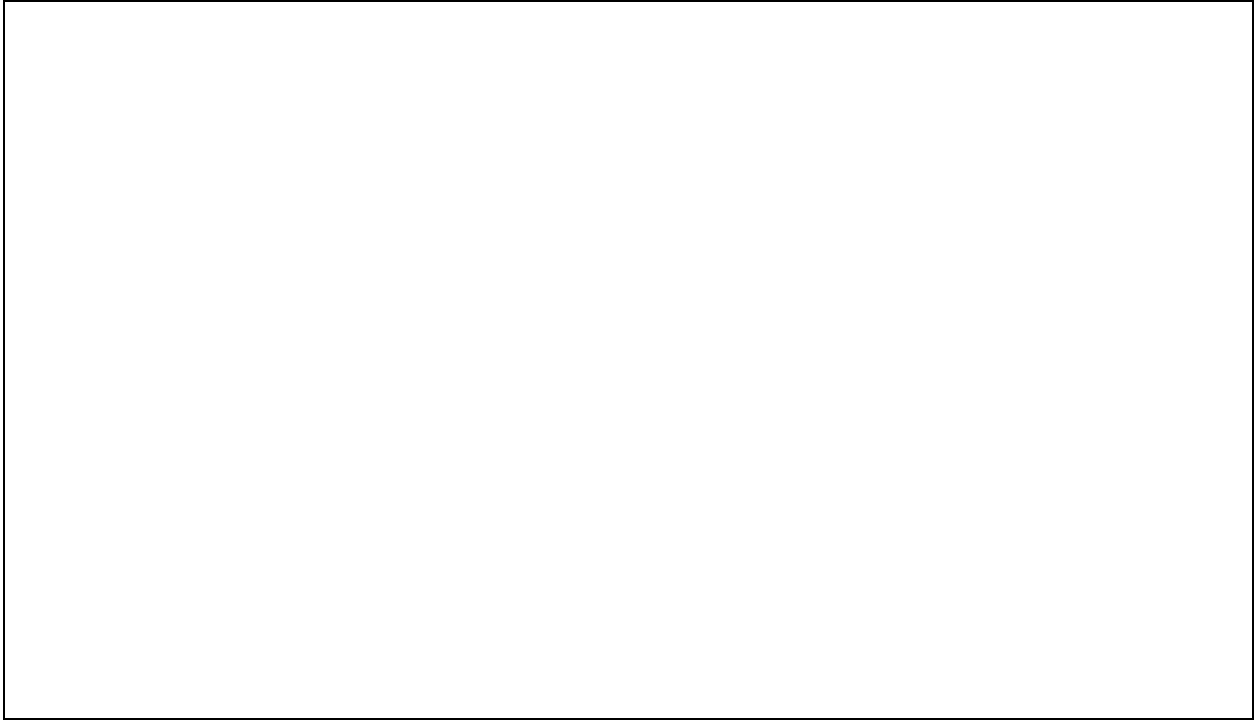
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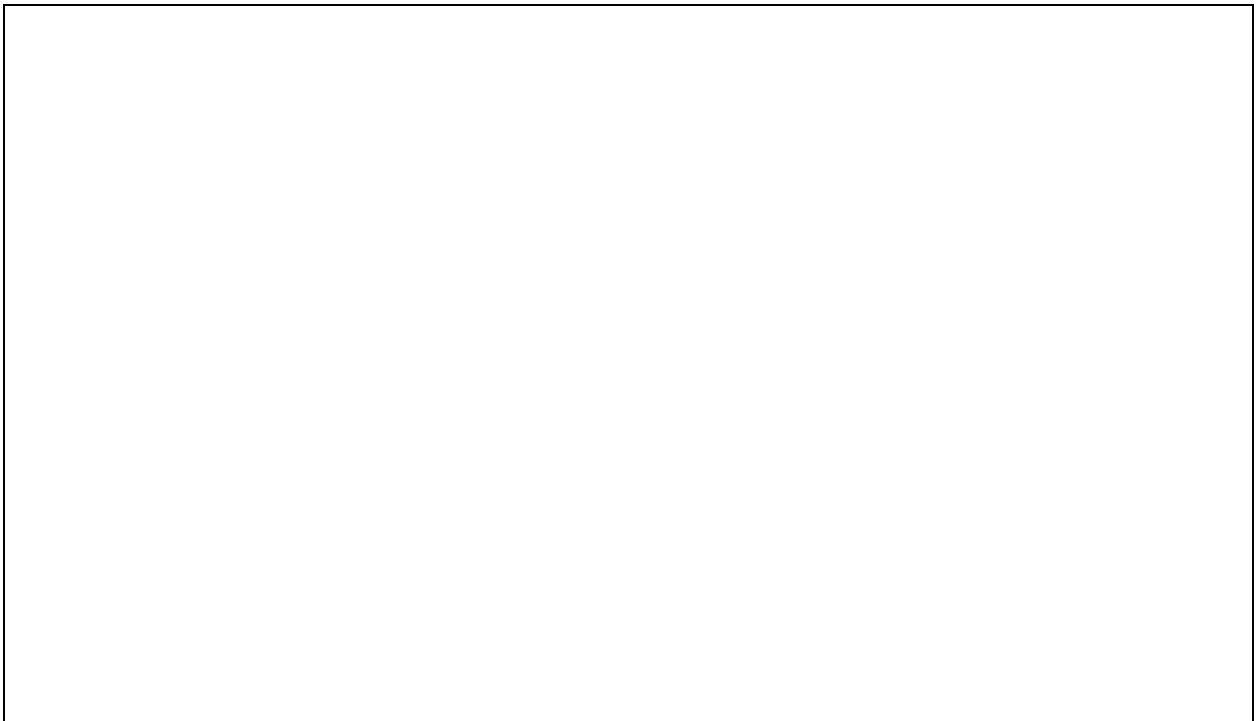
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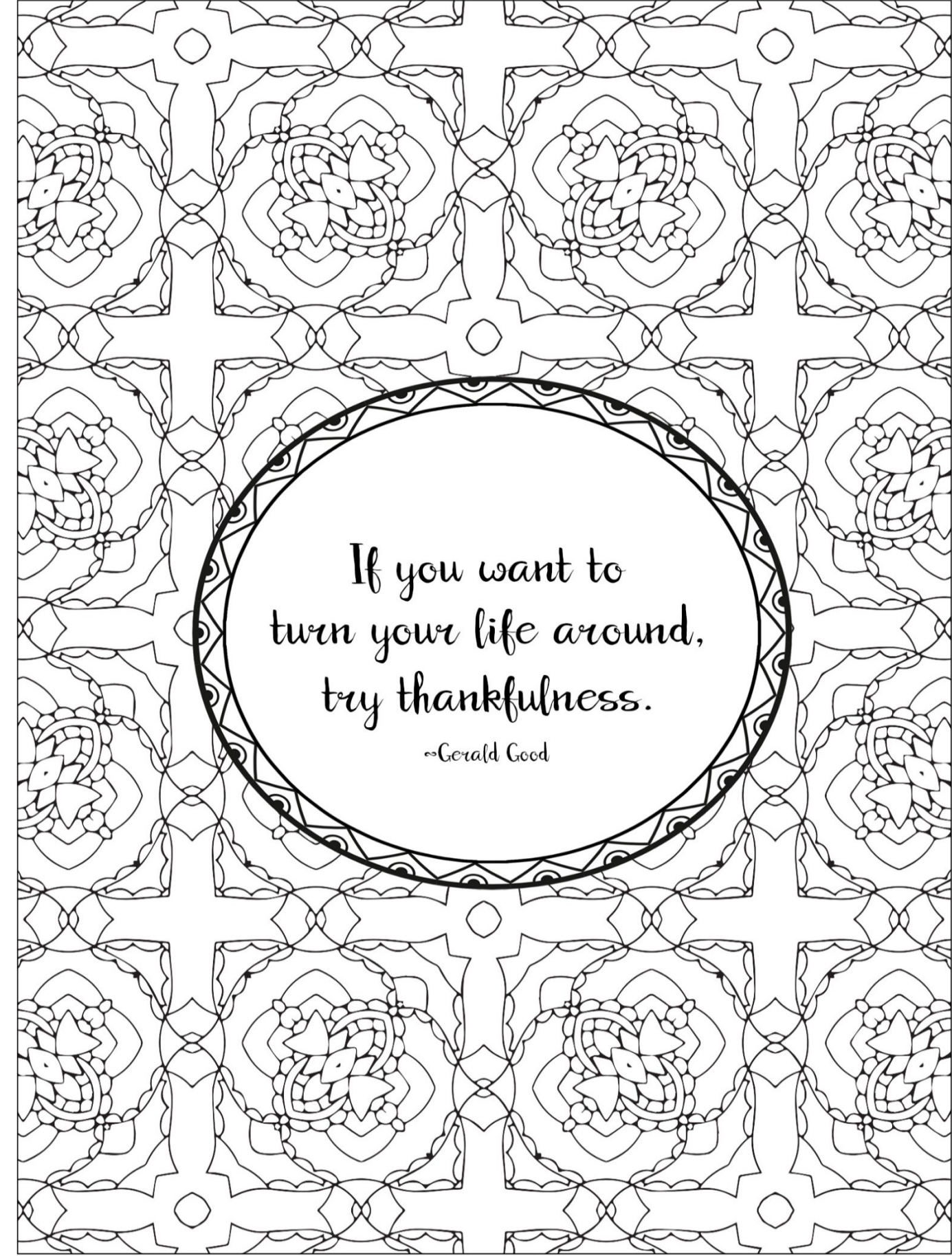
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*If you want to  
turn your life around,  
try thankfulness.*

*—Gerald Good*

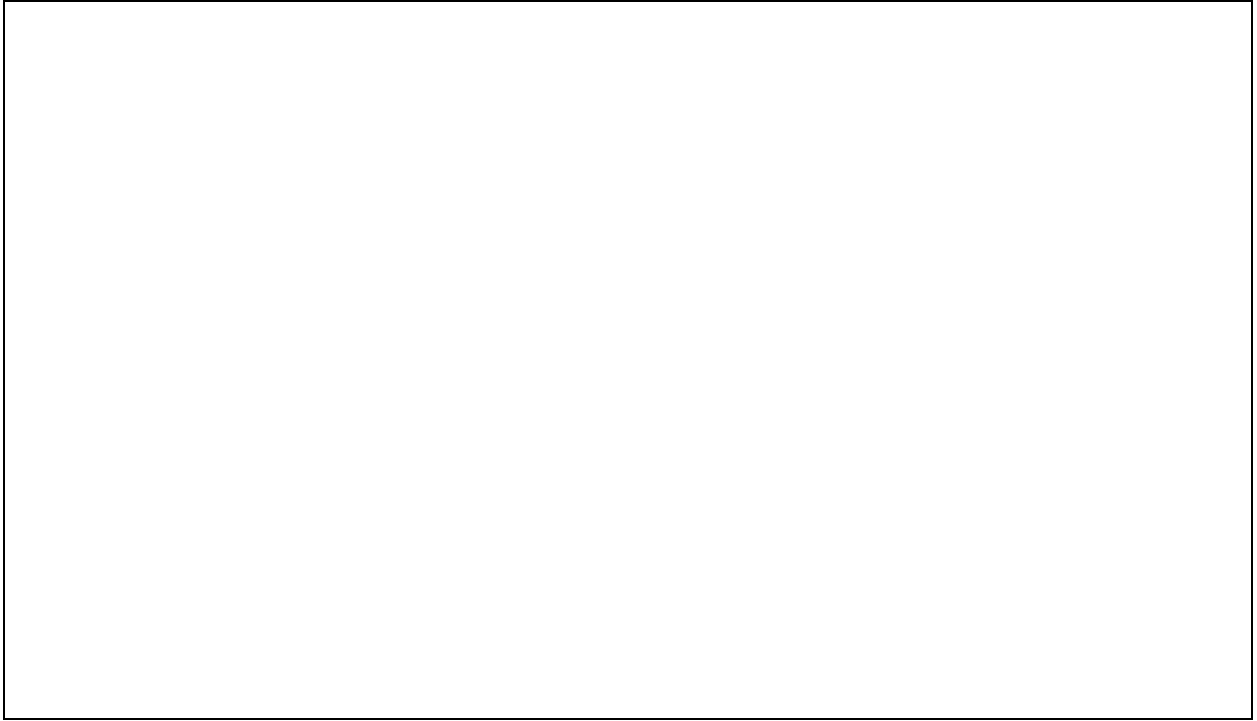
Day # 9 / Date: \_\_\_\_\_

## MUSINGS

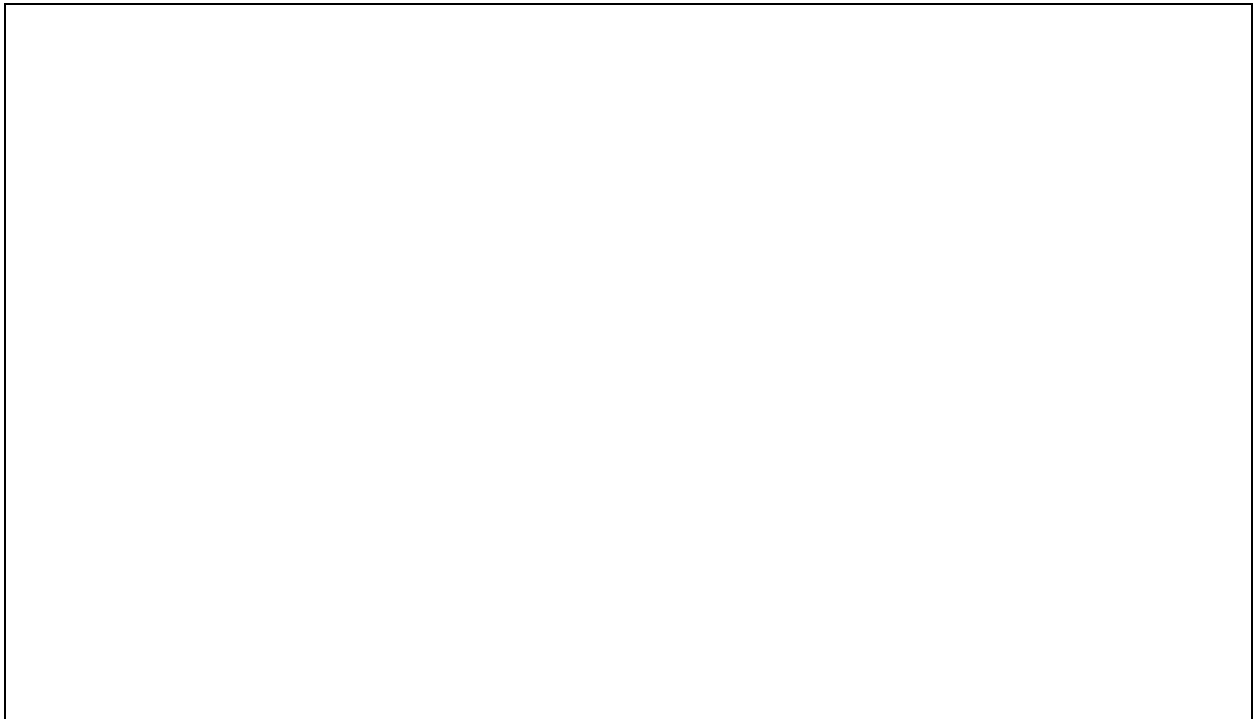
What separates privilege from entitlement is gratitude.

*~Brené Brown*

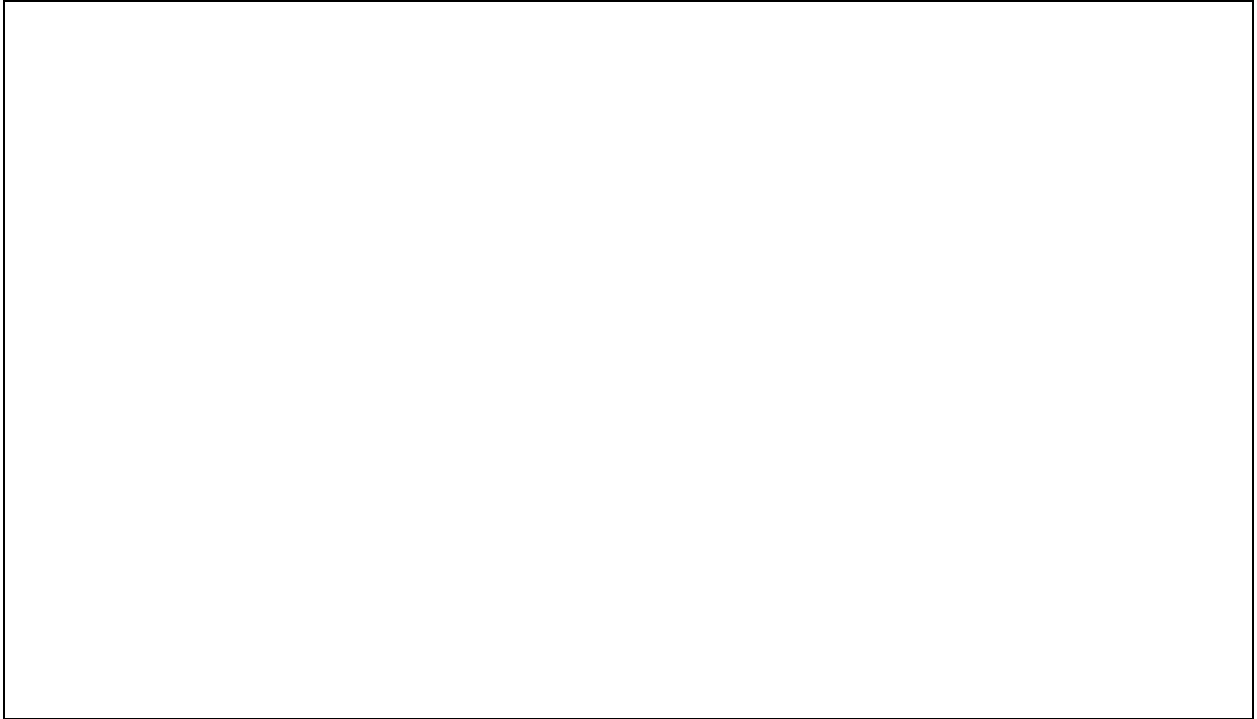
Things I am grateful for today

A large, empty rectangular box with a thin black border, intended for writing a list of things the user is grateful for today.

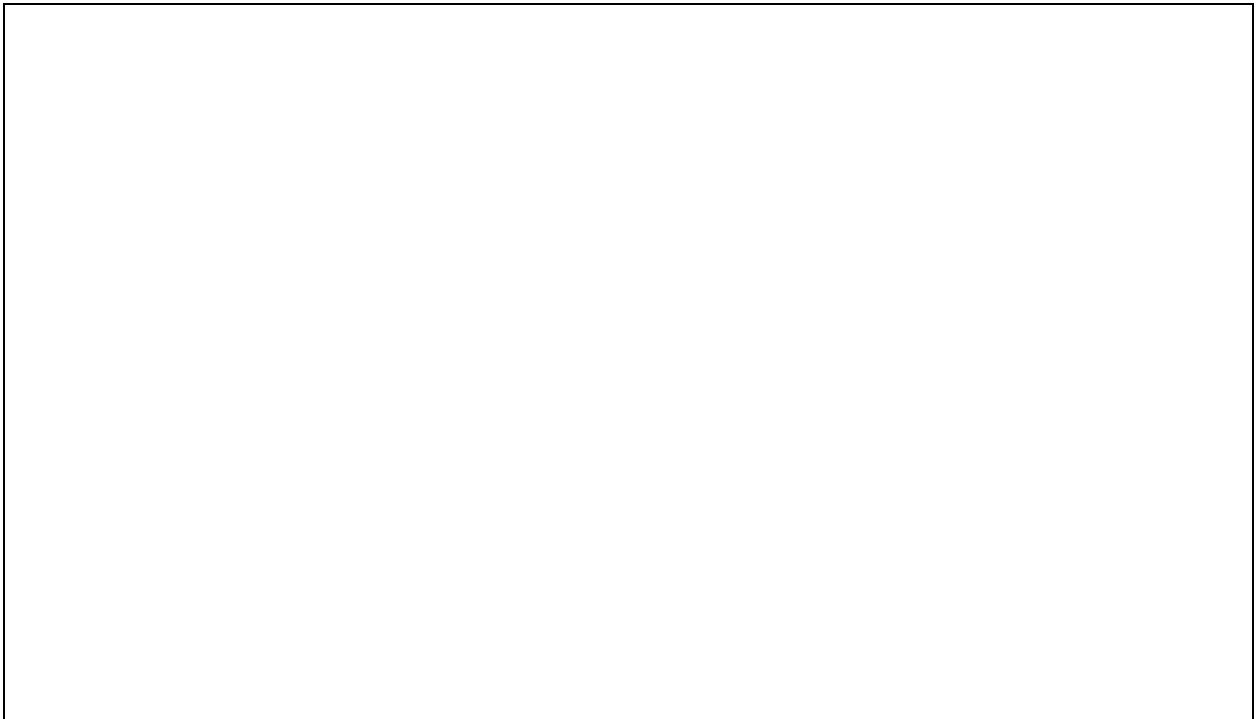
People I wish to thank today

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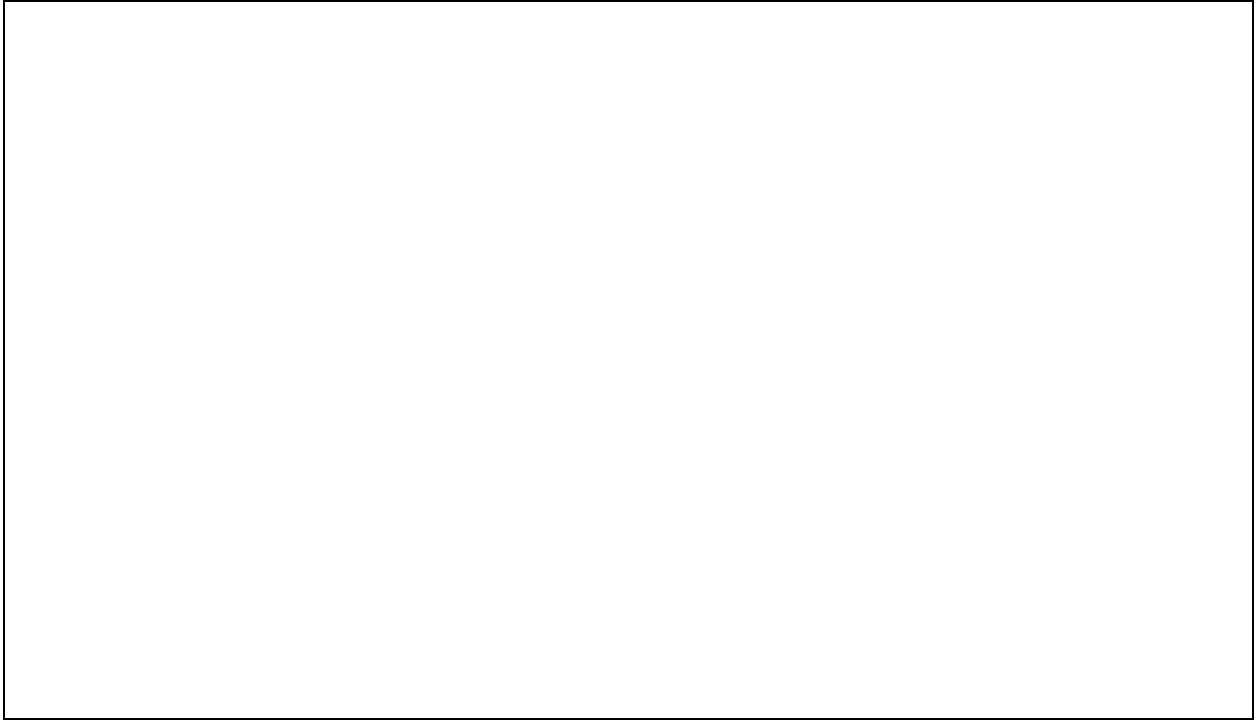
Joyful moments I want to celebrate today

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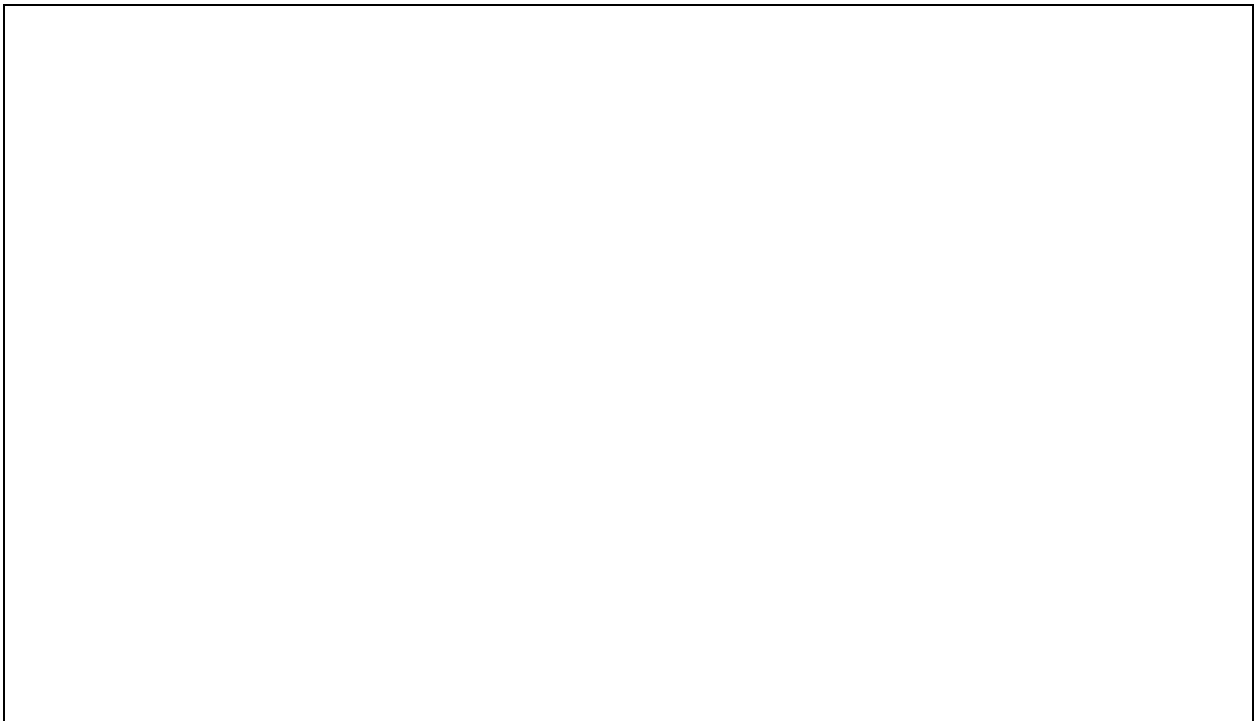
Lessons I am thankful to have learned today

A large, empty rectangular box with a thin black border, intended for writing lessons learned to be thankful for today.

Concrete steps to express my gratitude today

A large, empty rectangular box with a thin black border, intended for writing down concrete steps to express gratitude.

Pleasant surprises today!

A large, empty rectangular box with a thin black border, intended for writing down pleasant surprises from today.





*Replace fear with  
gratitude,  
and the whole  
world changes.*

*~Terri Guillemets*

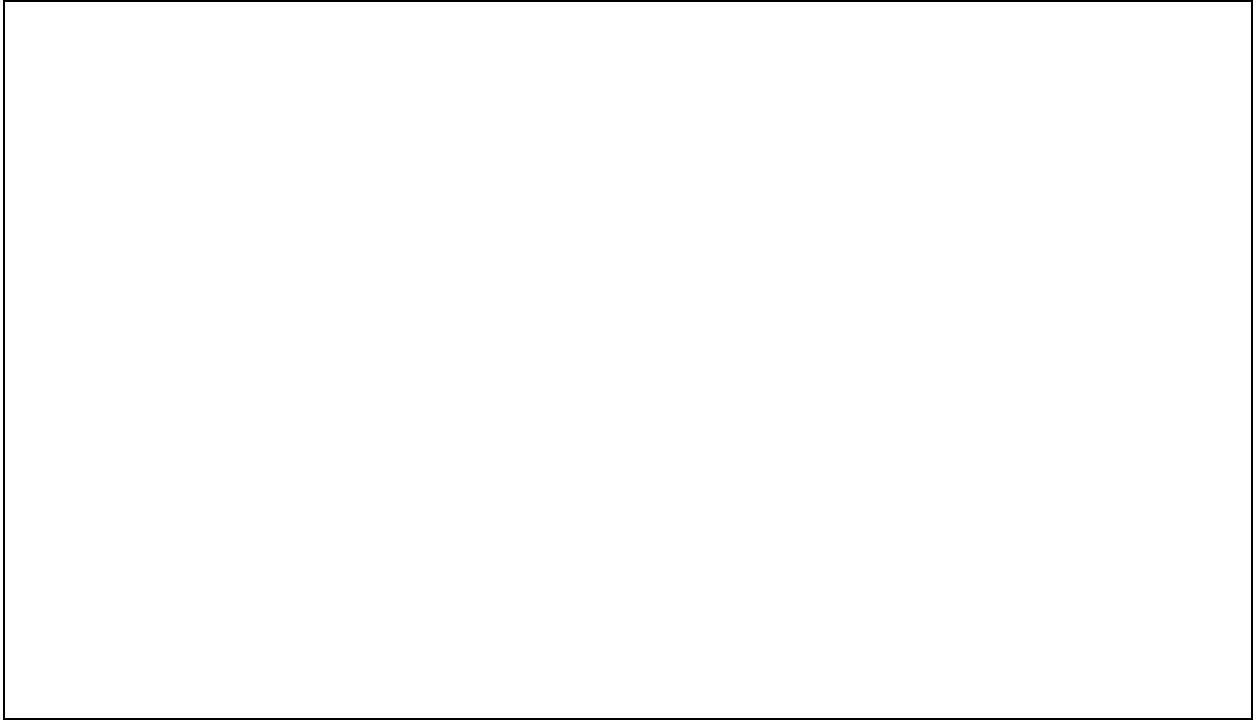


Day # 10 / Date: \_\_\_\_\_

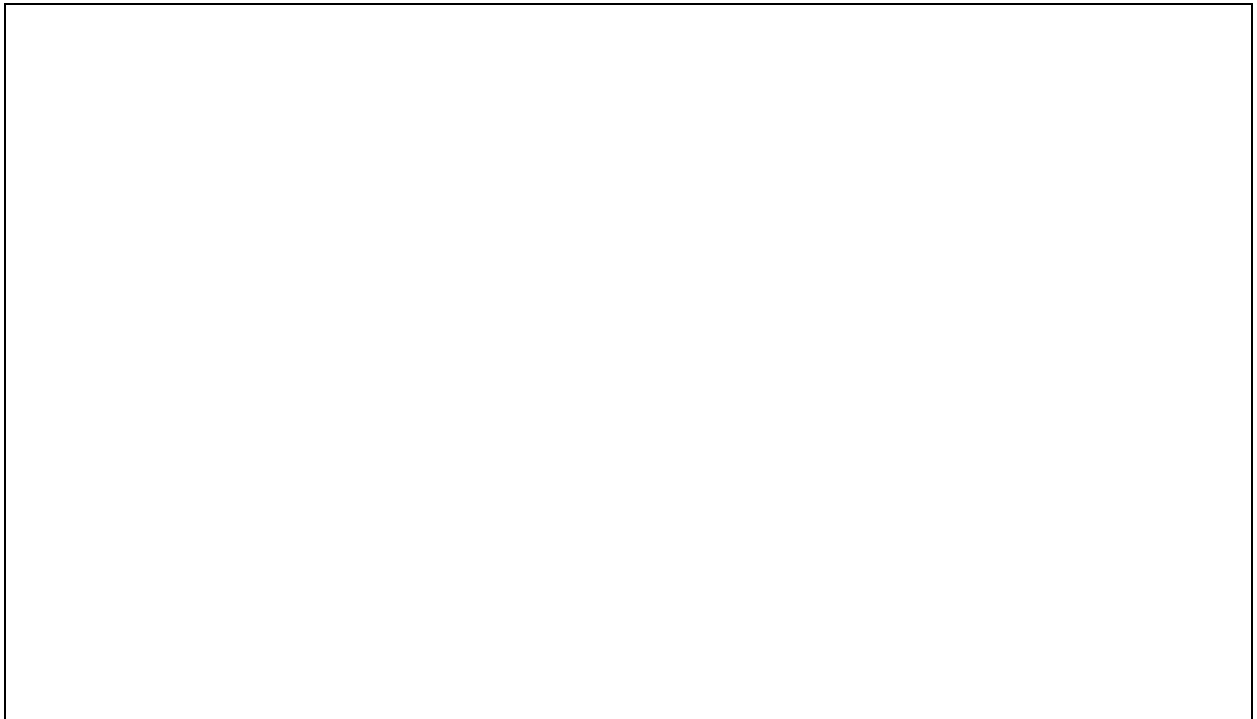
## MUSINGS

There are always flowers for those who want to see them. ~*Henri  
Matisse*

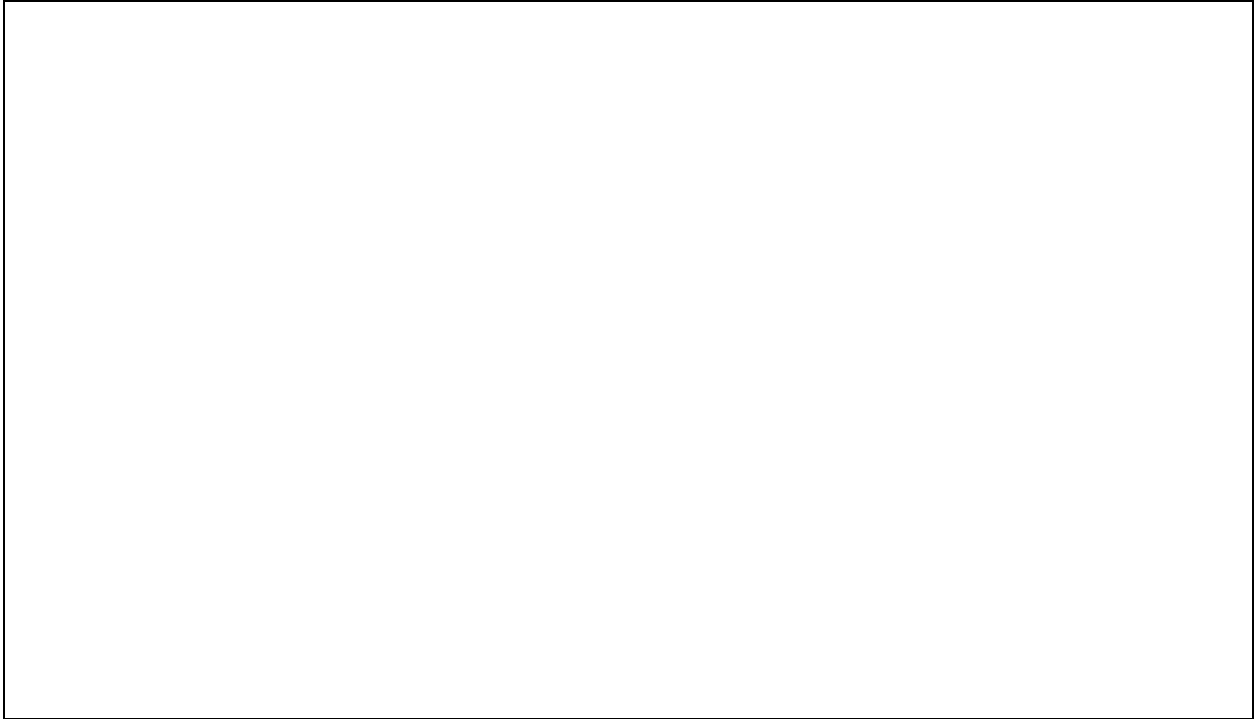
Things I am grateful for today

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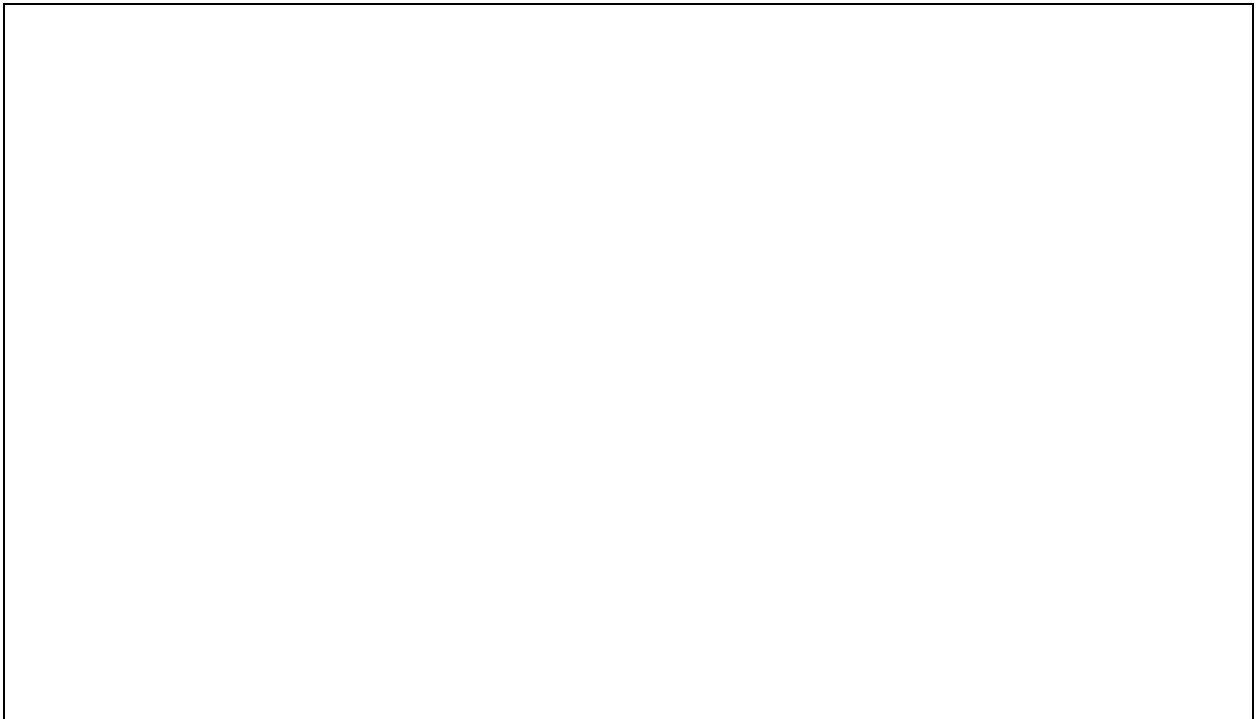
People I wish to thank today

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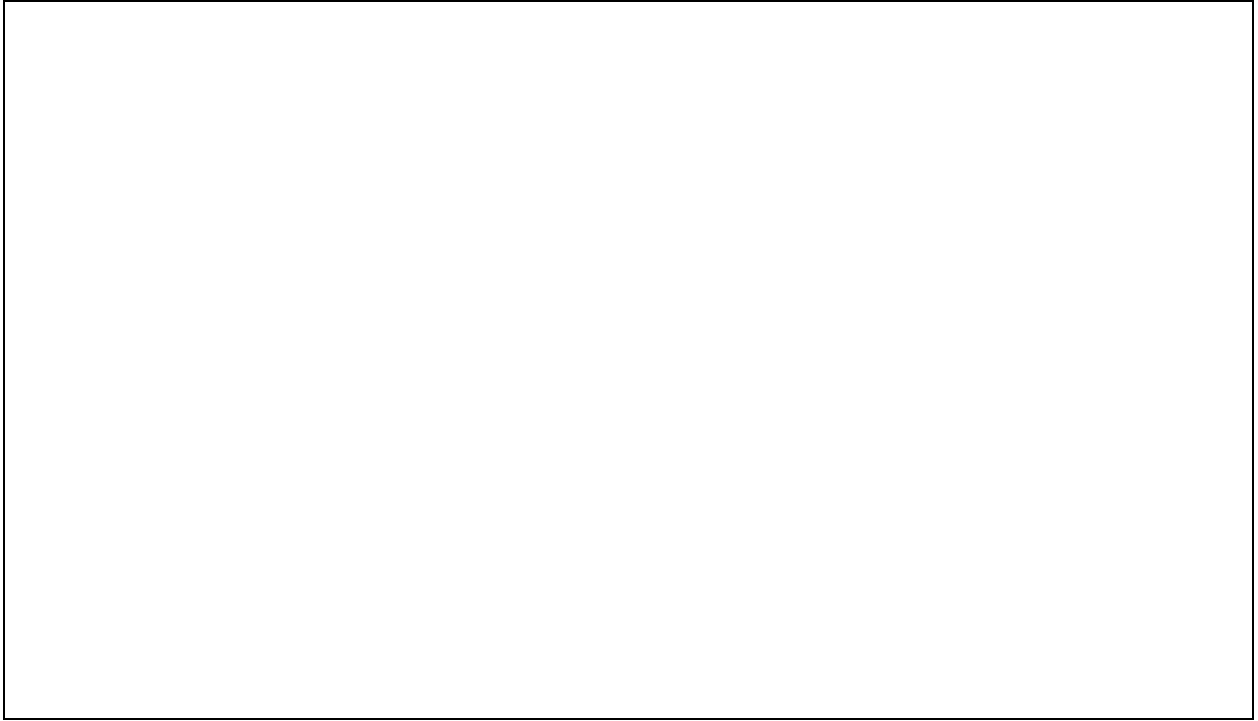
Joyful moments I want to celebrate today

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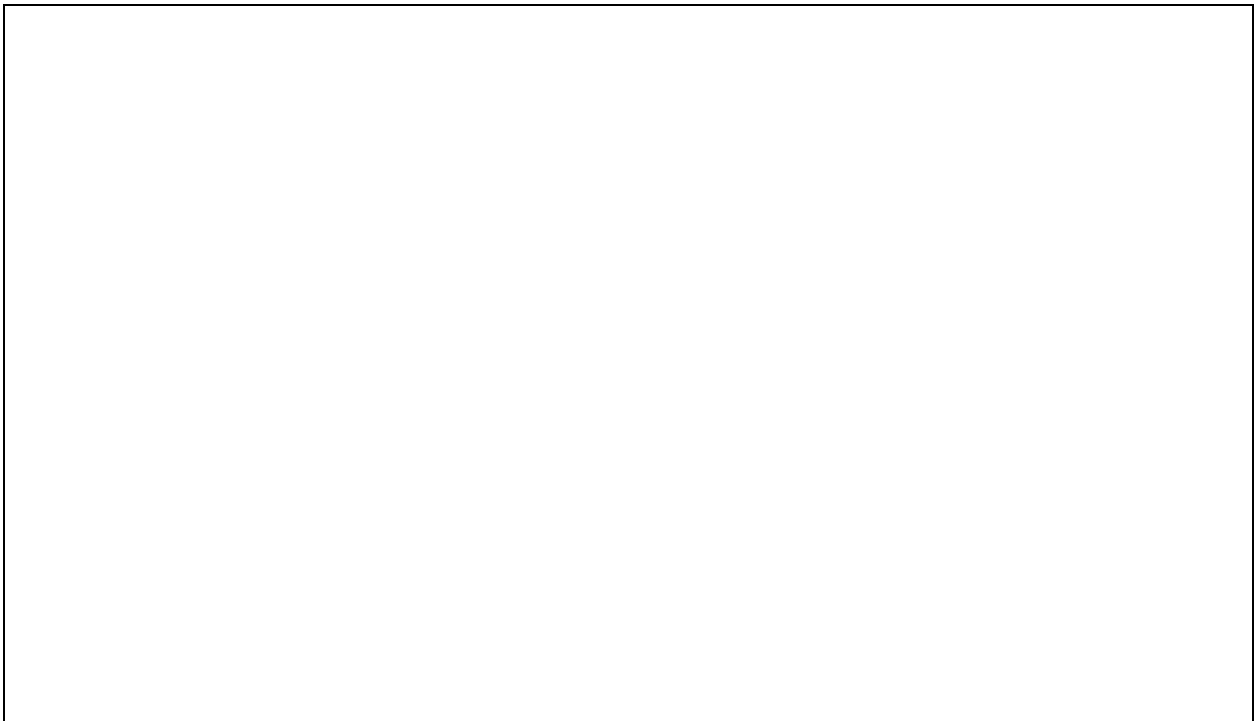
Lessons I am thankful to have learned today


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Concrete steps to express my gratitude today

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Pleasant surprises today!

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Who does not  
thank for little  
will not  
thank for much.

— Estonian Proverb

Day # 11 / Date: \_\_\_\_\_

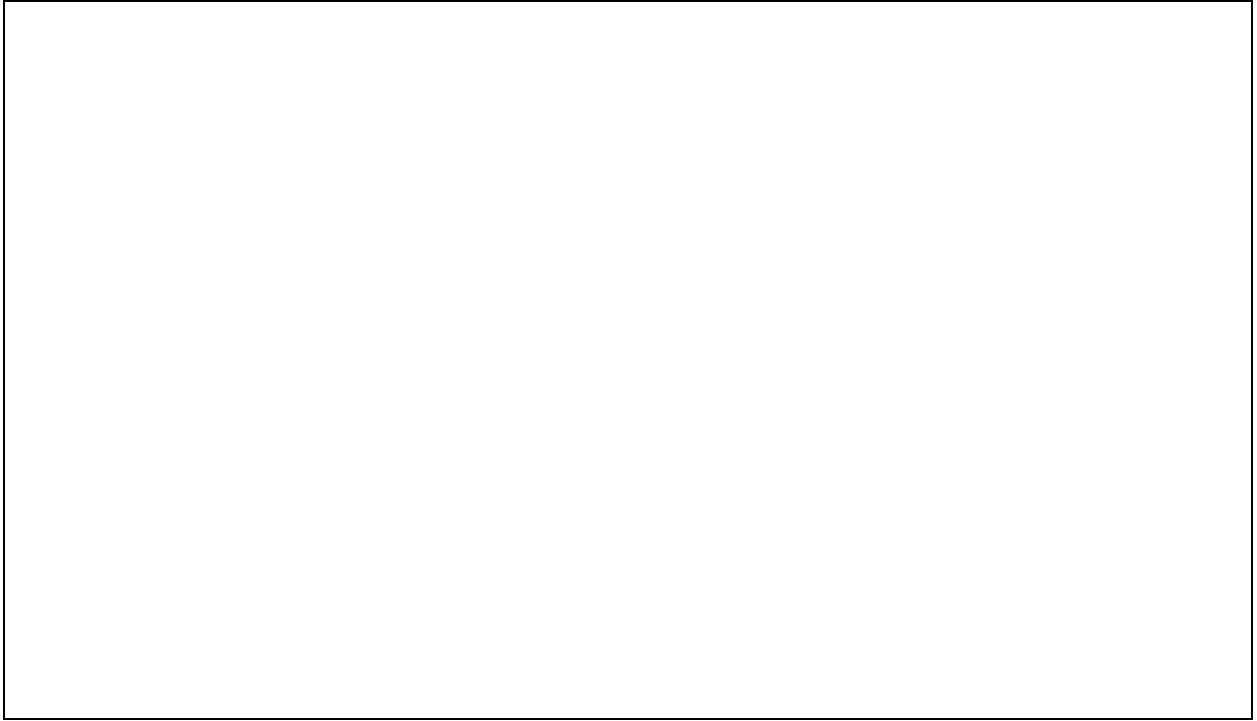
## MUSINGS

Giving is an expression of gratitude for our blessings.

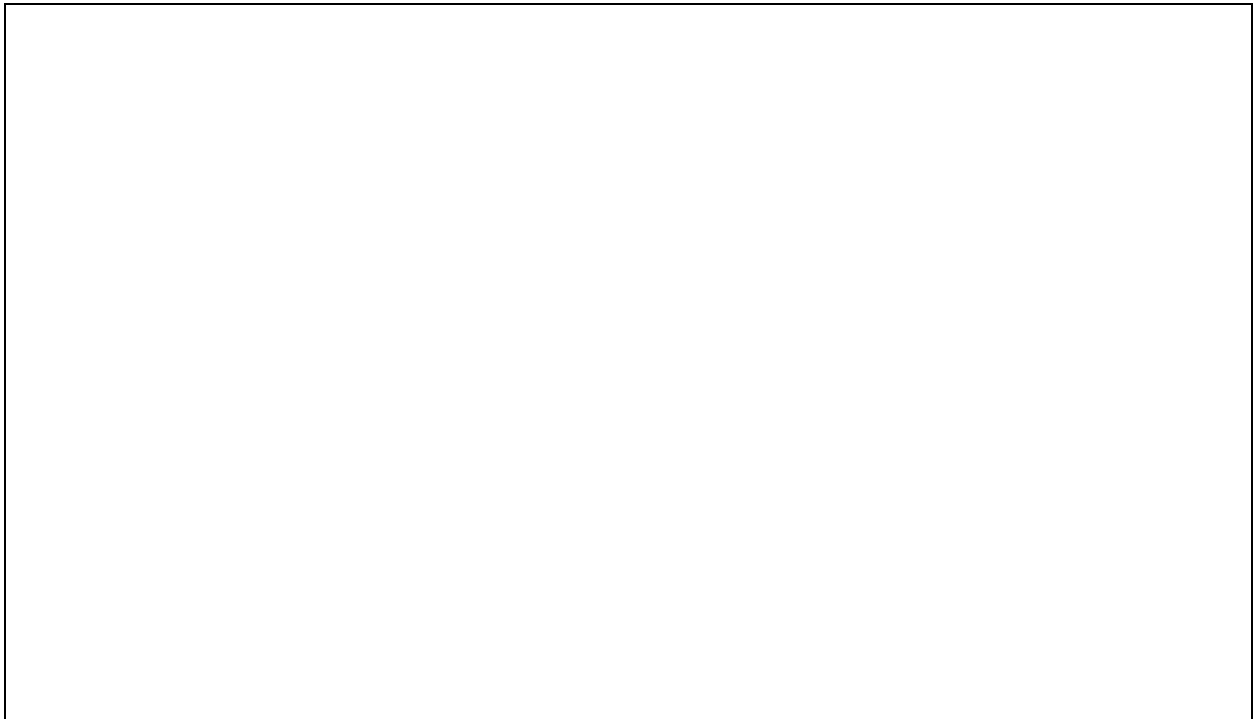
*~Laura Arrillaga-Andreessen*



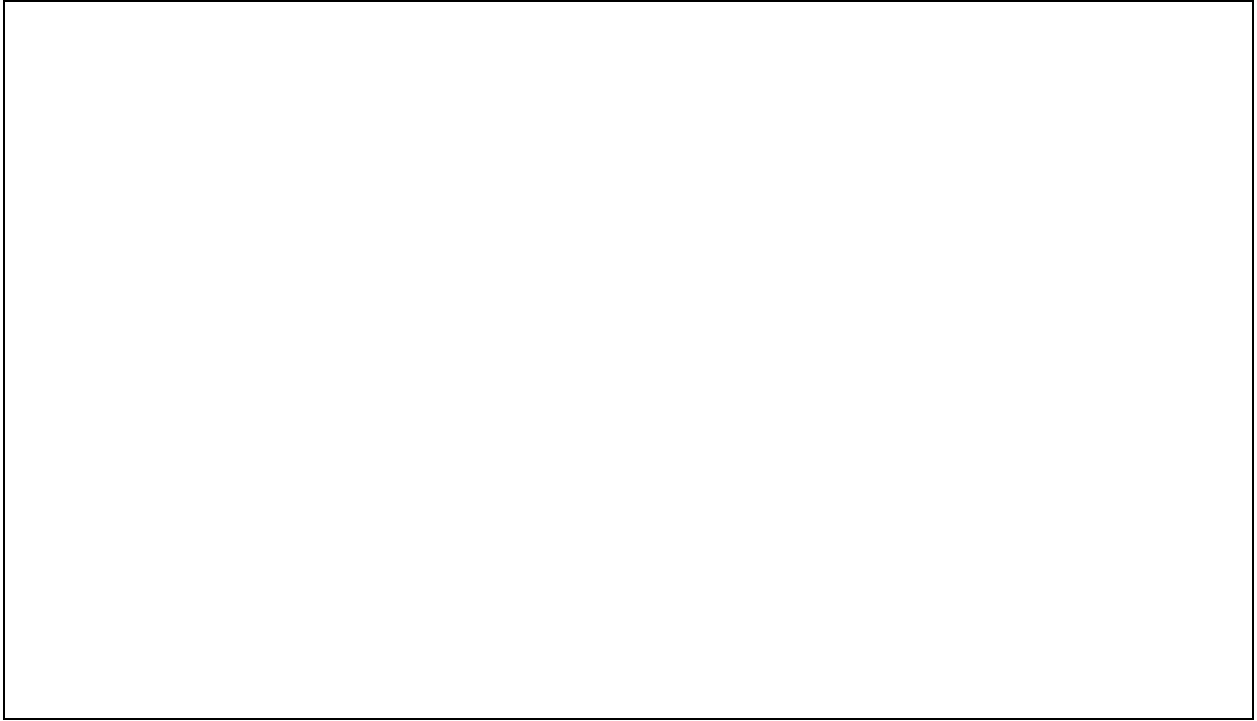
Things I am grateful for today

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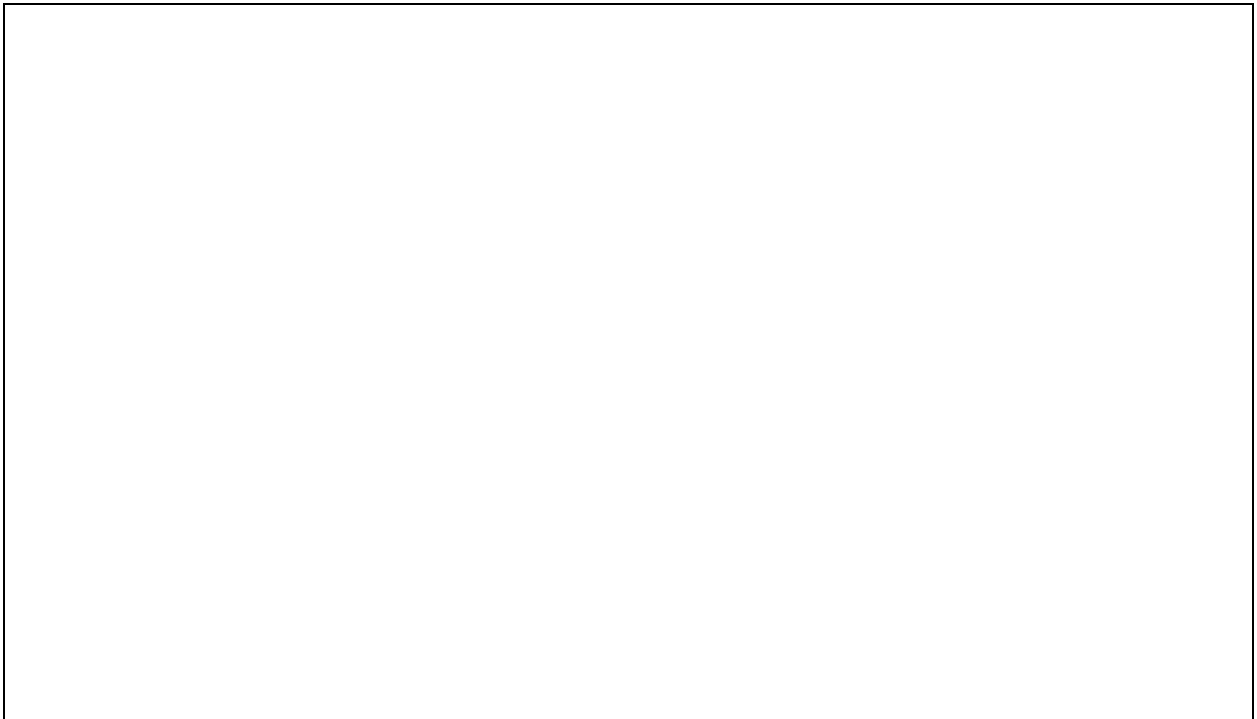
People I wish to thank today

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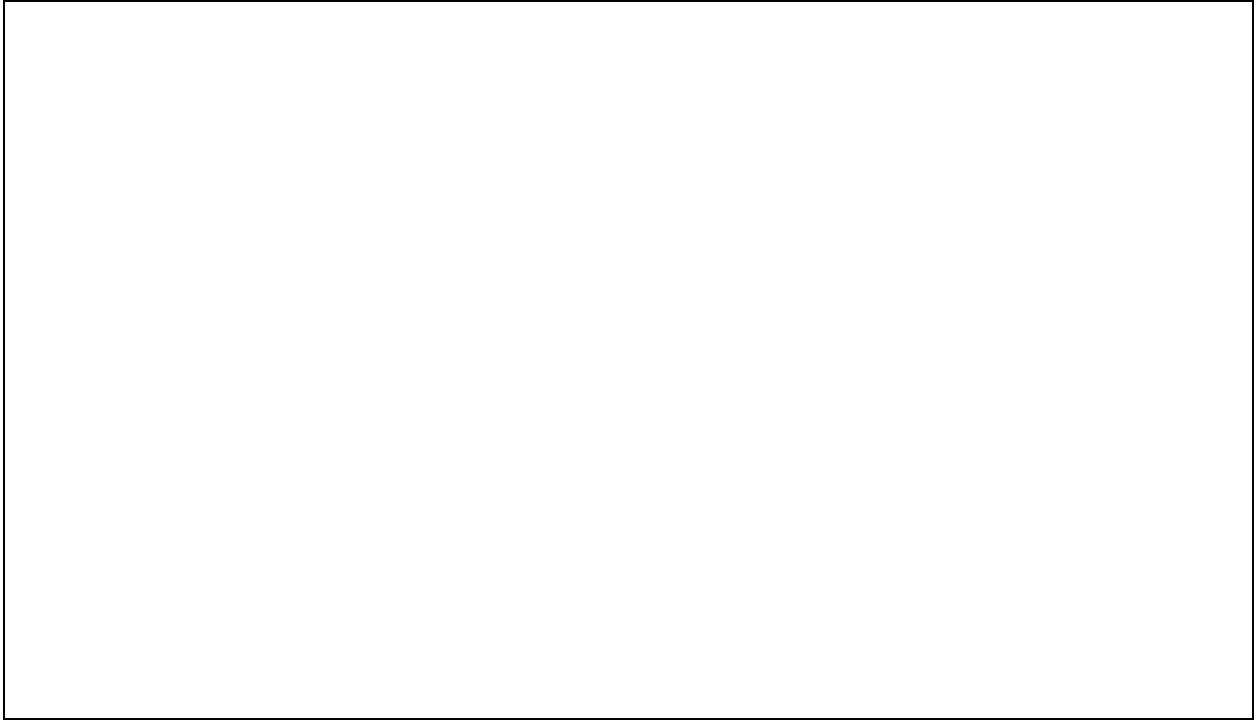
Joyful moments I want to celebrate today

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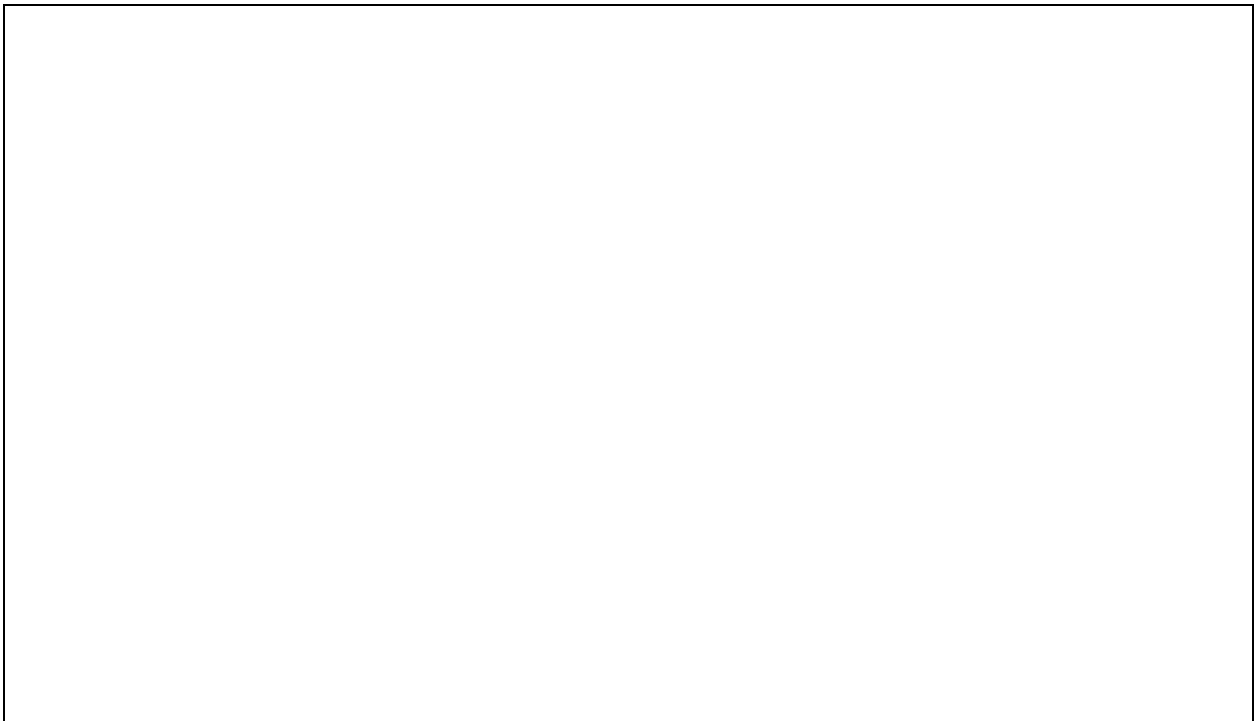
Lessons I am thankful to have learned today


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Concrete steps to express my gratitude today

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Pleasant surprises today!

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*If you don't think  
everyday is a great day,  
try going without one.*

*~ Jim Evans*

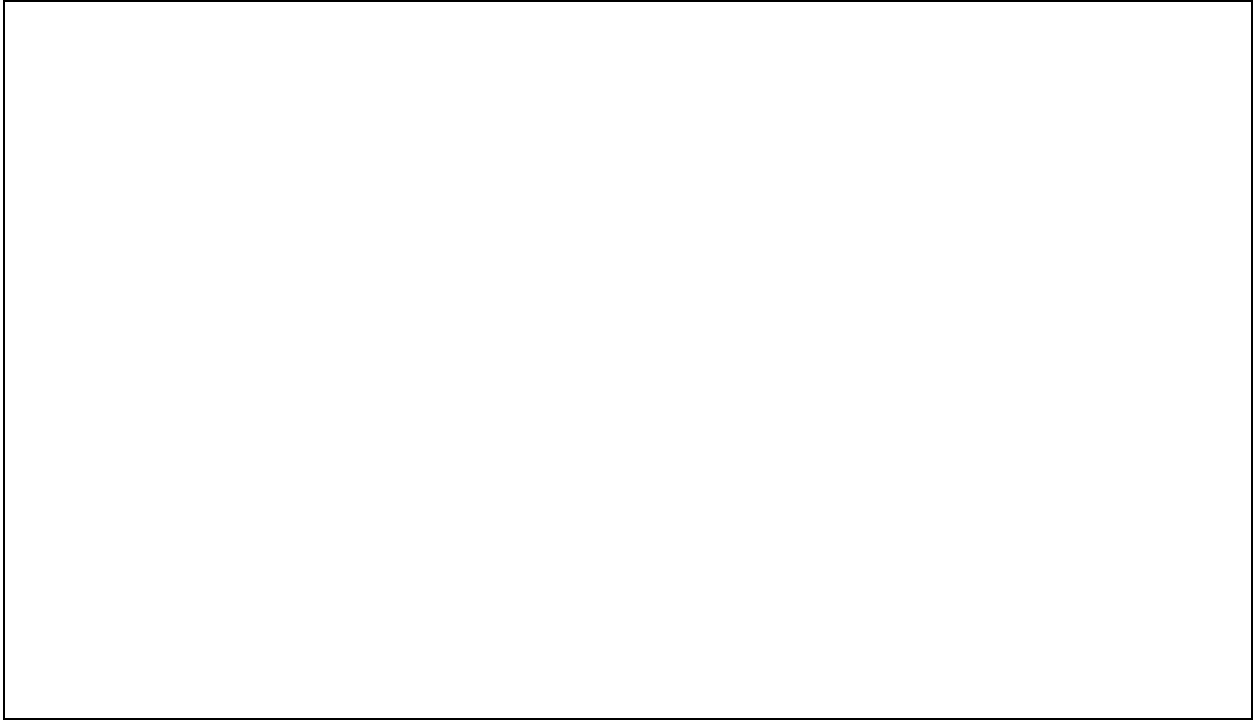
Day # 12 / Date: \_\_\_\_\_

## MUSINGS

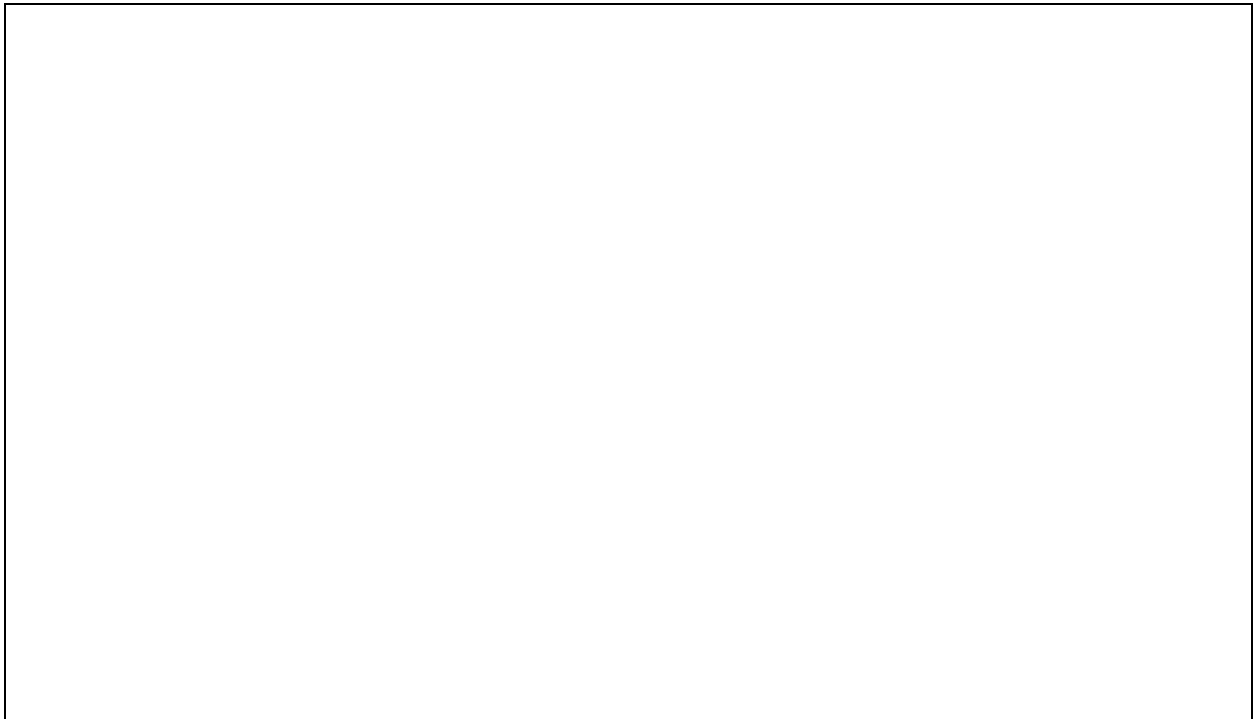
An attitude of gratitude brings great things.

*~Yogi Bhaian*

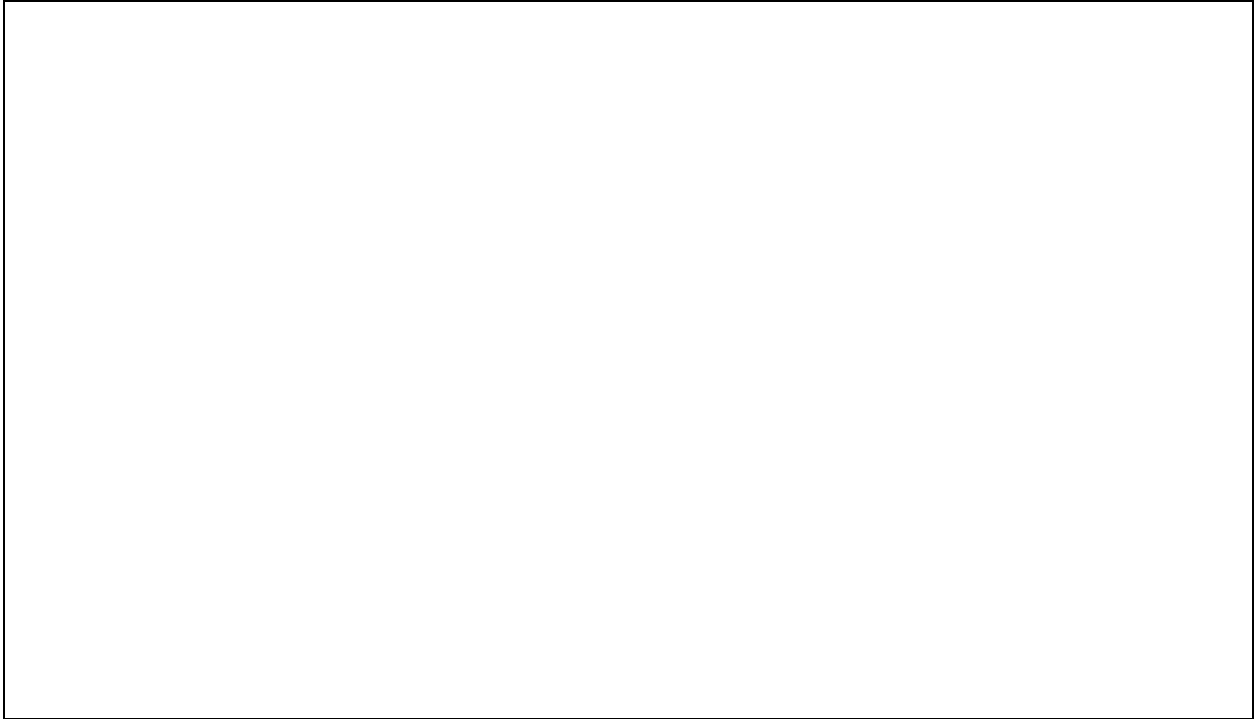
Things I am grateful for today

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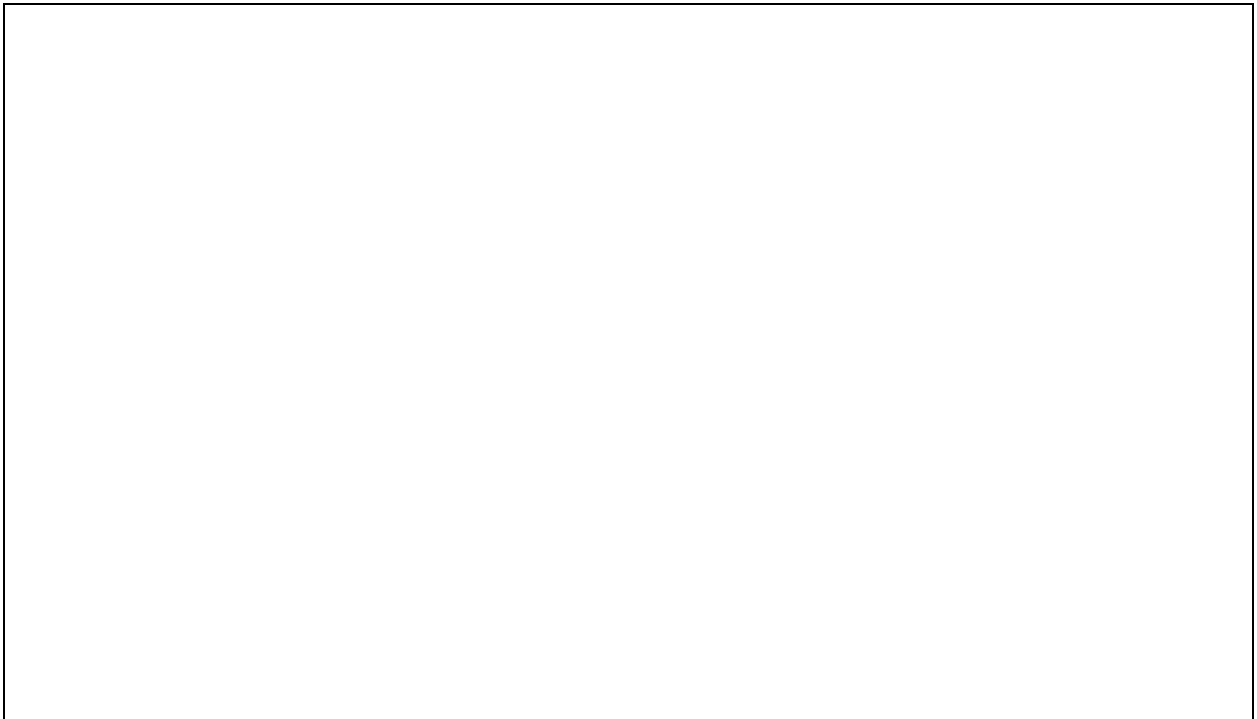
People I wish to thank today

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Joyful moments I want to celebrate today

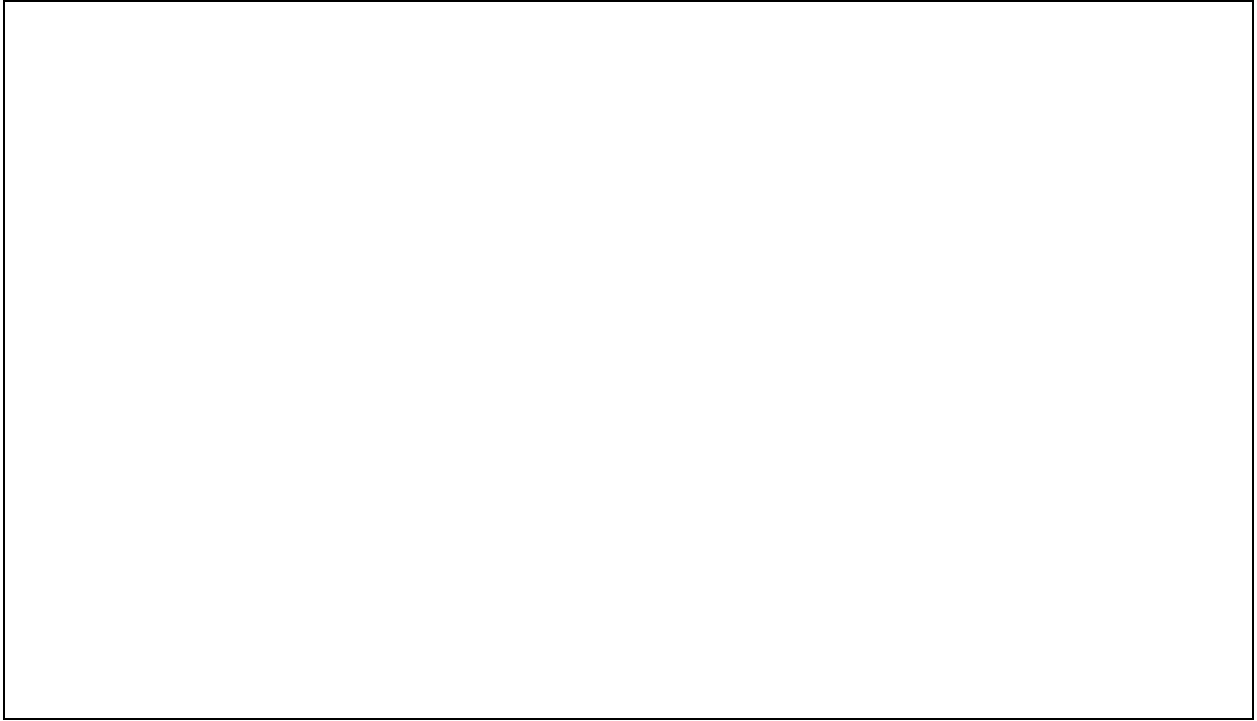
A large, empty rectangular box with a thin black border, intended for writing joyful moments to be celebrated today.

Lessons I am thankful to have learned today

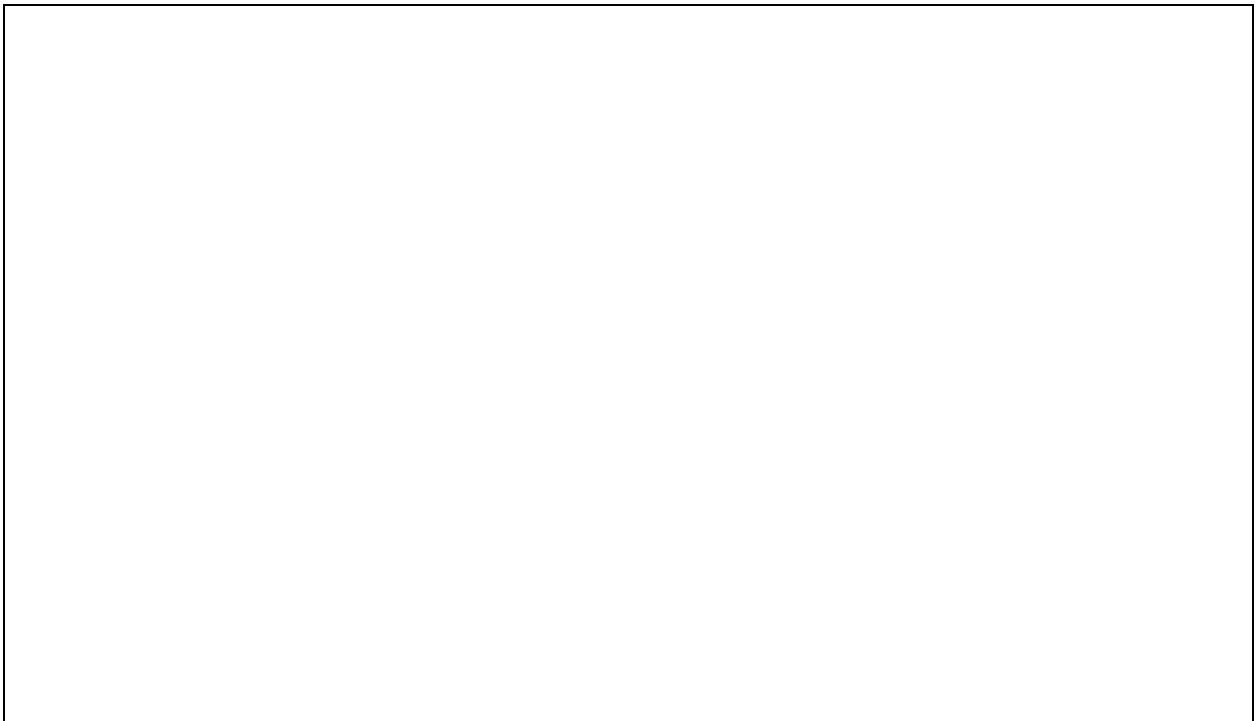
A large, empty rectangular box with a thin black border, intended for writing lessons learned to be thankful for today.




Concrete steps to express my gratitude today

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Pleasant surprises today!

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*We often take for  
granted the very things  
that most deserve  
our gratitude.*

*~Cynthia Ozick*

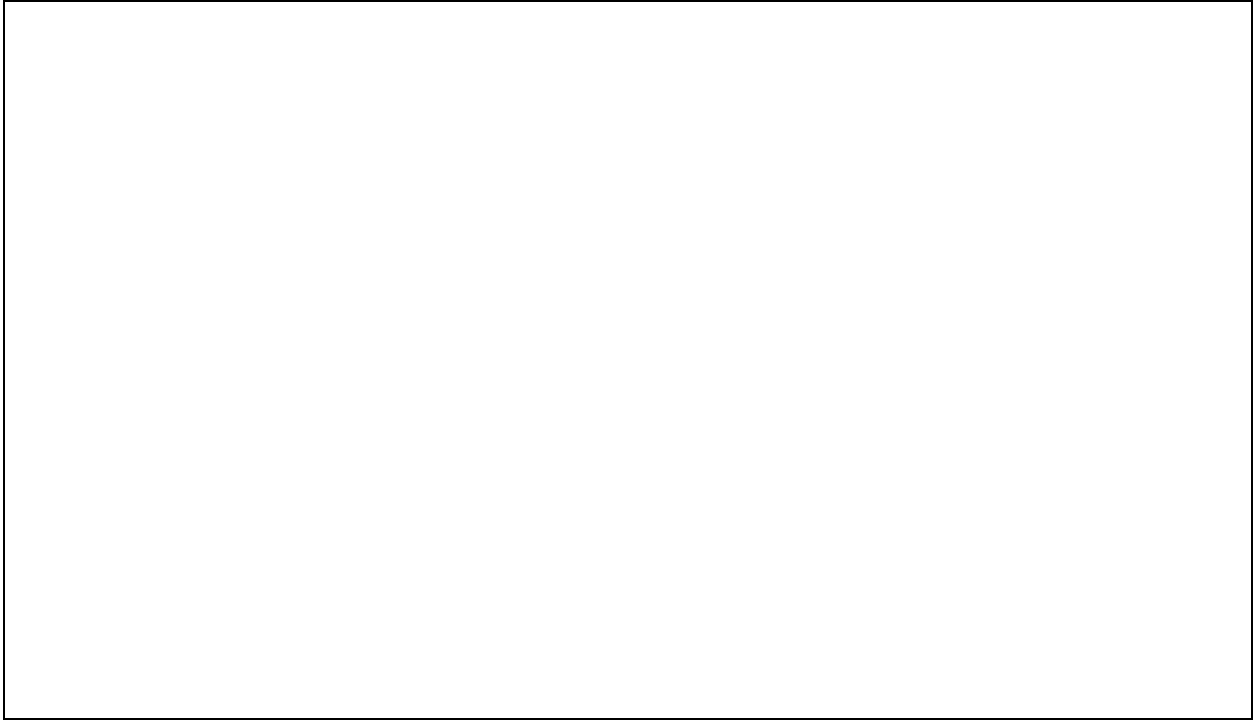
Day # 13 / Date: \_\_\_\_\_

## MUSINGS

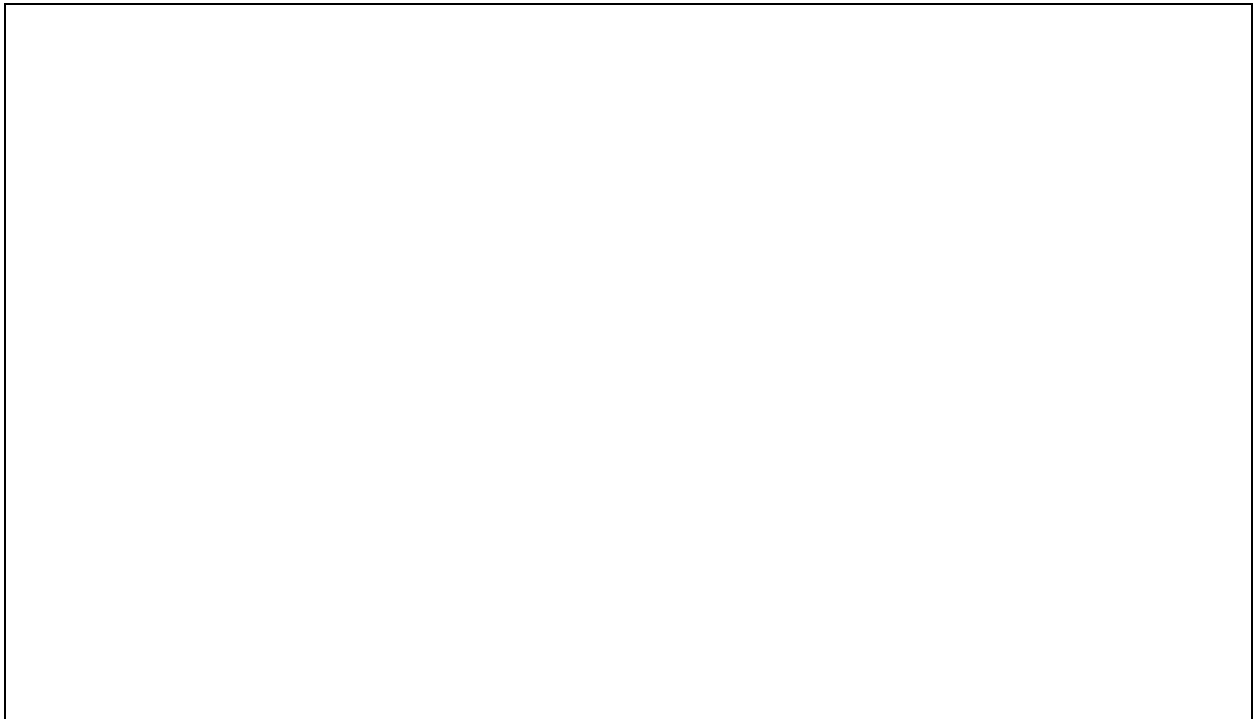
If you have lived, take thankfully the past.

*~John Dryden*

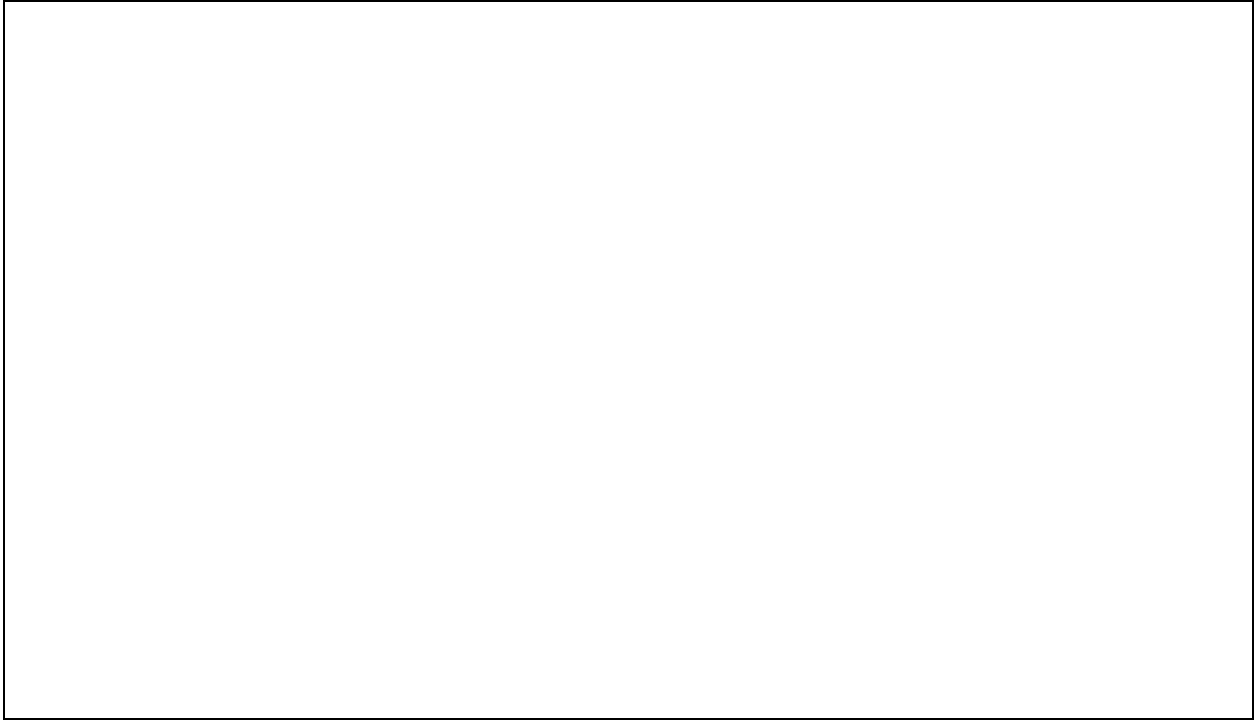
Things I am grateful for today

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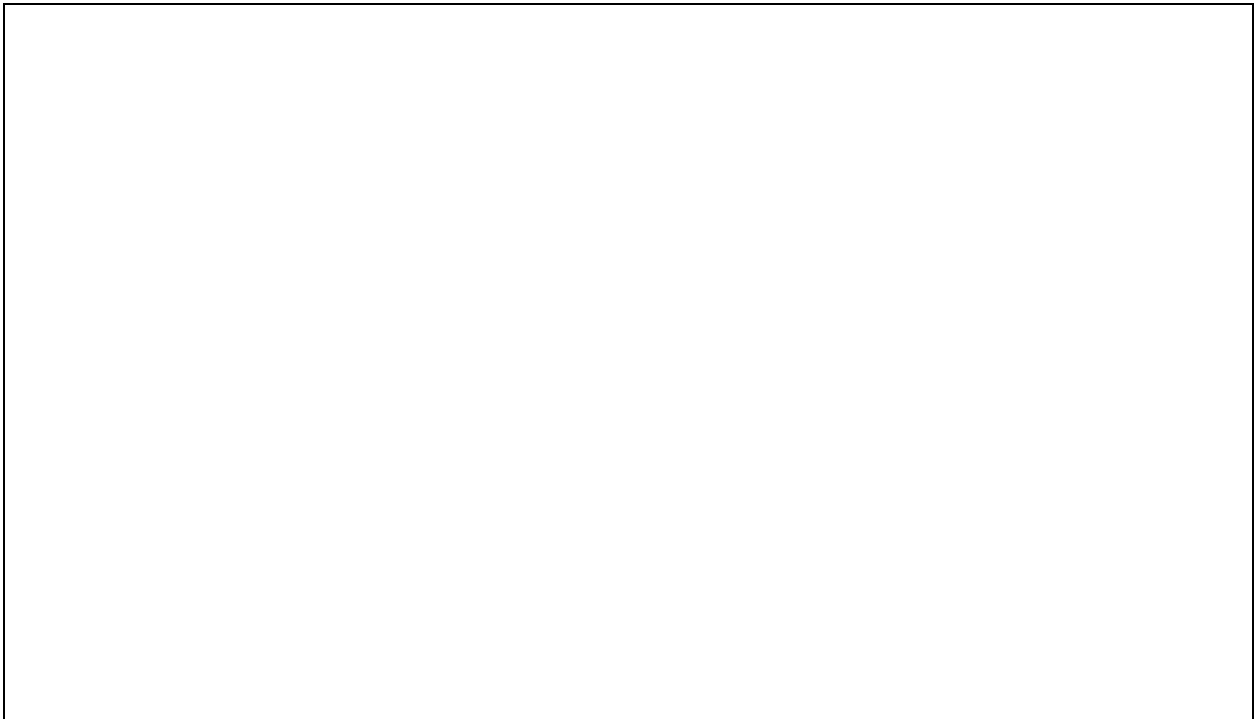
People I wish to thank today

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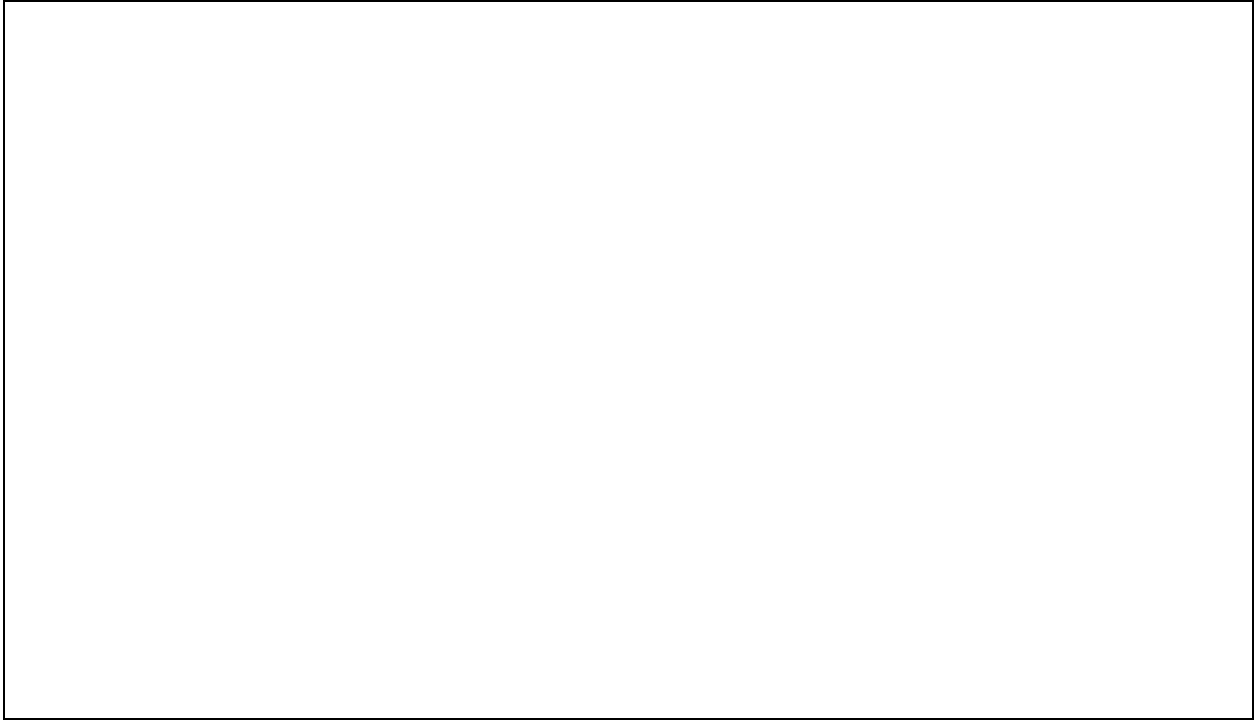
Joyful moments I want to celebrate today

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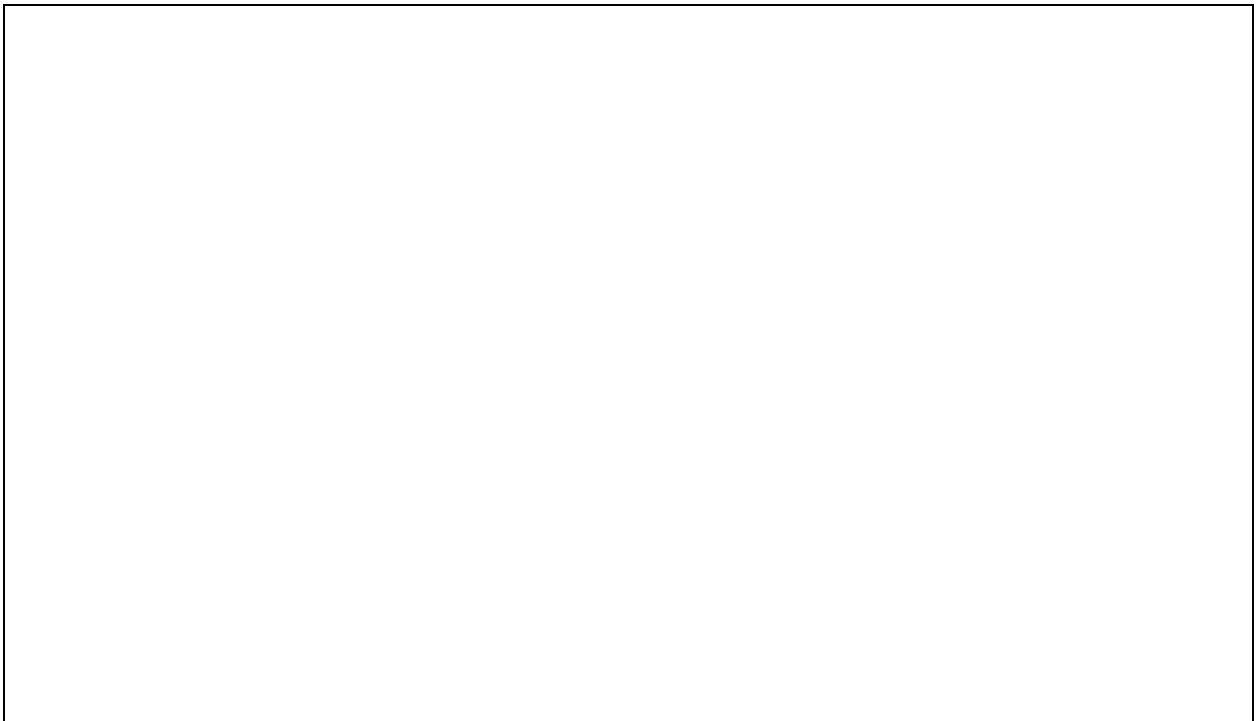
Lessons I am thankful to have learned today

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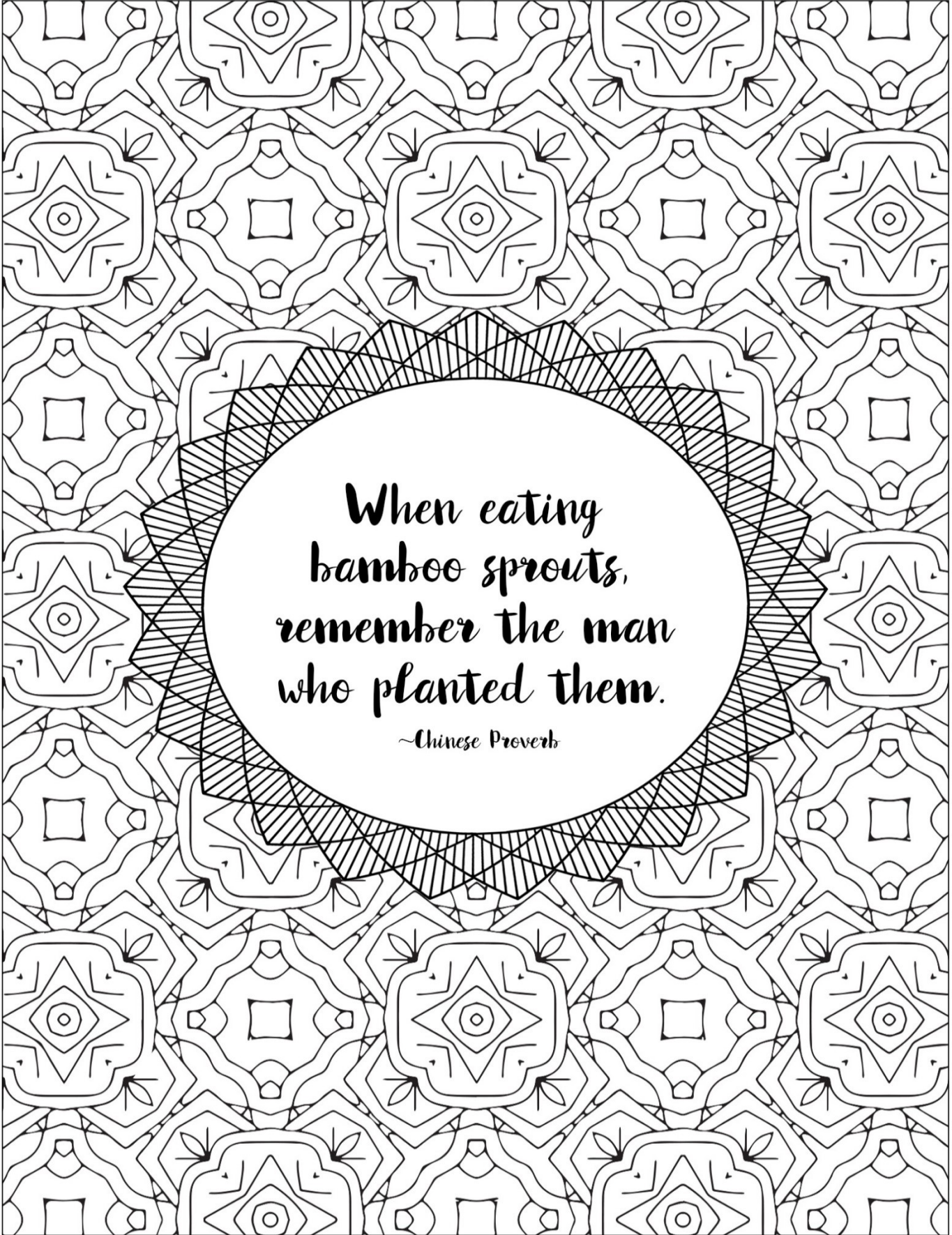
Concrete steps to express my gratitude today

A large, empty rectangular box with a thin black border, intended for writing down concrete steps to express gratitude today.

Pleasant surprises today!

A large, empty rectangular box with a thin black border, intended for writing down pleasant surprises from today.





*When eating  
bamboo sprouts,  
remember the man  
who planted them.*

*~Chinese Proverb*



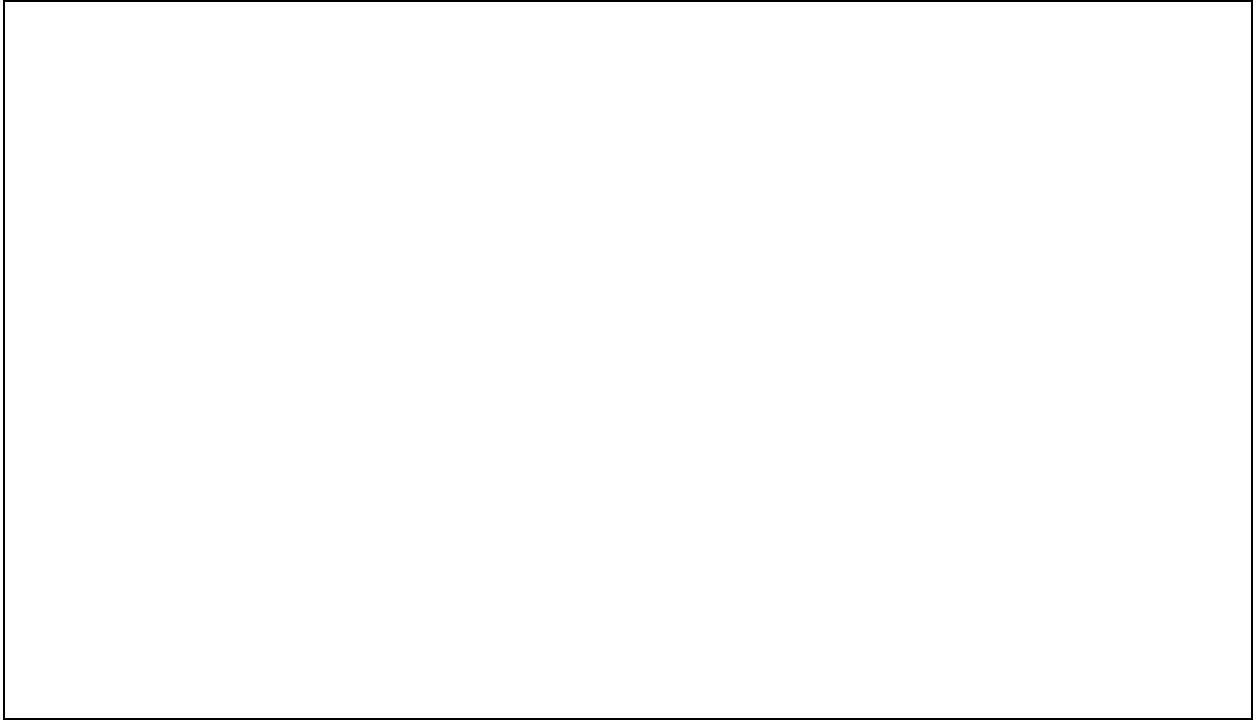
Day # 14 / Date: \_\_\_\_\_

## MUSINGS

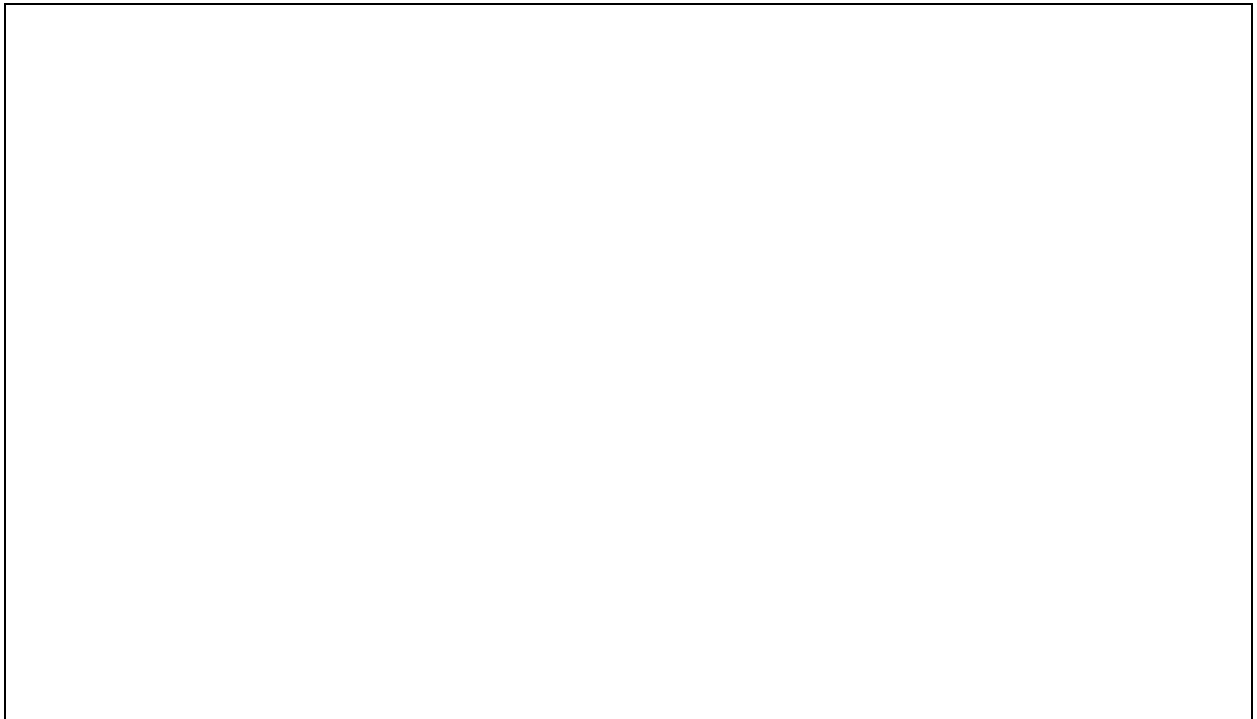
If you are really thankful, what do you do? You share.

~W. Clement Stone

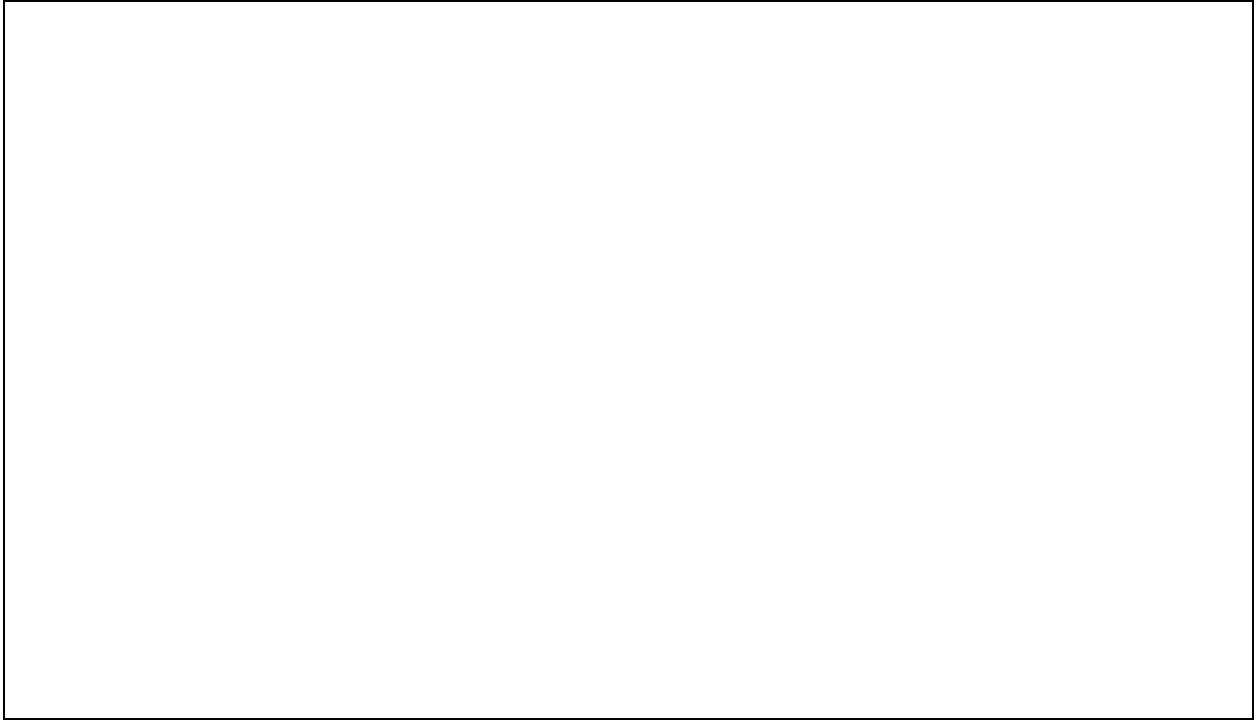
Things I am grateful for today

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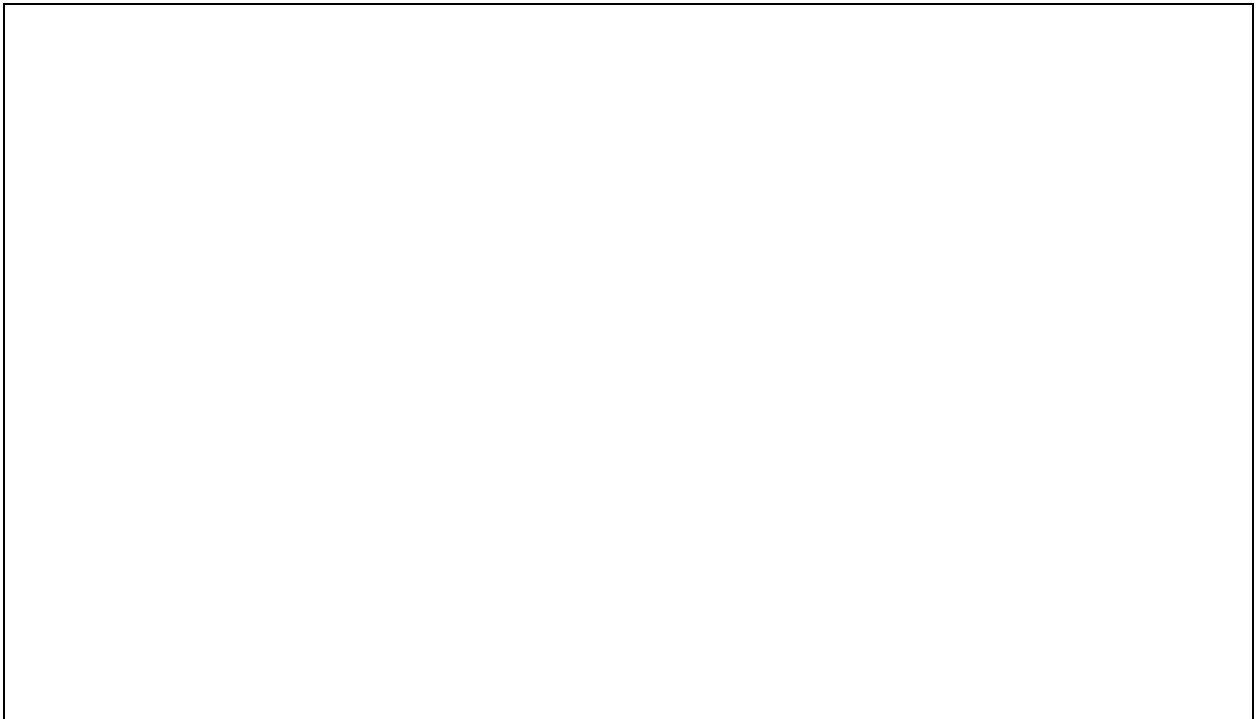
People I wish to thank today

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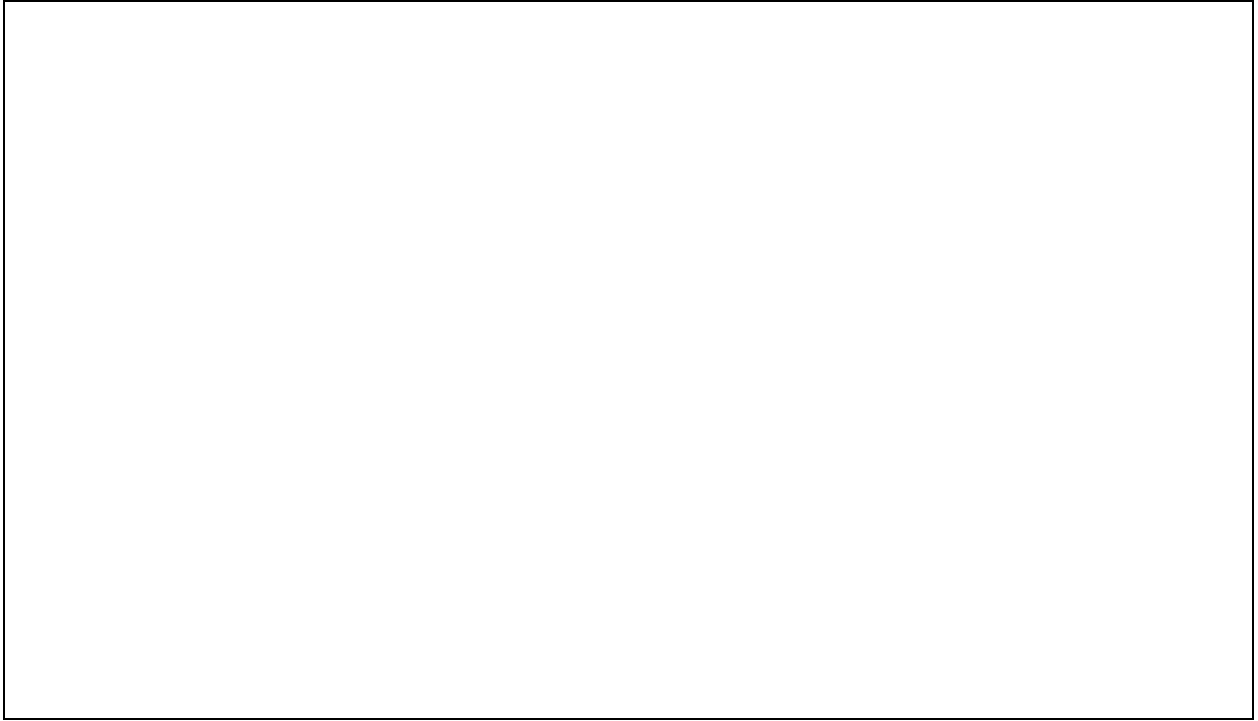
Joyful moments I want to celebrate today

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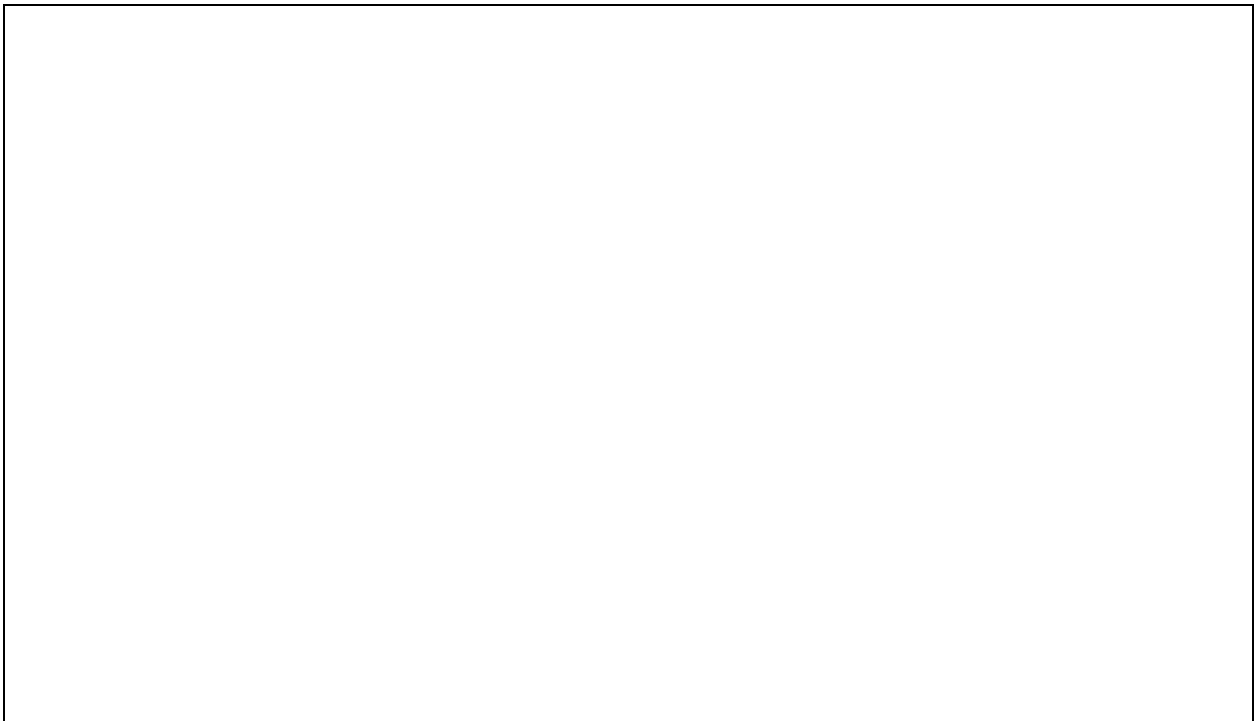
Lessons I am thankful to have learned today

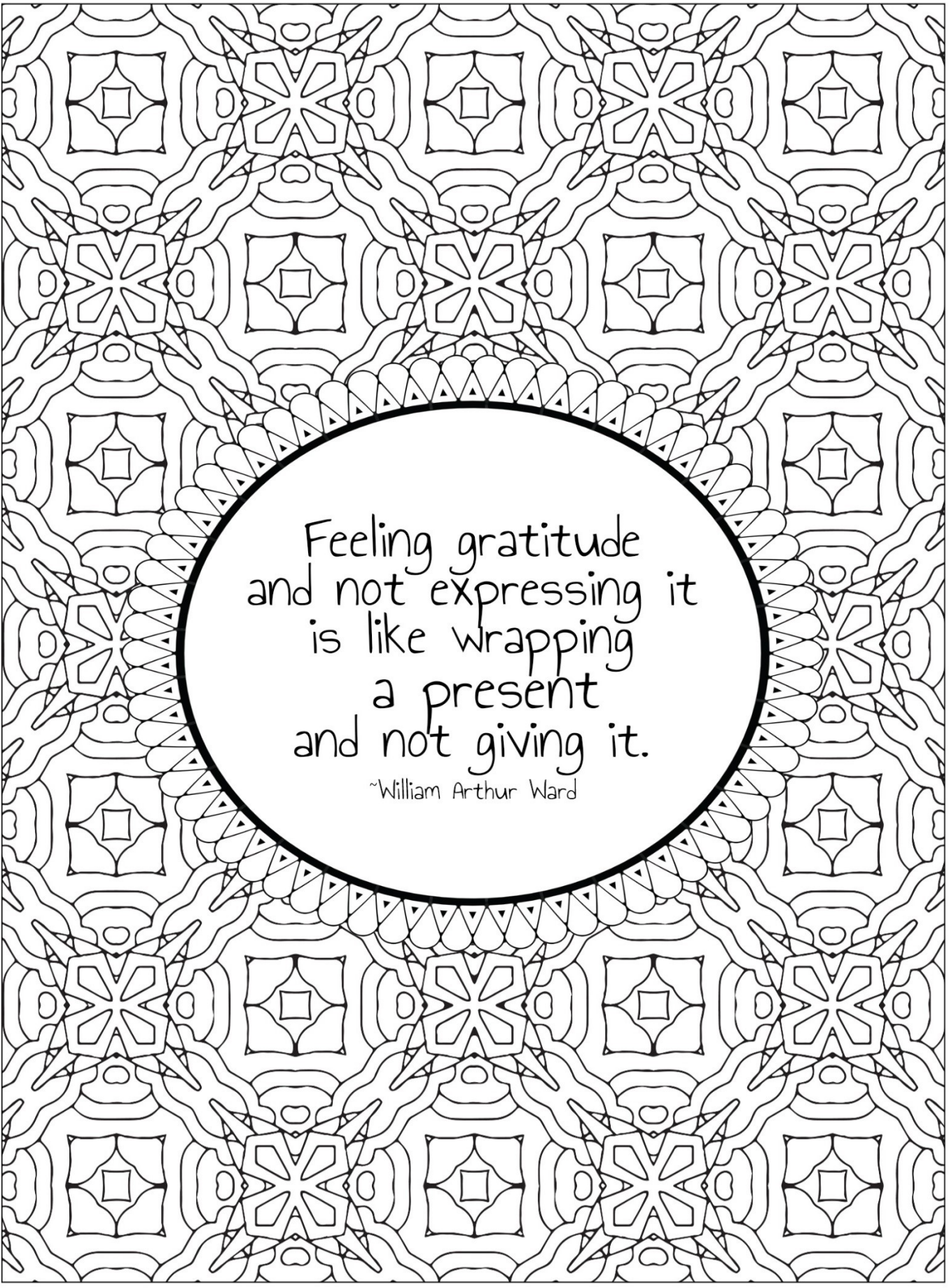
A large, empty rectangular box with a thin black border, intended for writing lessons learned to be thankful for today.

Concrete steps to express my gratitude today

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Pleasant surprises today!

A large, empty rectangular box with a thin black border, intended for writing down pleasant surprises from today.



Feeling gratitude  
and not expressing it  
is like wrapping  
a present  
and not giving it.

~William Arthur Ward

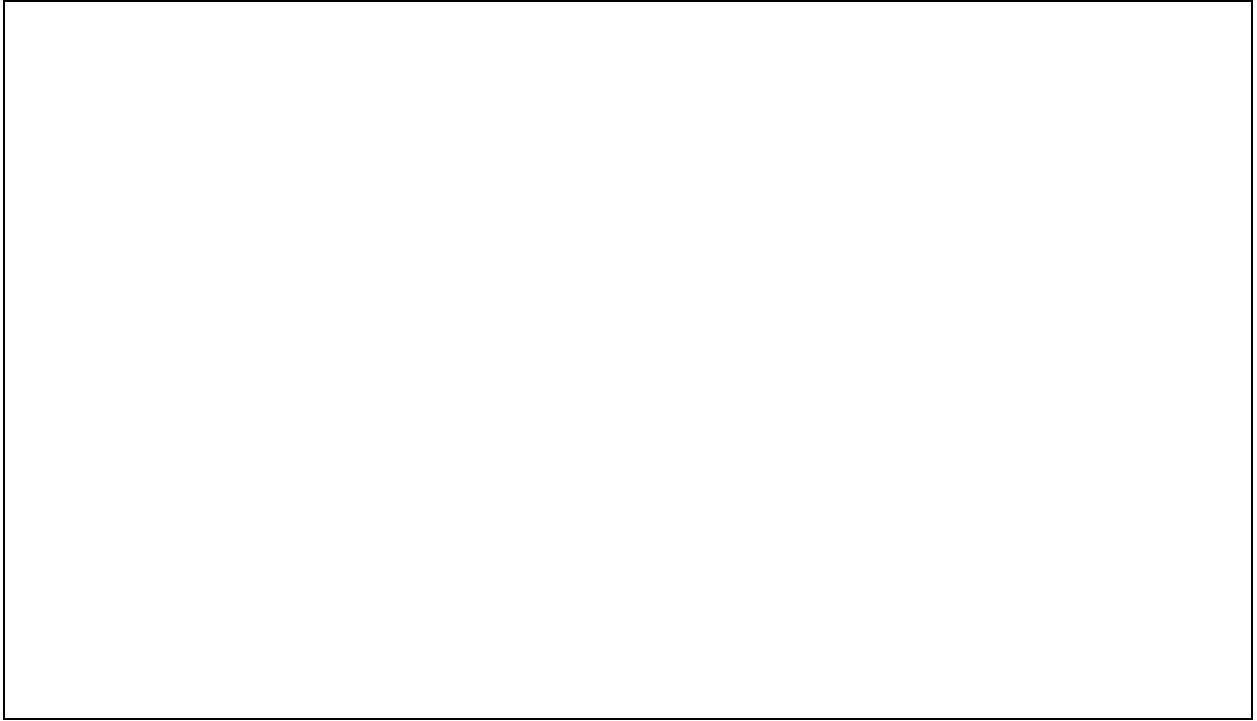
Day # 15 / Date: \_\_\_\_\_

## MUSINGS

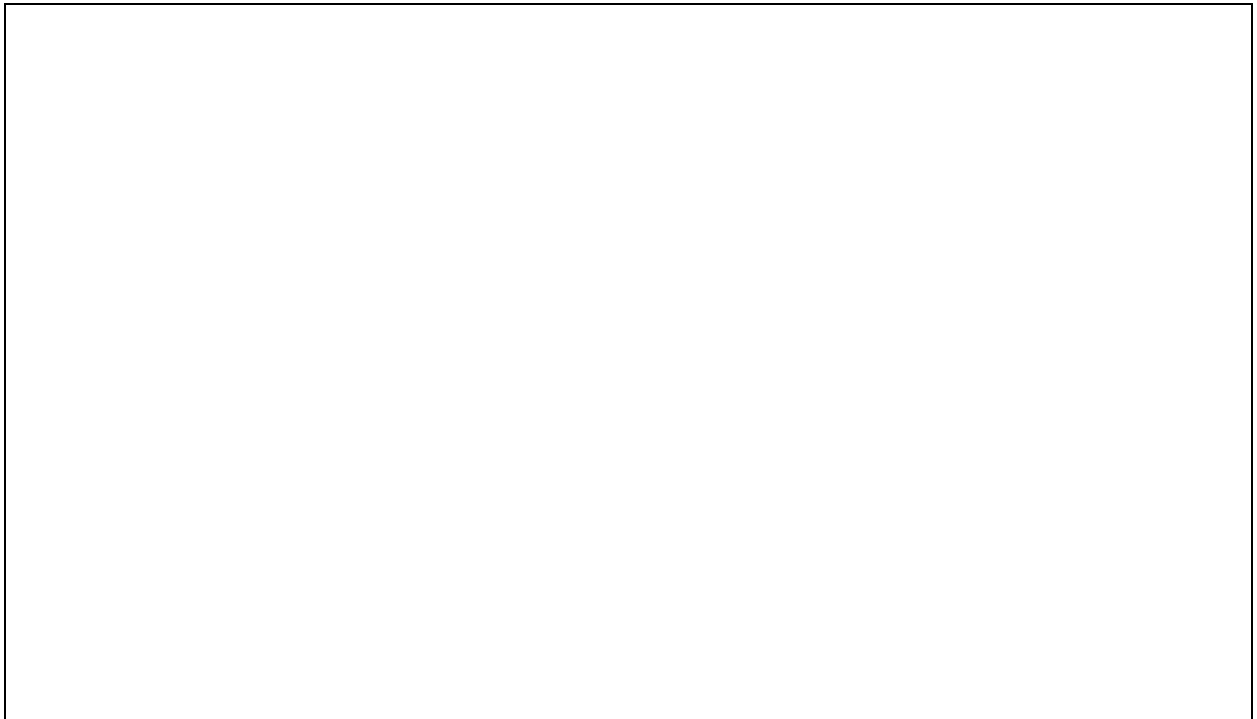
Gratitude unlocks the fullness of life.

~Melody Beattie

Things I am grateful for today

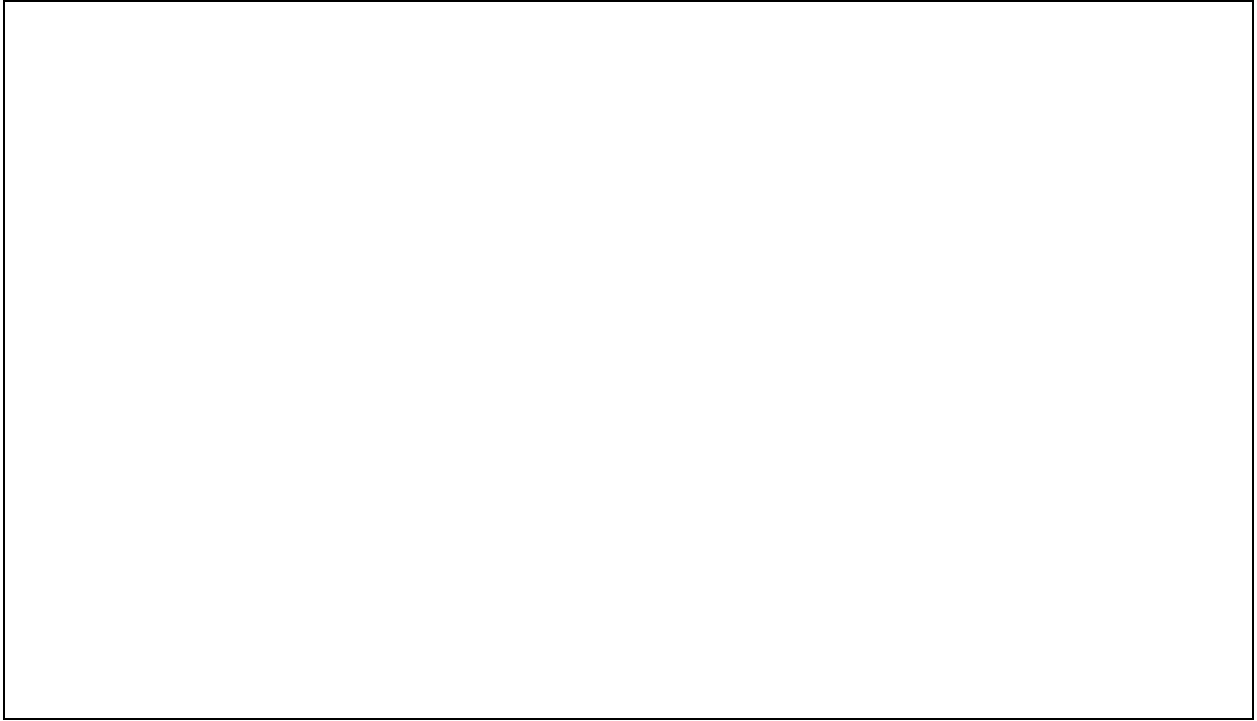
A large, empty rectangular box with a thin black border, intended for writing a list of things one is grateful for today.

People I wish to thank today

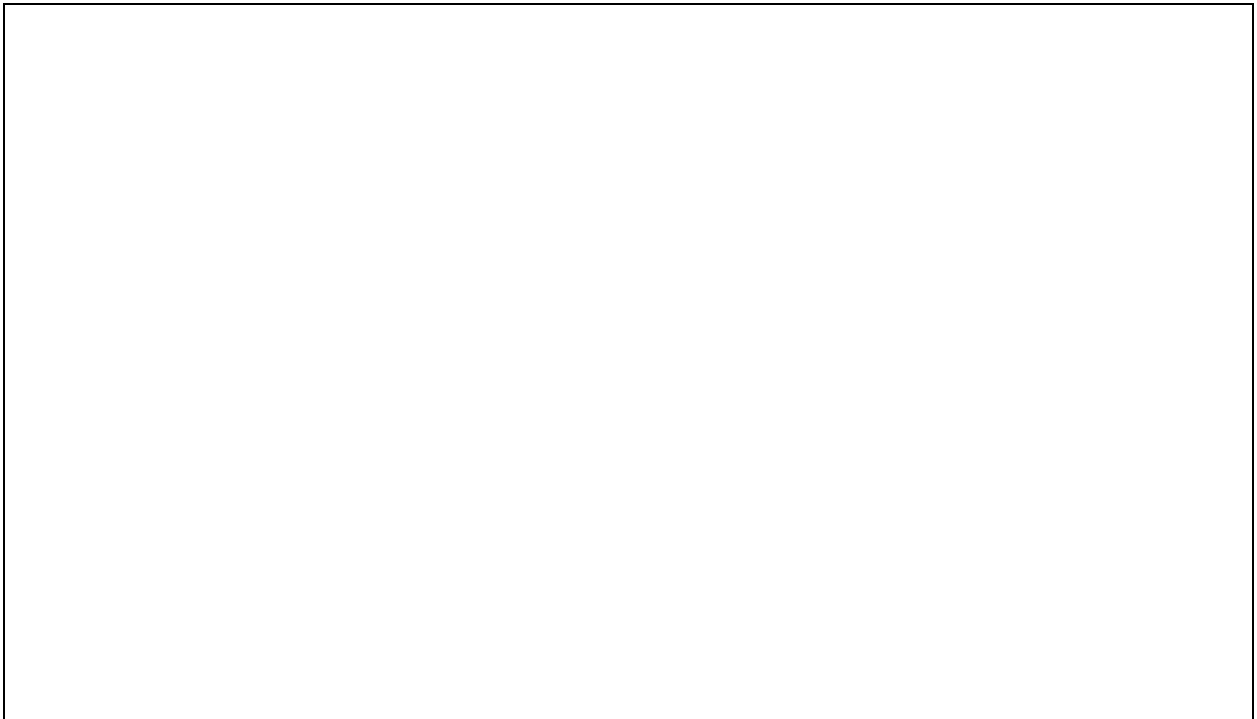
A large, empty rectangular box with a thin black border, intended for writing a list of people one wishes to thank today.



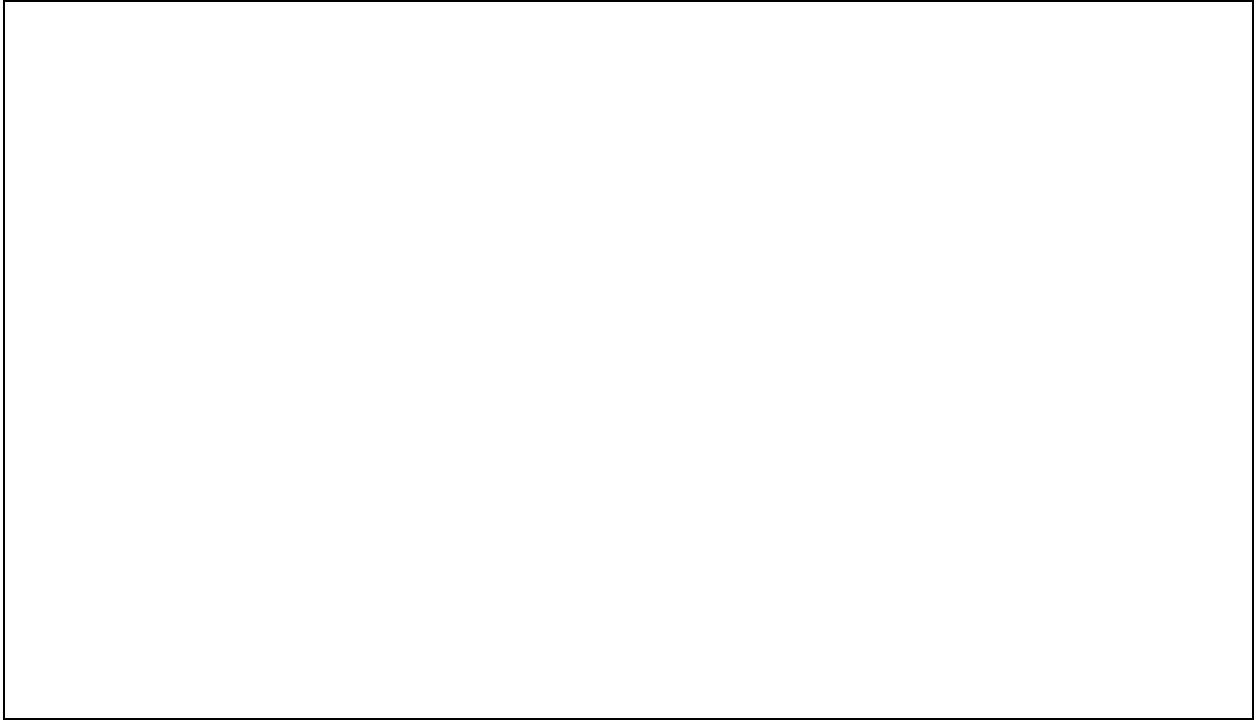
Joyful moments I want to celebrate today

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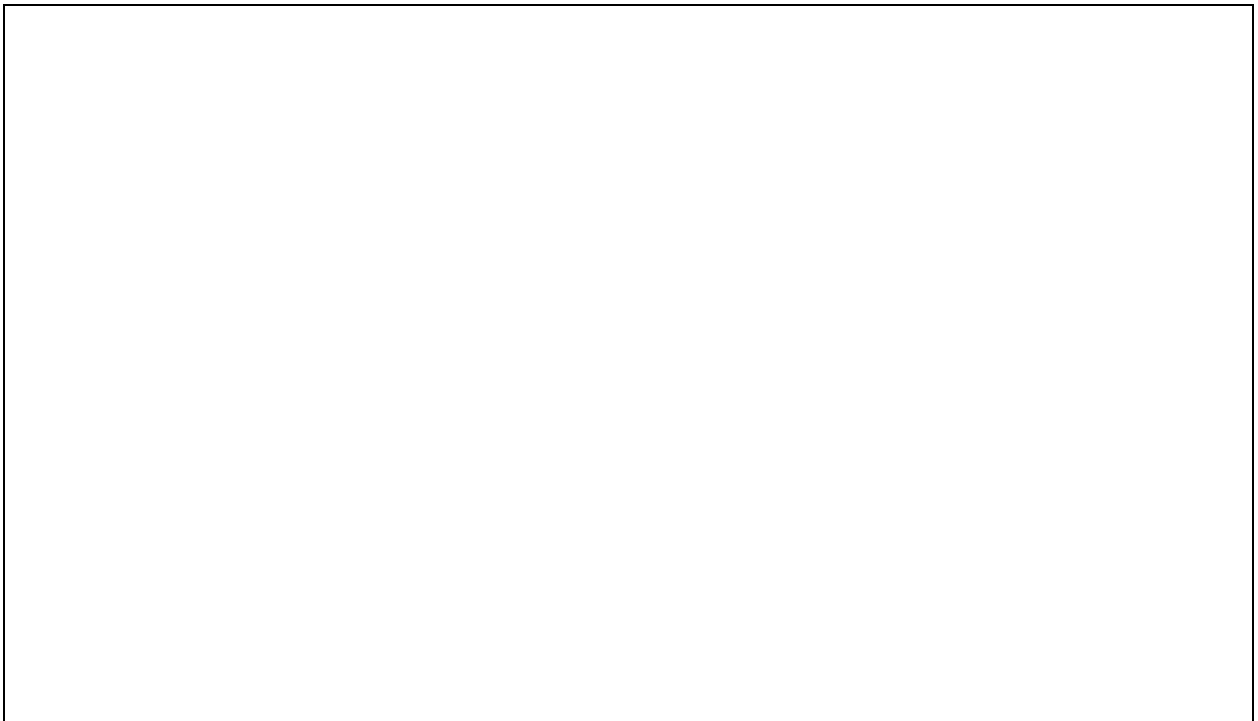
Lessons I am thankful to have learned today


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Concrete steps to express my gratitude today

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Pleasant surprises today!

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*Gratitude*  
is the least of  
the virtues, but  
ingratitude is the  
worst of vices.

*Thomas Fuller*

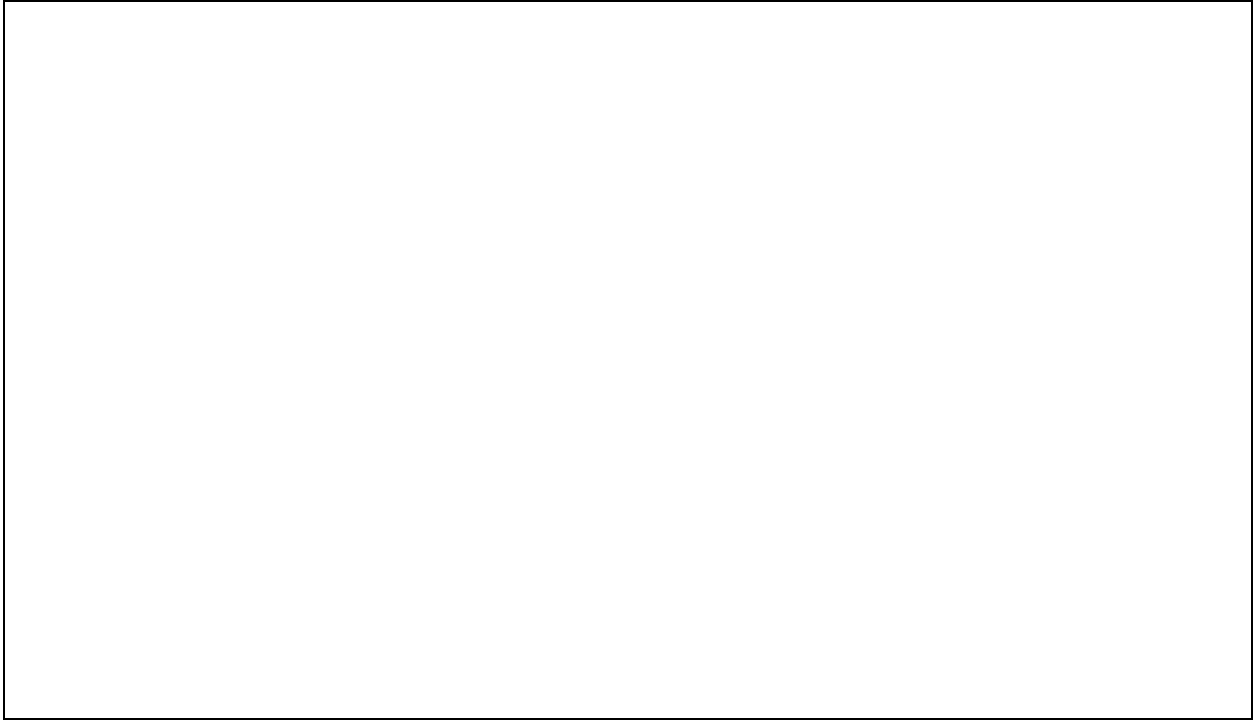
Day # 16 / Date: \_\_\_\_\_

## MUSINGS

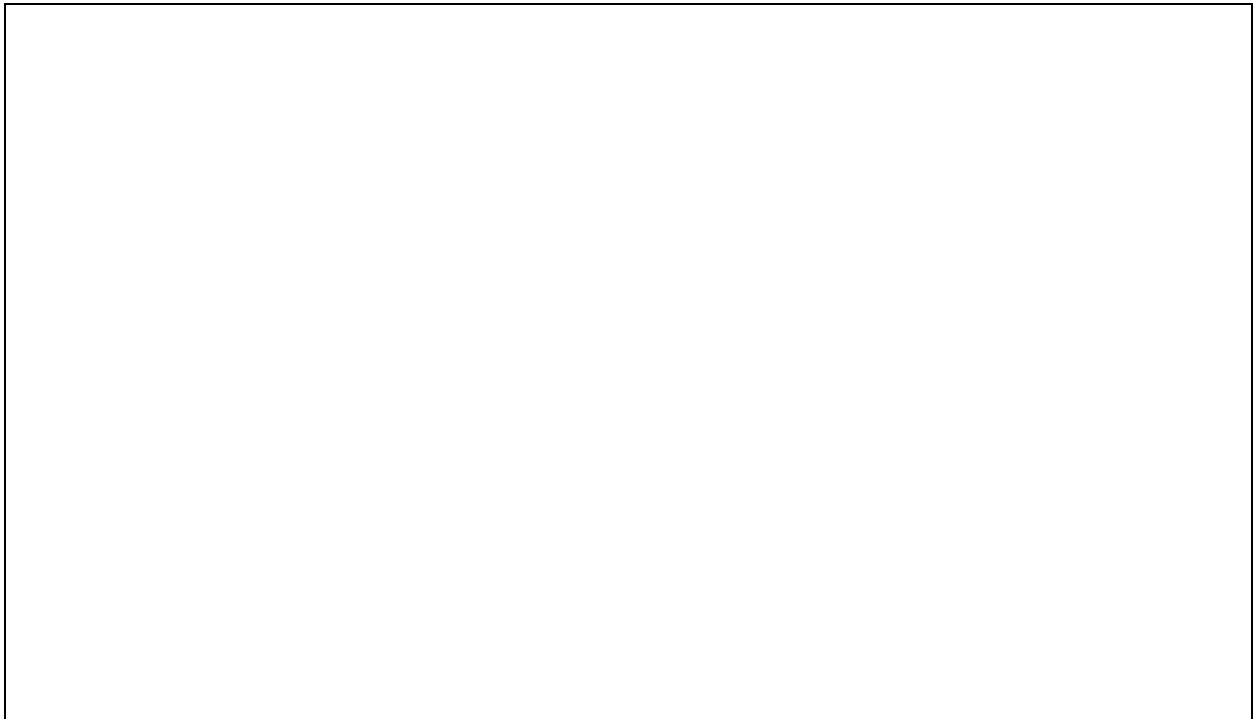
May the gratitude in my heart kiss all the universe.

*~Hafiz*

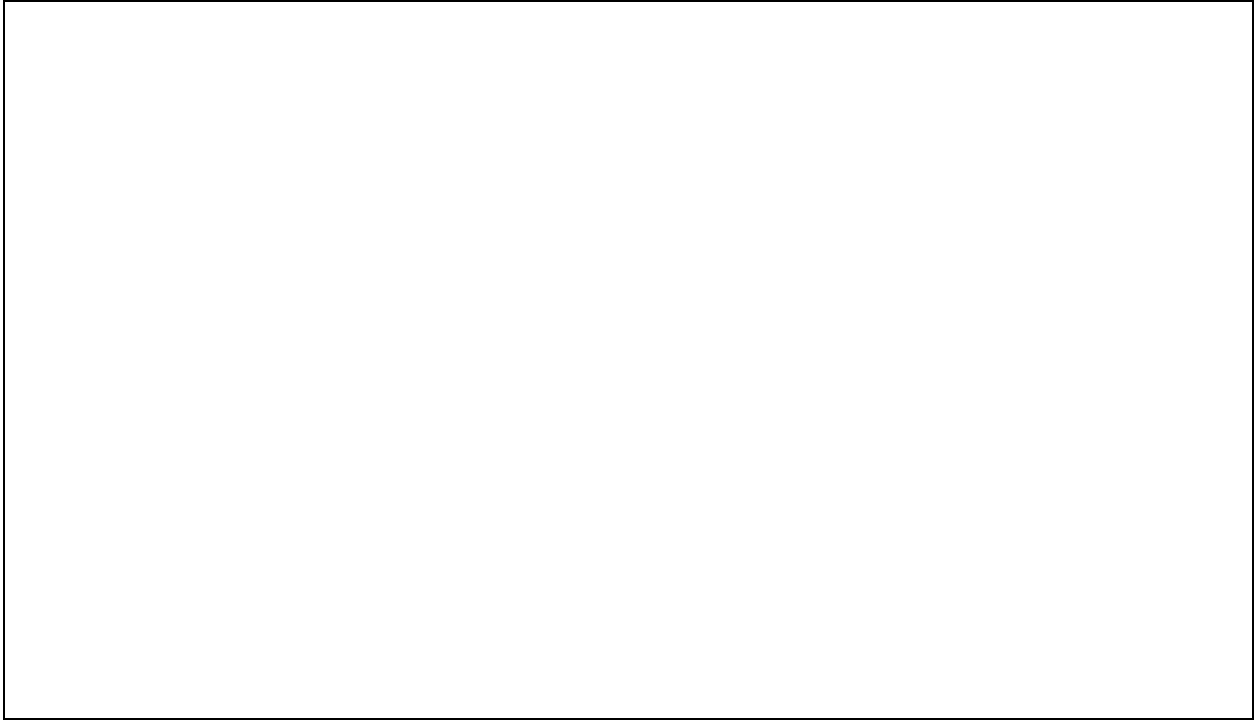
Things I am grateful for today

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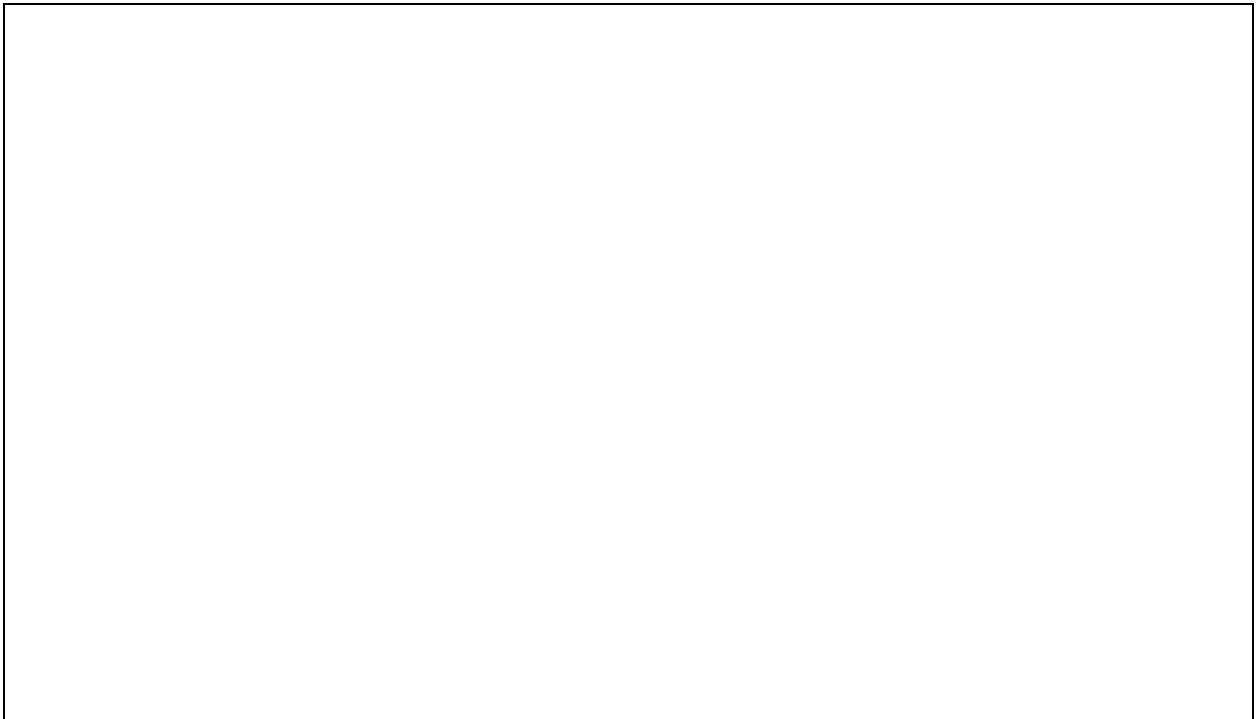
People I wish to thank today

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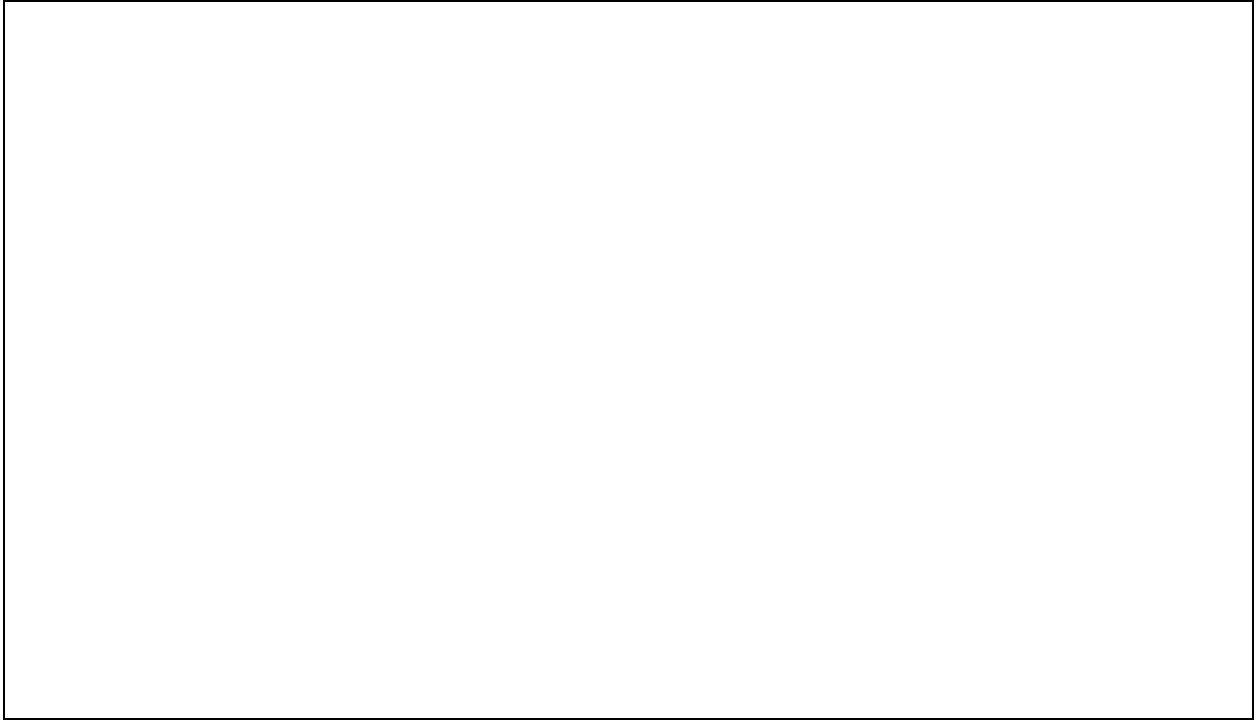
Joyful moments I want to celebrate today

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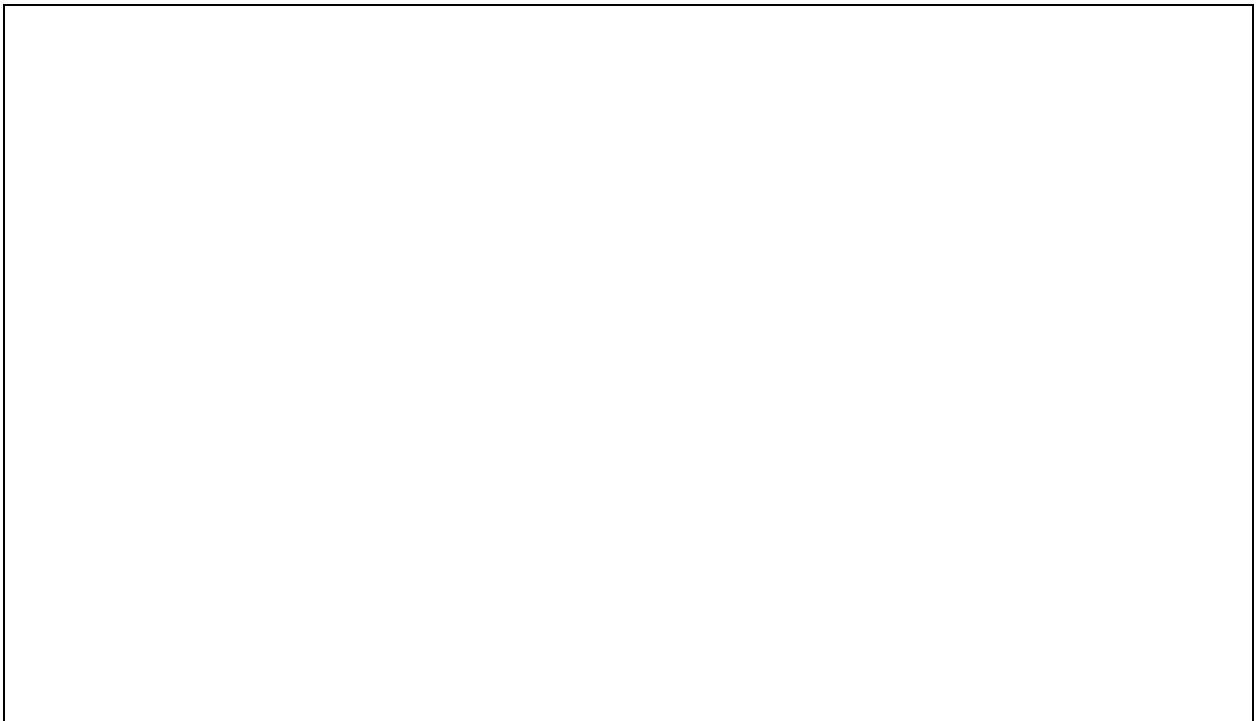
Lessons I am thankful to have learned today

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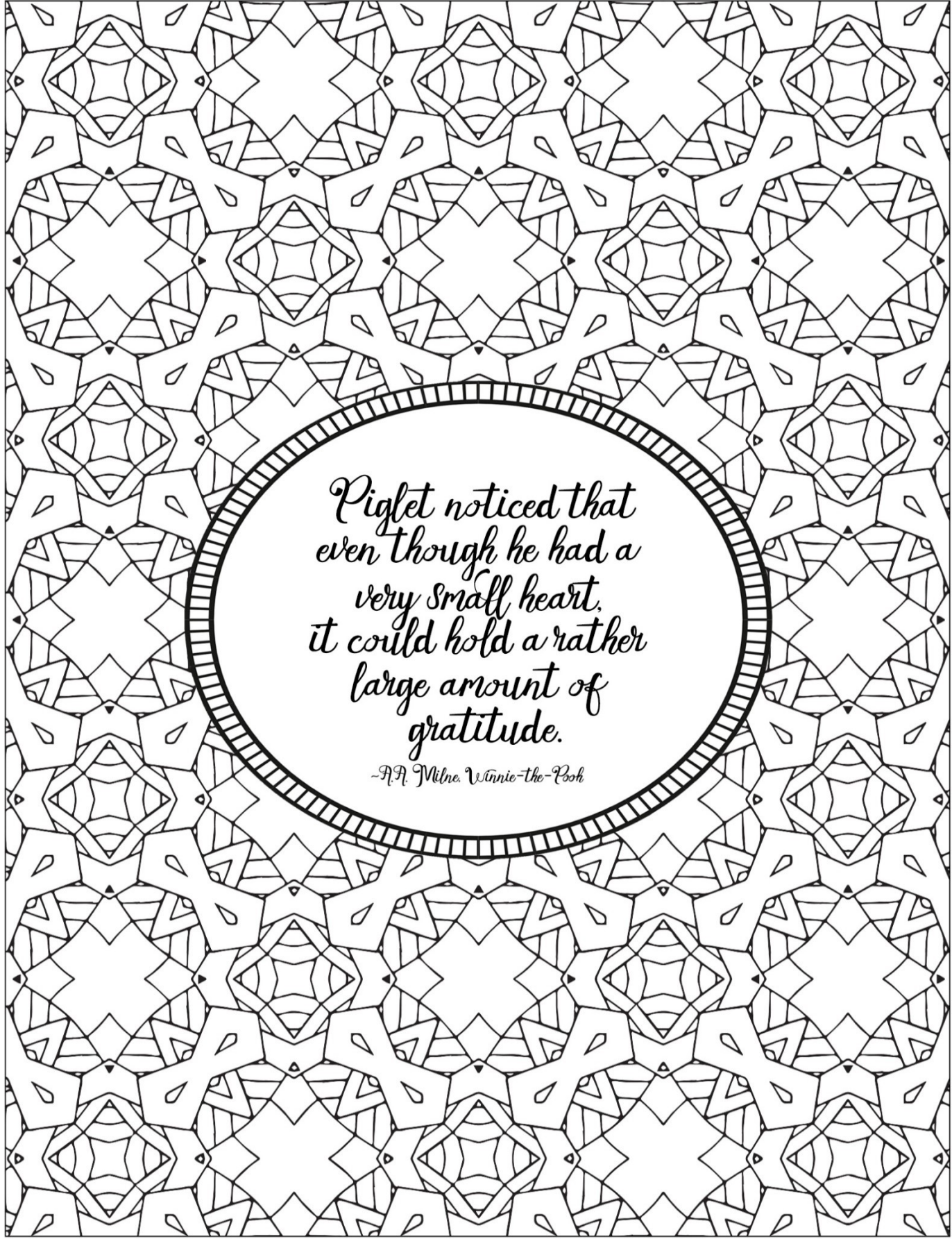
Concrete steps to express my gratitude today

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Pleasant surprises today!

A large, empty rectangular box with a thin black border, intended for writing down pleasant surprises from today.





*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*

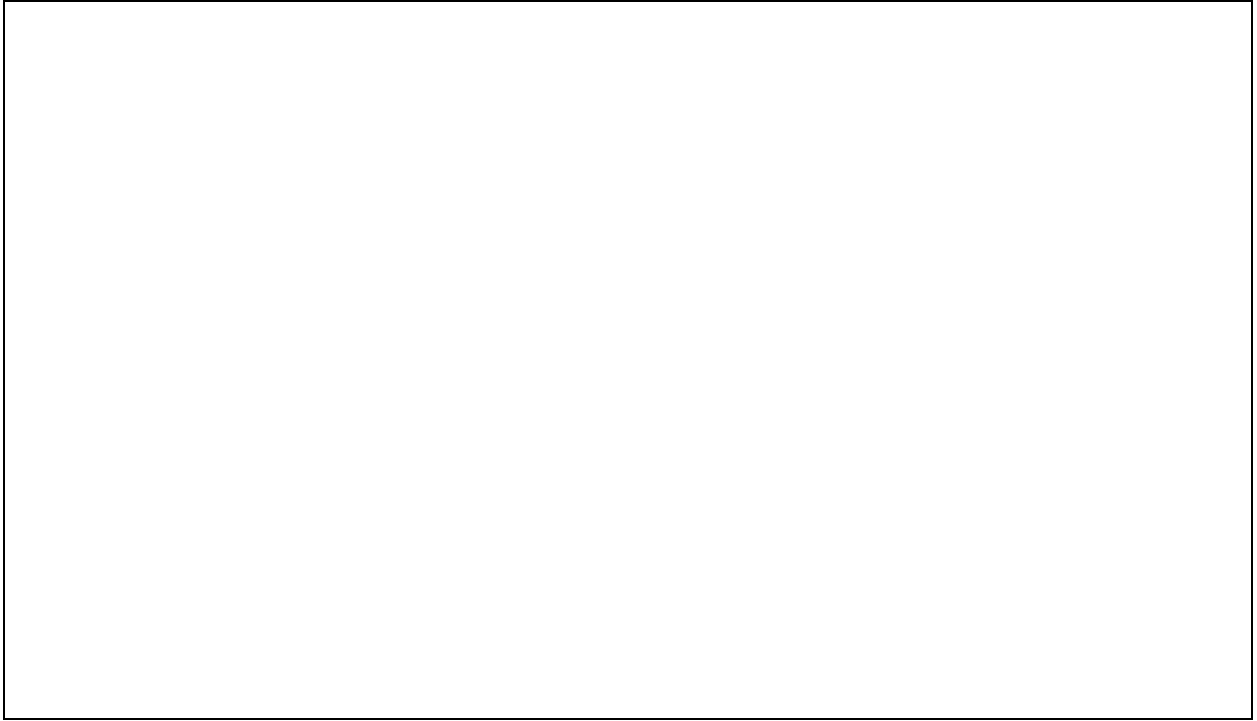
Day # 17 / Date: \_\_\_\_\_

## MUSINGS

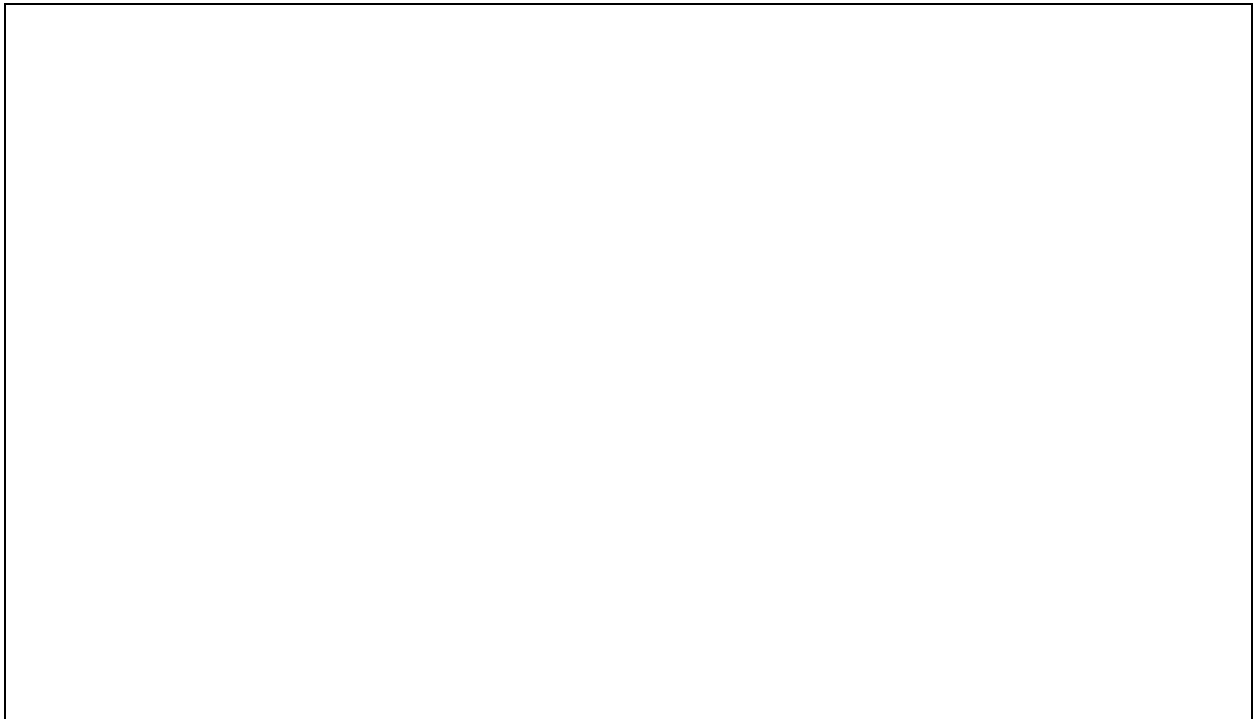
Three meals plus bedtime make four sure blessings a day.

*~Mason Cooley*

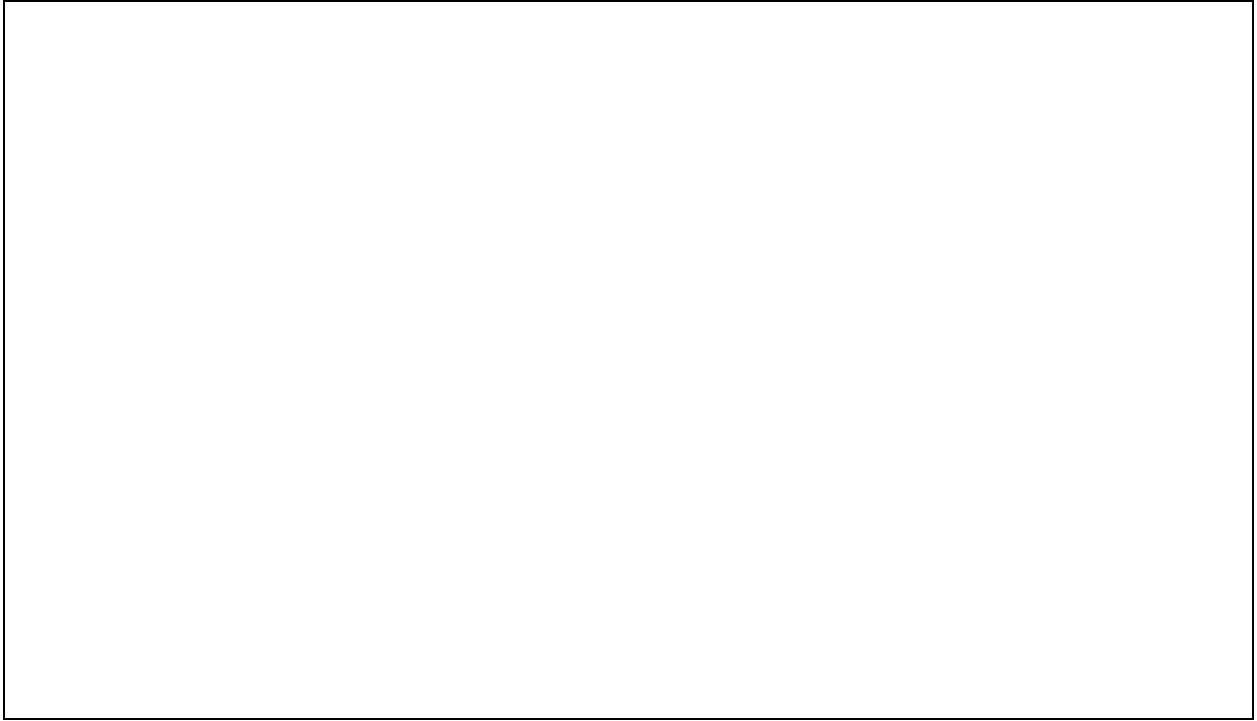
Things I am grateful for today

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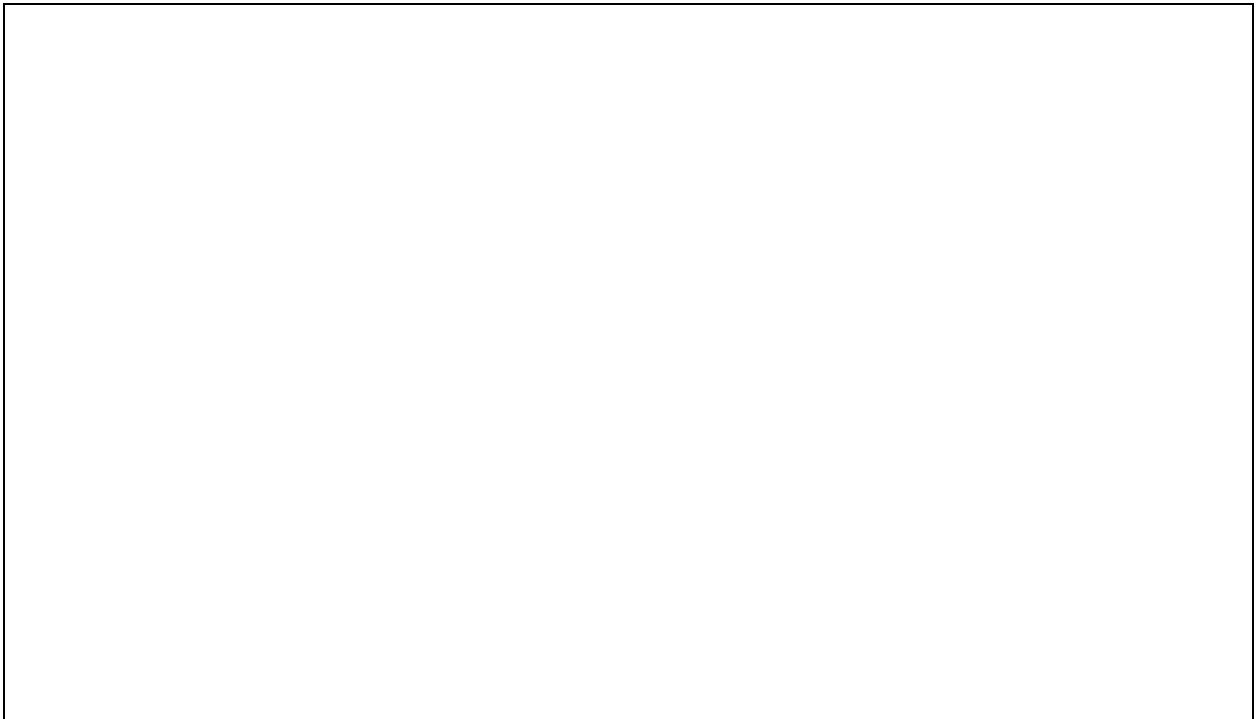
People I wish to thank today

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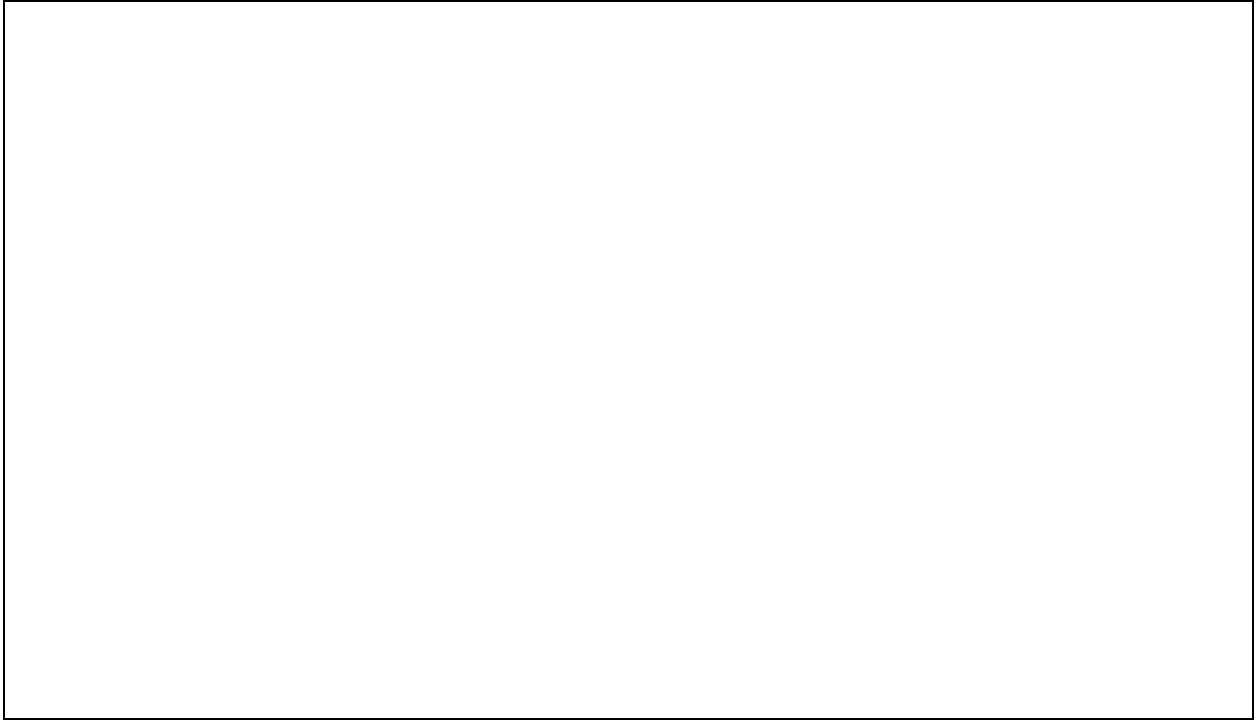
Joyful moments I want to celebrate today

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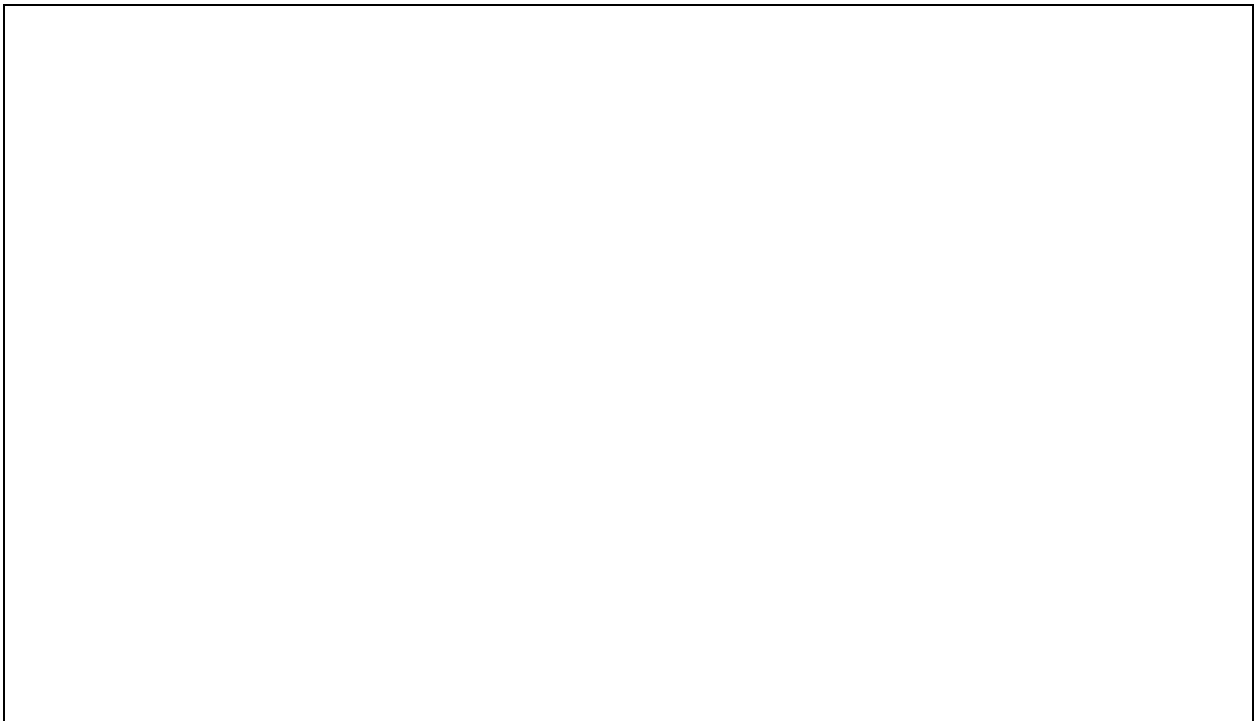
Lessons I am thankful to have learned today

A large, empty rectangular box with a thin black border, intended for writing lessons learned to be thankful for today.

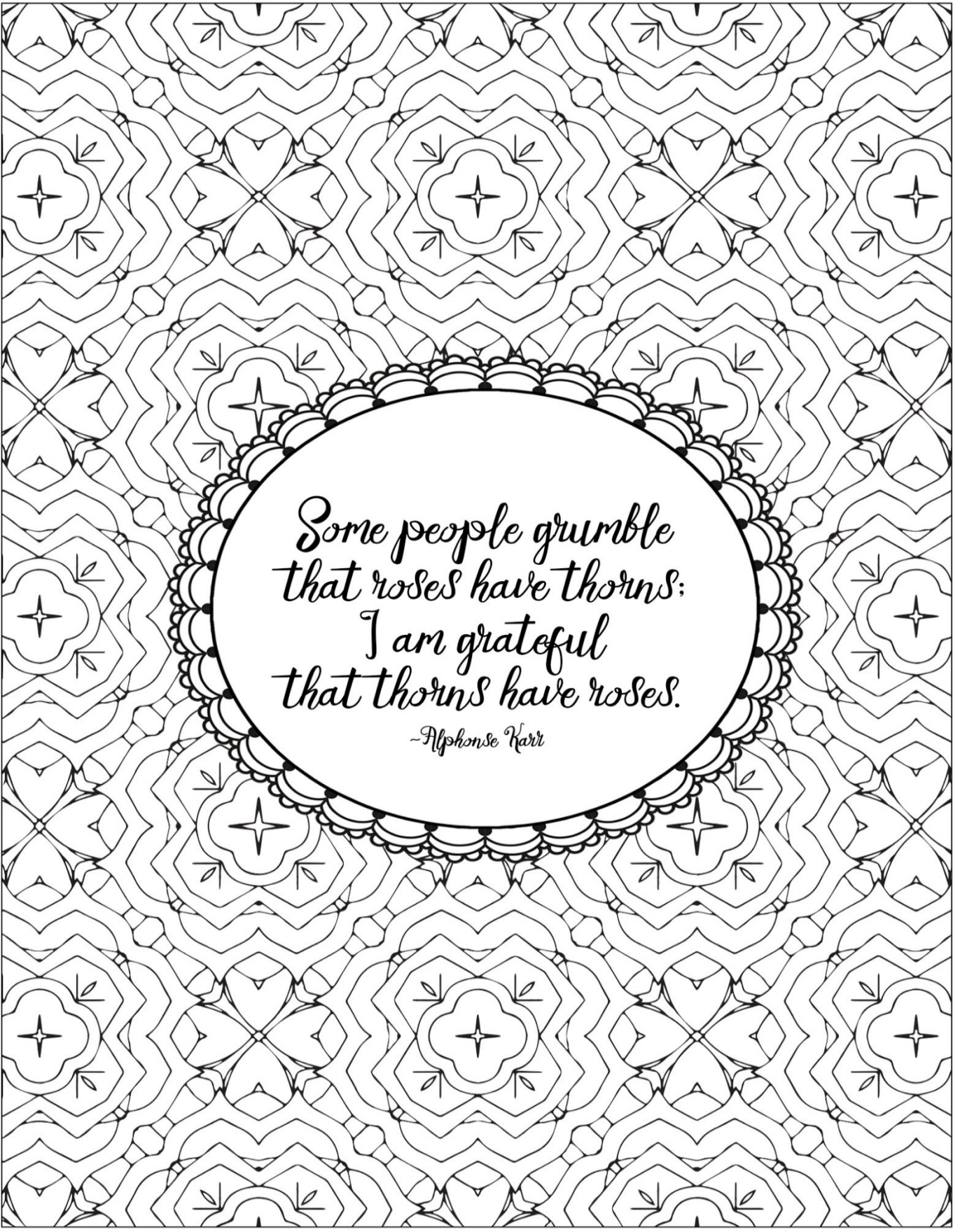
Concrete steps to express my gratitude today

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Pleasant surprises today!

A large, empty rectangular box with a thin black border, intended for writing down pleasant surprises from today.





*Some people grumble  
that roses have thorns:  
I am grateful  
that thorns have roses.*

*-Alphonse Karr*

Day # 18 / Date: \_\_\_\_\_

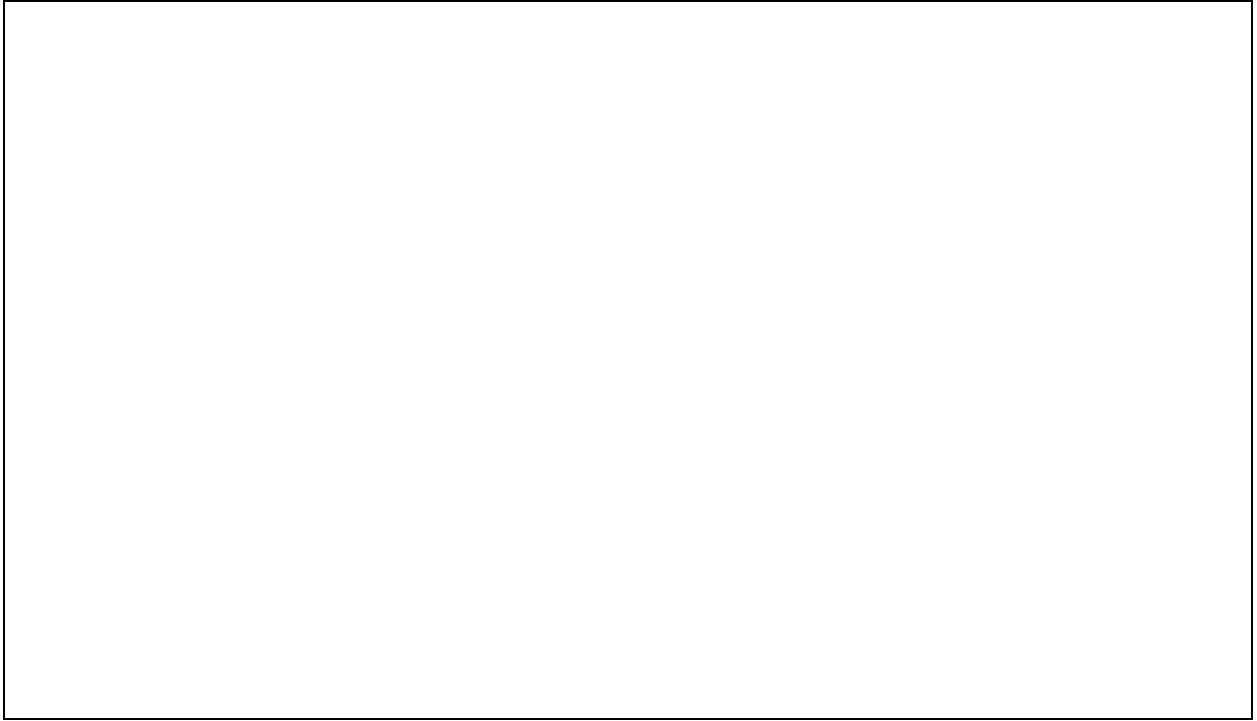
## MUSINGS

Gratitude and attitude are not challenges; they are choices.

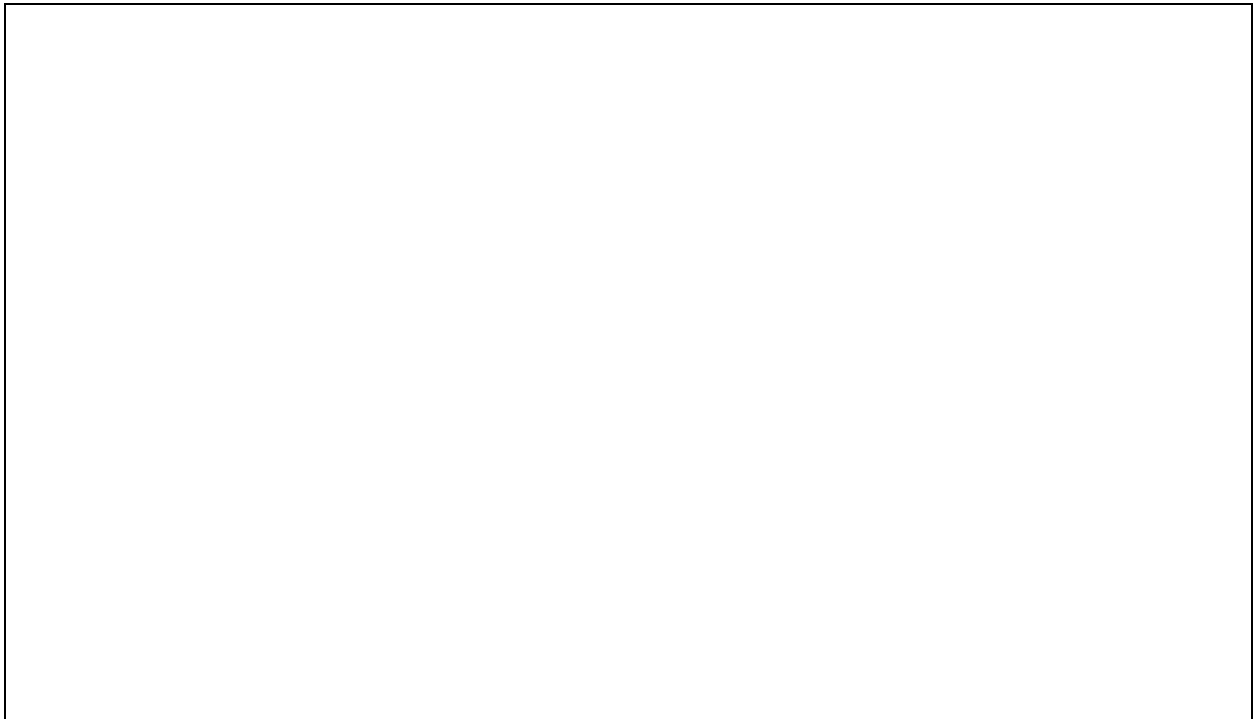
*~Robert Braathe*



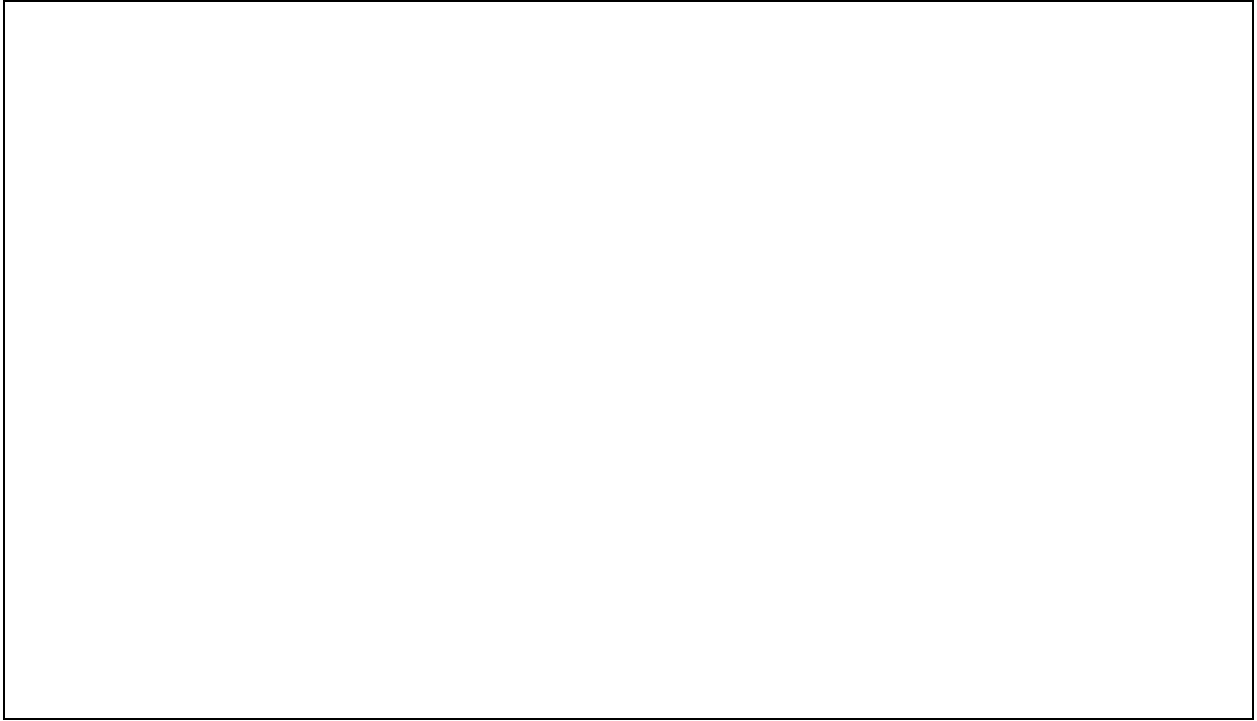
Things I am grateful for today

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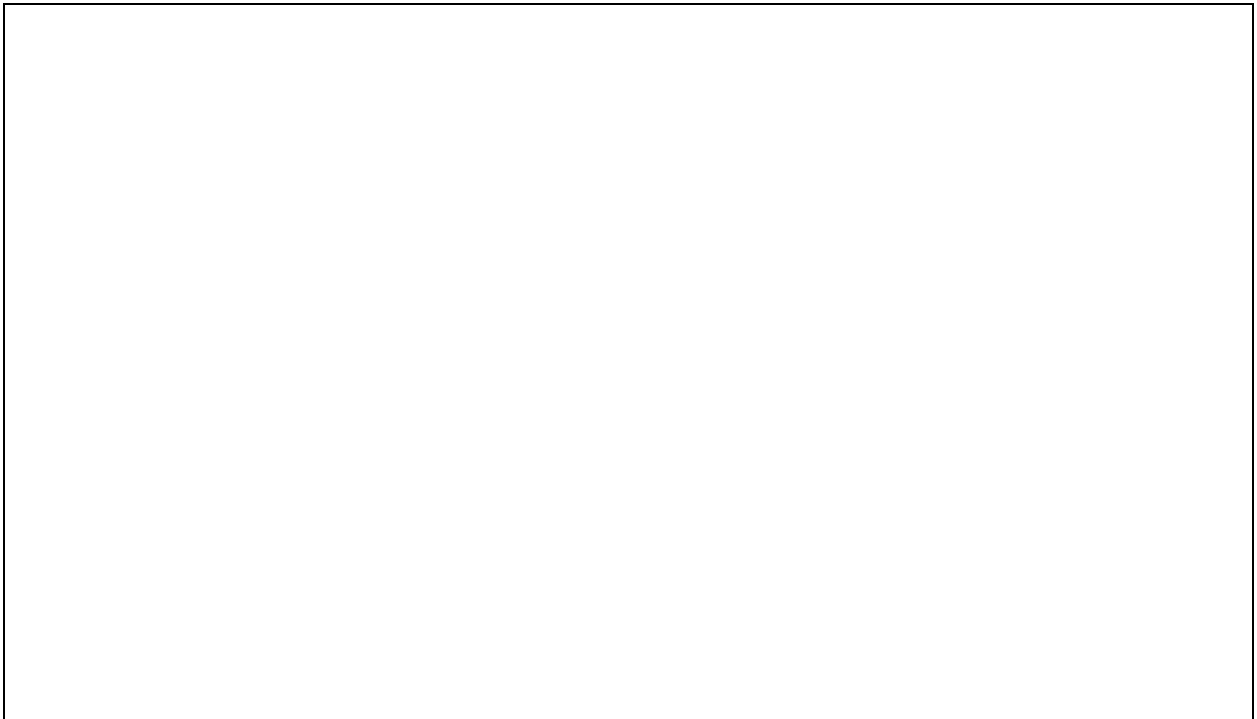
People I wish to thank today

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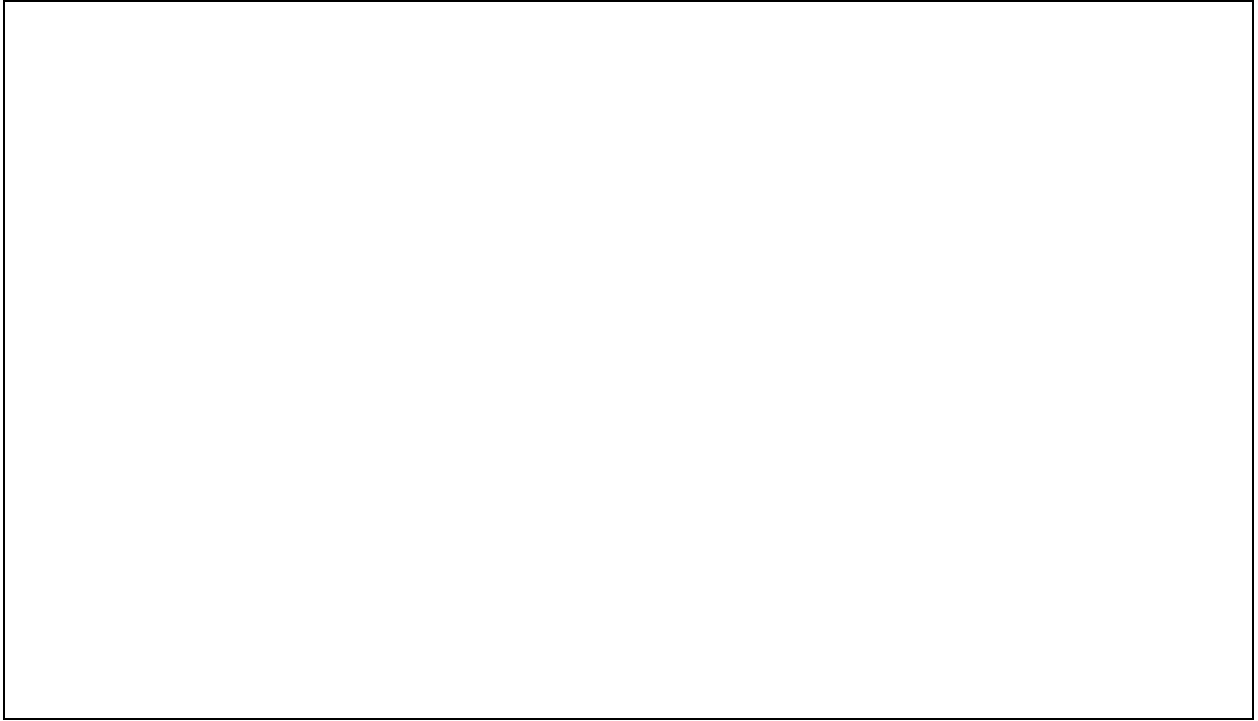
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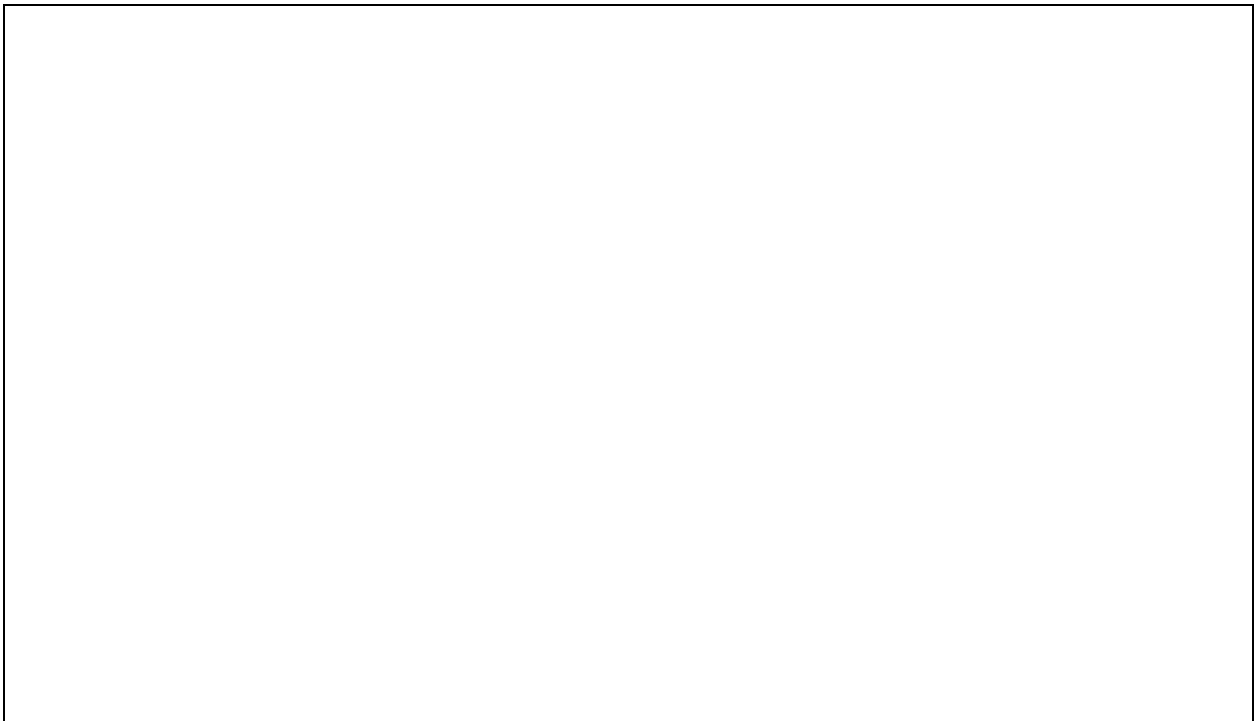
Lessons I am thankful to have learned today


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Concrete steps to express my gratitude today

A large, empty rectangular box with a thin black border, intended for writing down concrete steps to express gratitude today.

Pleasant surprises today!

A large, empty rectangular box with a thin black border, intended for writing down pleasant surprises from today.



*We must find time  
to stop and thank  
the people who make  
a difference  
in our lives.*

*~John F. Kennedy*

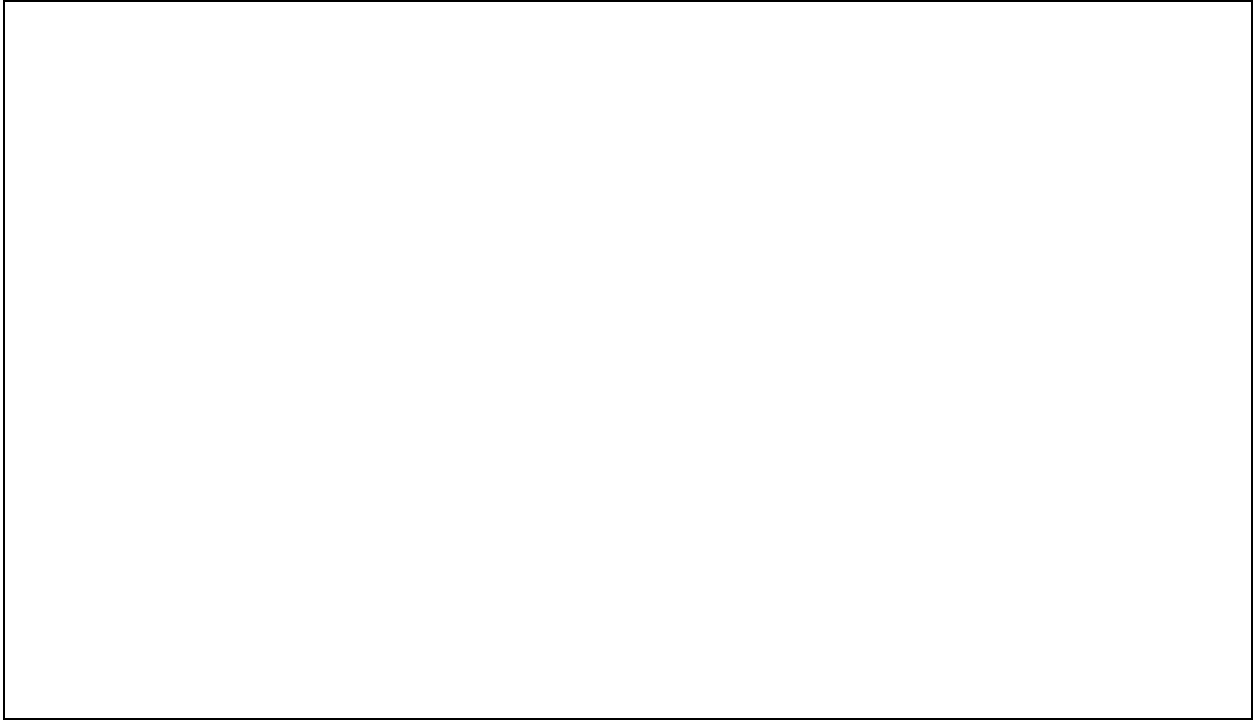
Day # 19 / Date: \_\_\_\_\_

## MUSINGS

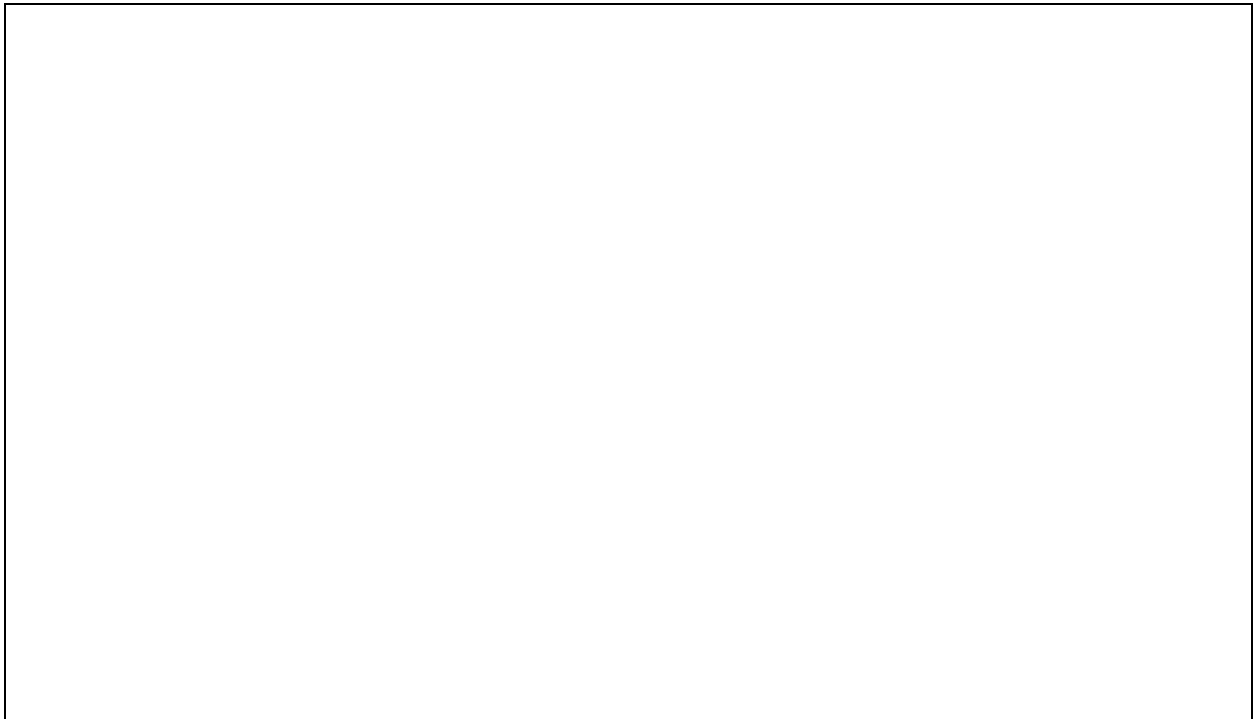
If you count all your assets, you always show a profit.

*~Robert Quillen*

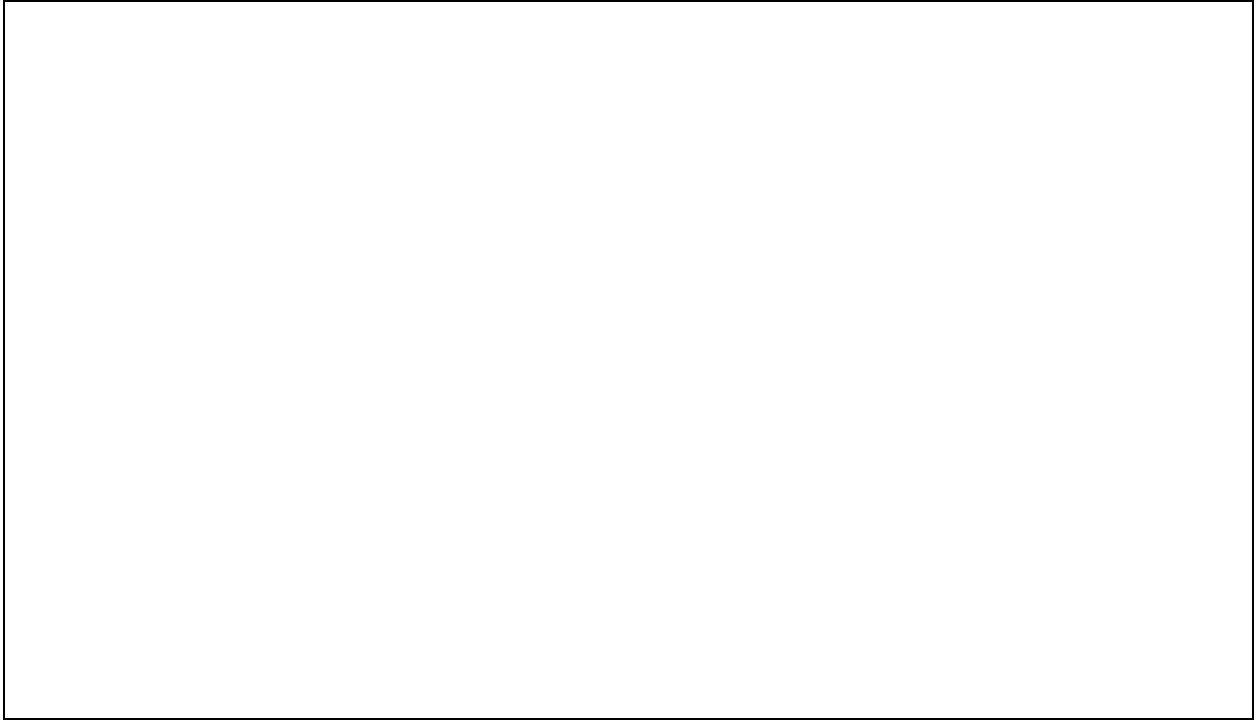
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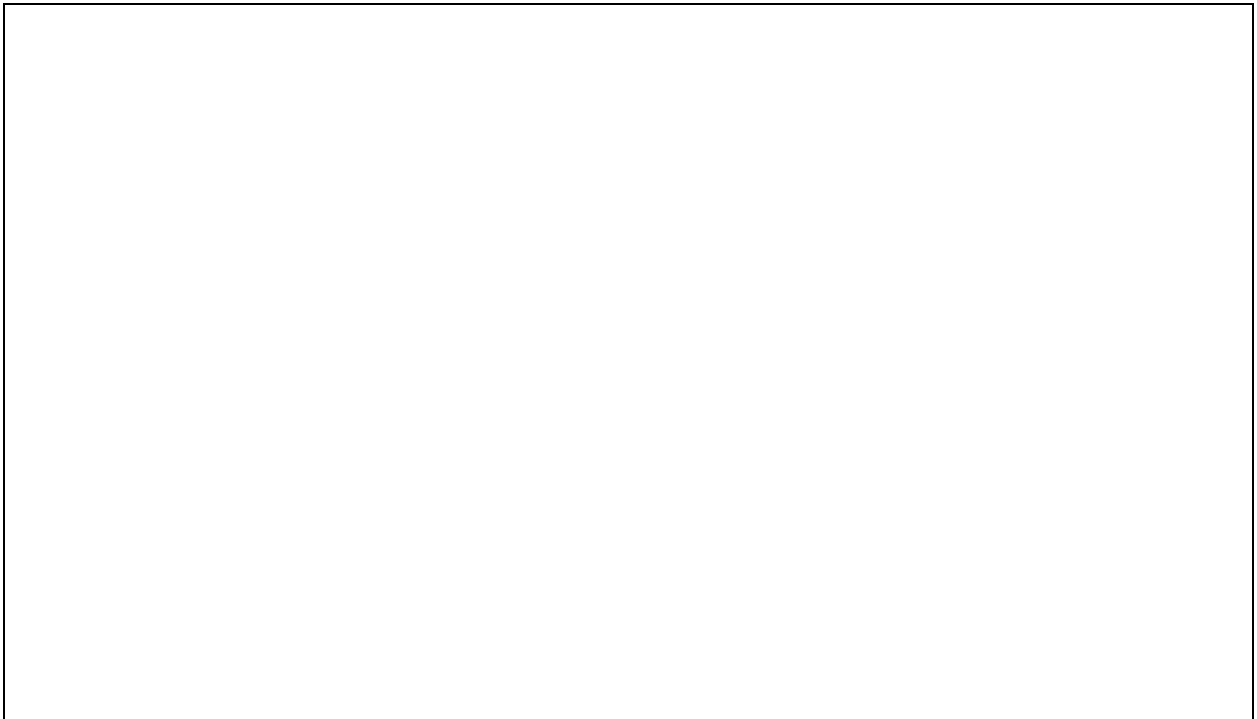
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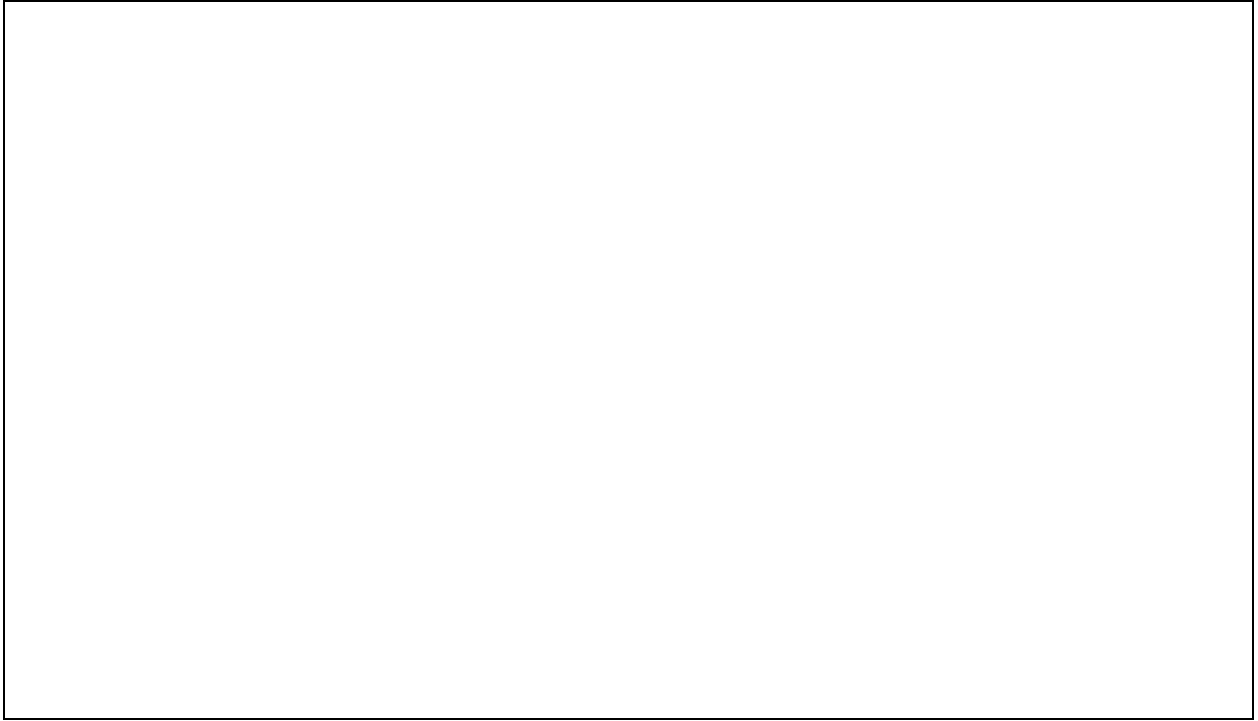
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Lessons I am thankful to have learned today

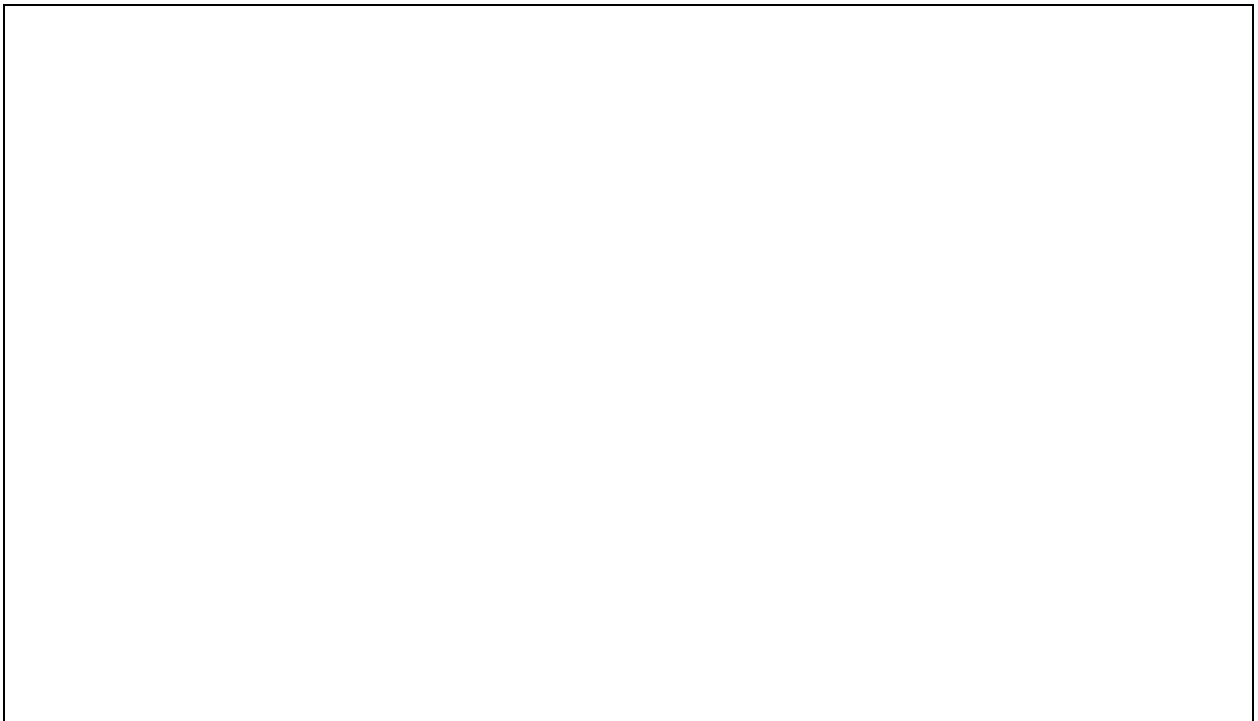
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Concrete steps to express my gratitude today

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Pleasant surprises today!

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*Whatever you  
appreciate  
and give thanks for will  
increase in your life.*

*-Sanaya Roman*

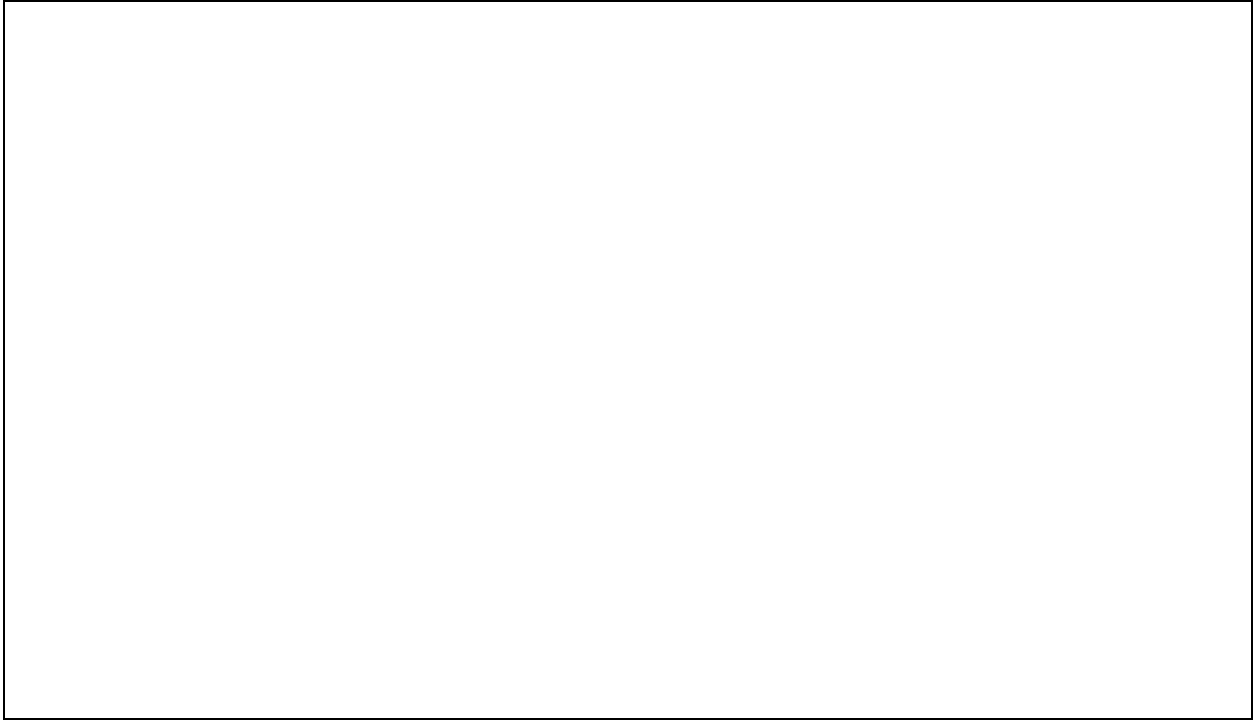
Day # 20 / Date: \_\_\_\_\_

## MUSINGS

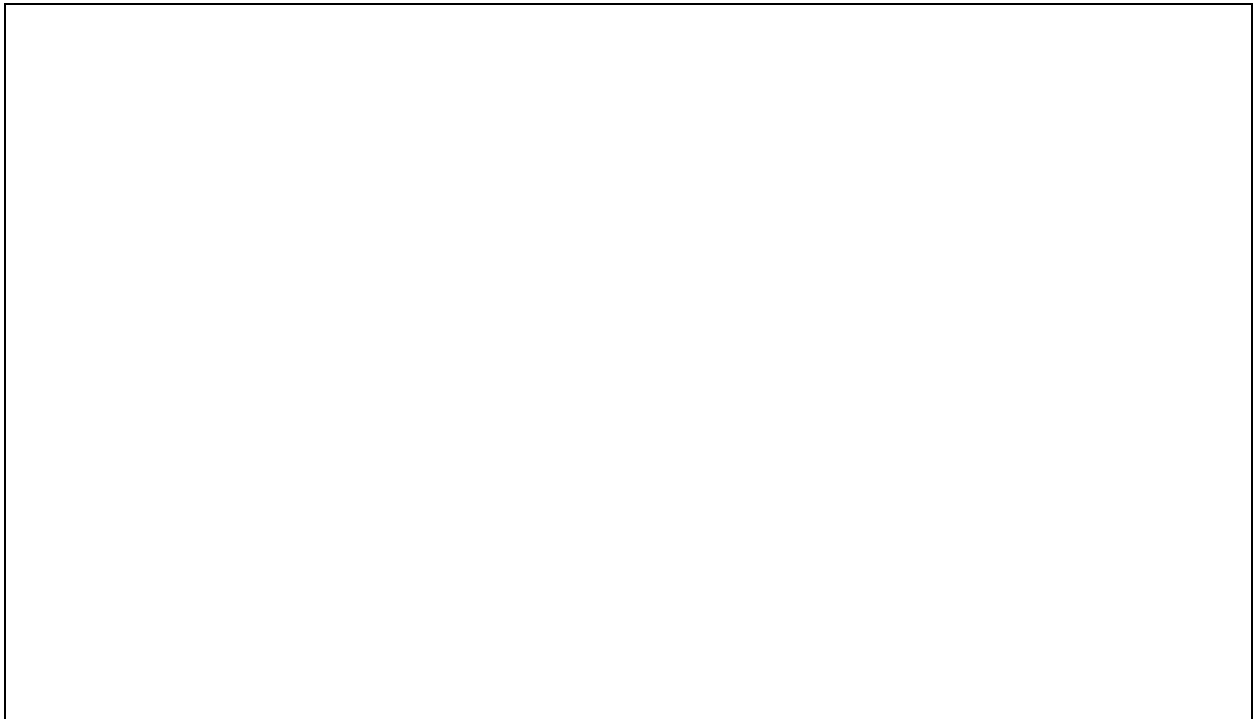
Appreciation is the purest vibration that exists on the planet today.

*~Abraham Hicks*

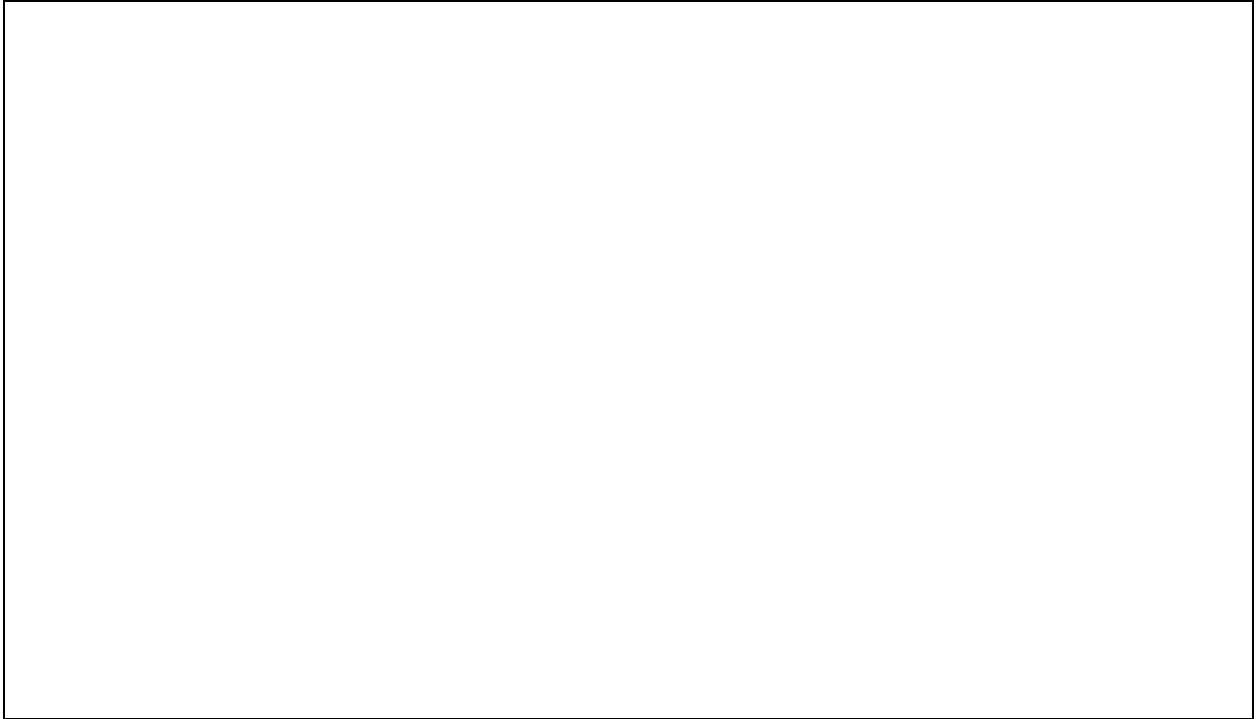
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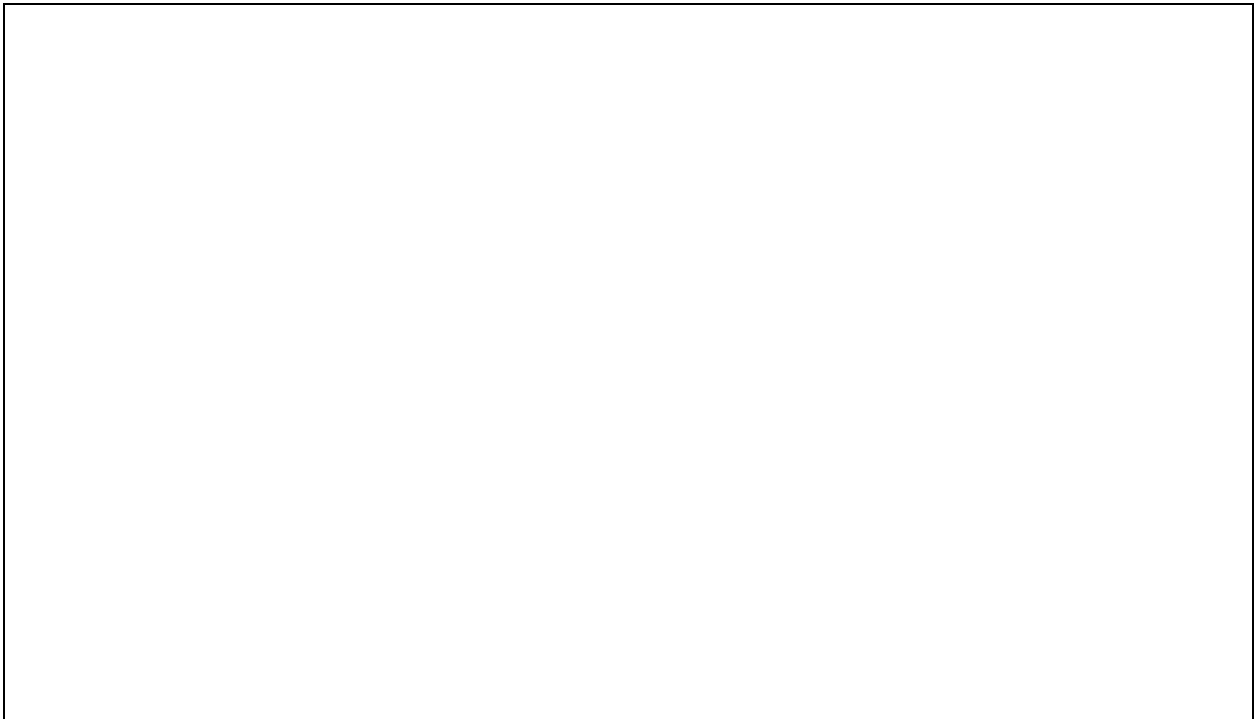
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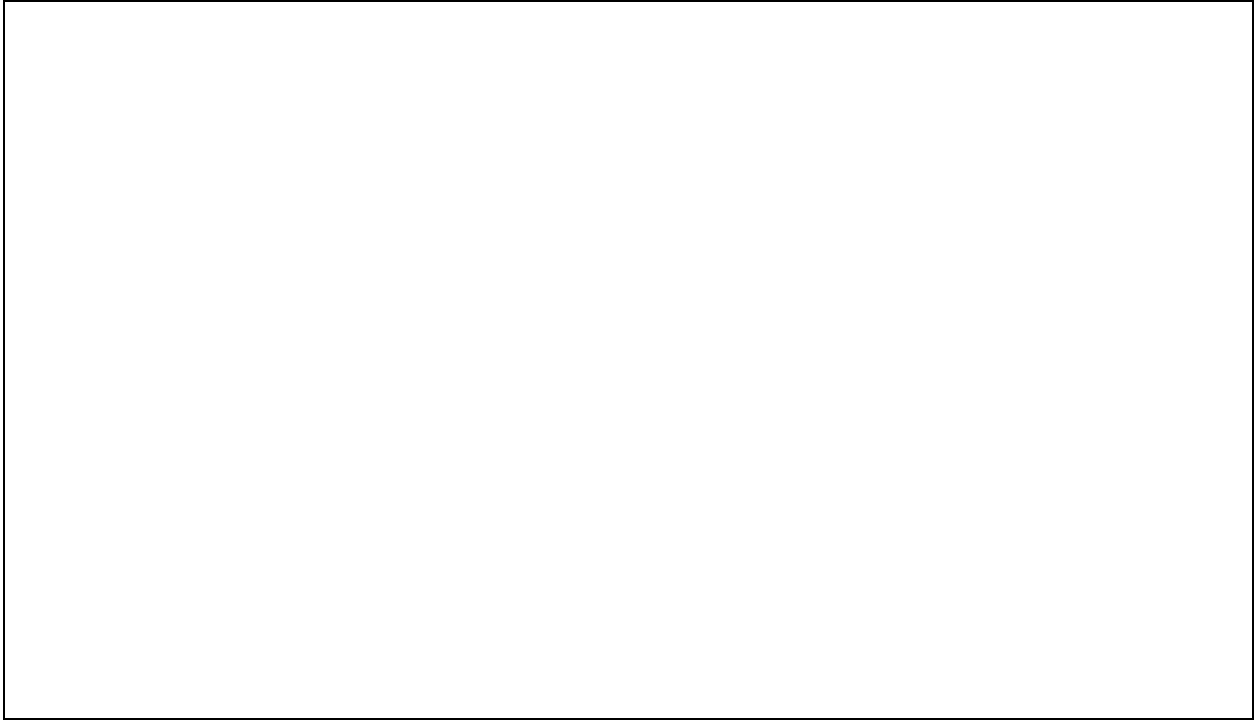
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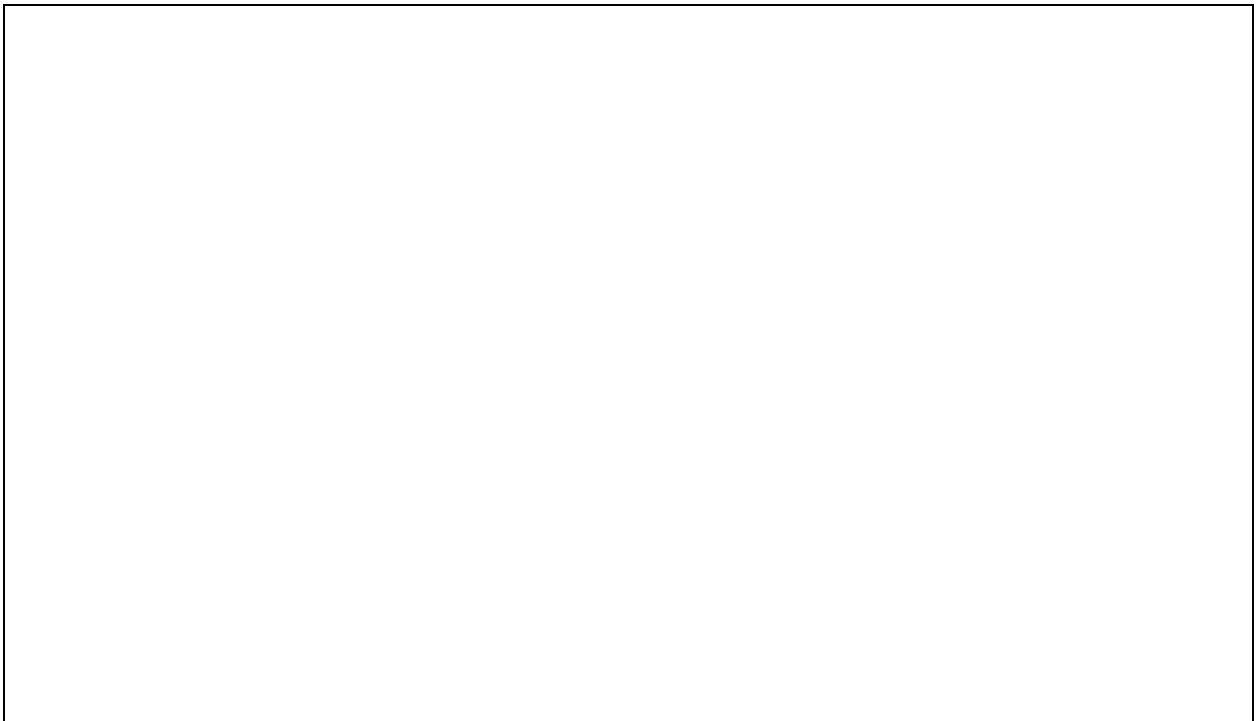
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Pleasant surprises today!

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*I was complaining  
that I had no shoes  
till I met a man  
who had no feet.*

*- Confucius*

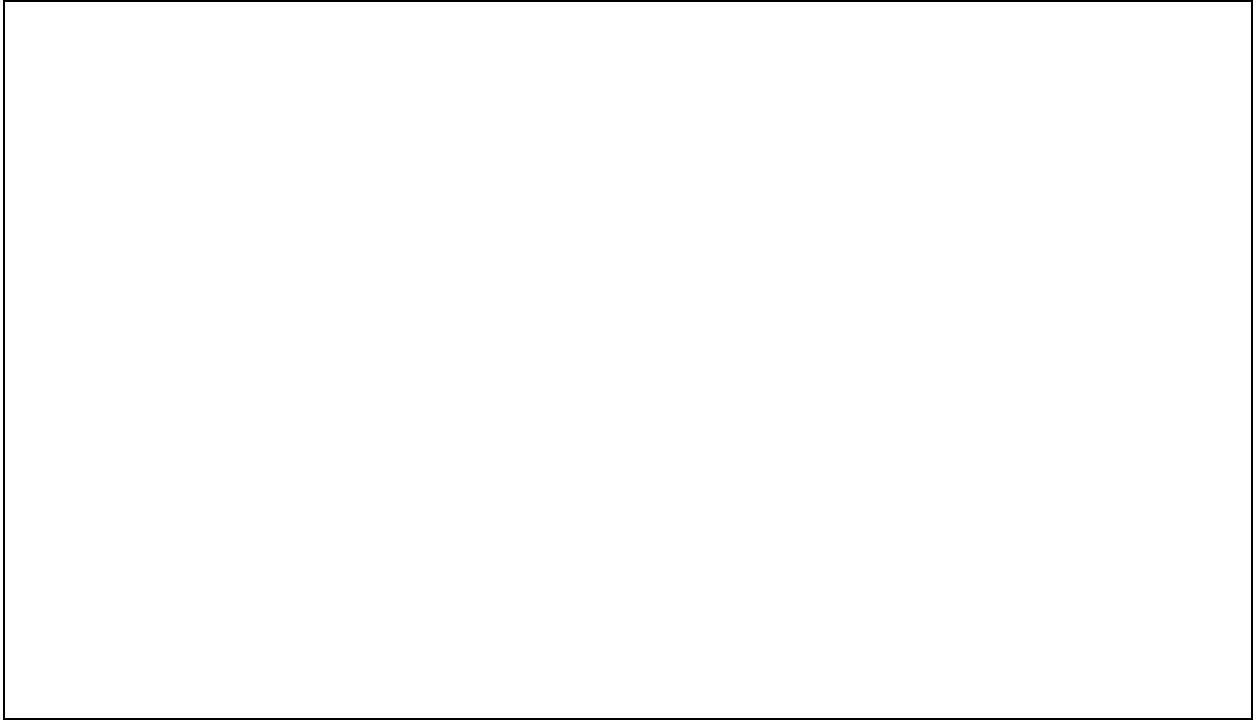


Day # 21 / Date: \_\_\_\_\_

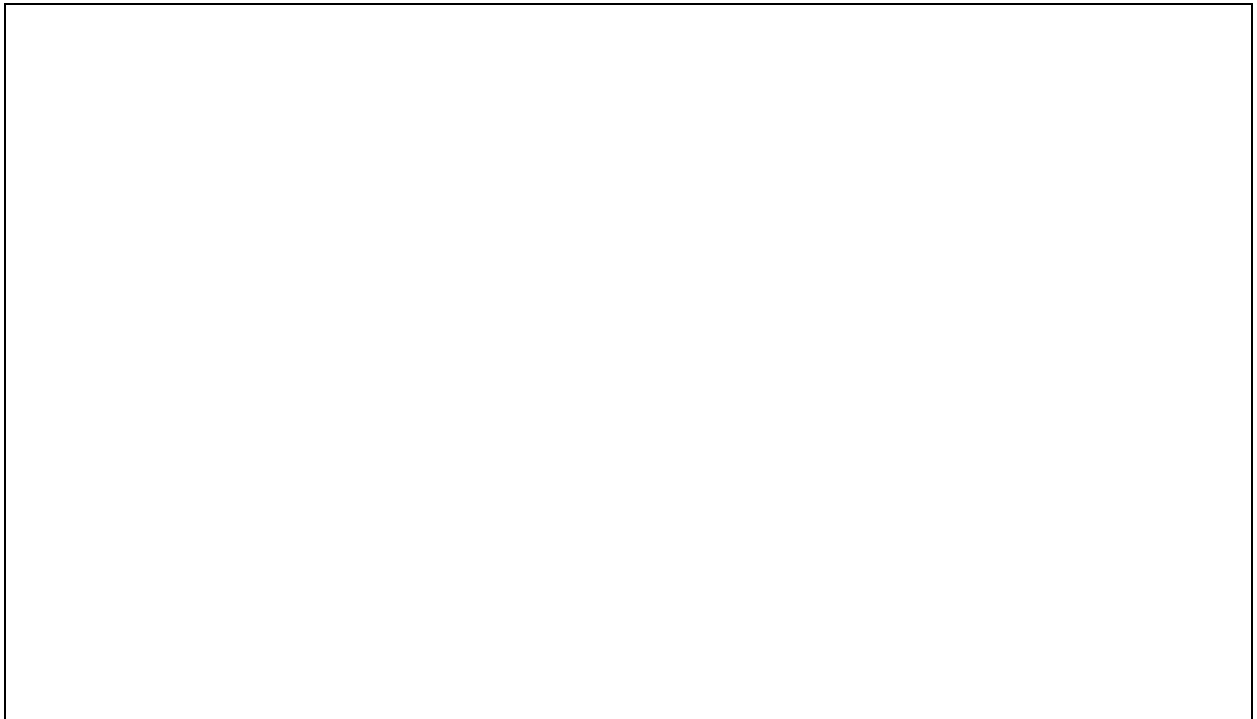
## MUSINGS

'Enough' is a feast.  
~*Buddhist proverb*

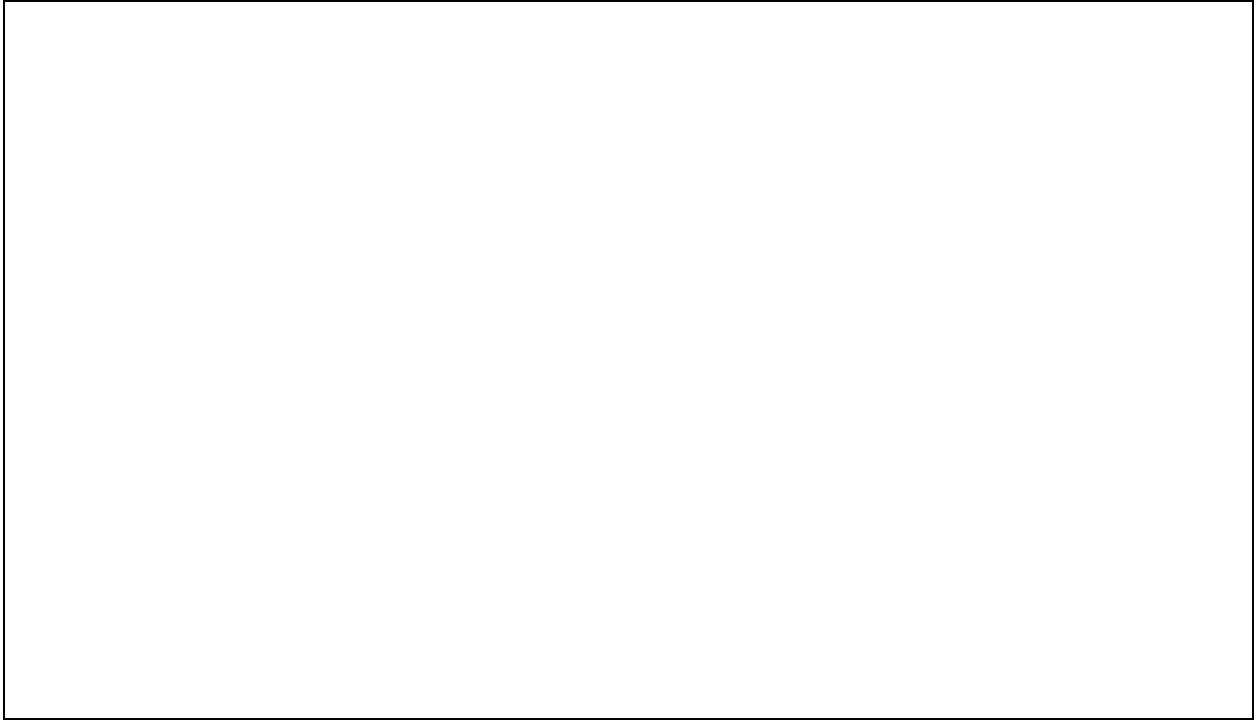
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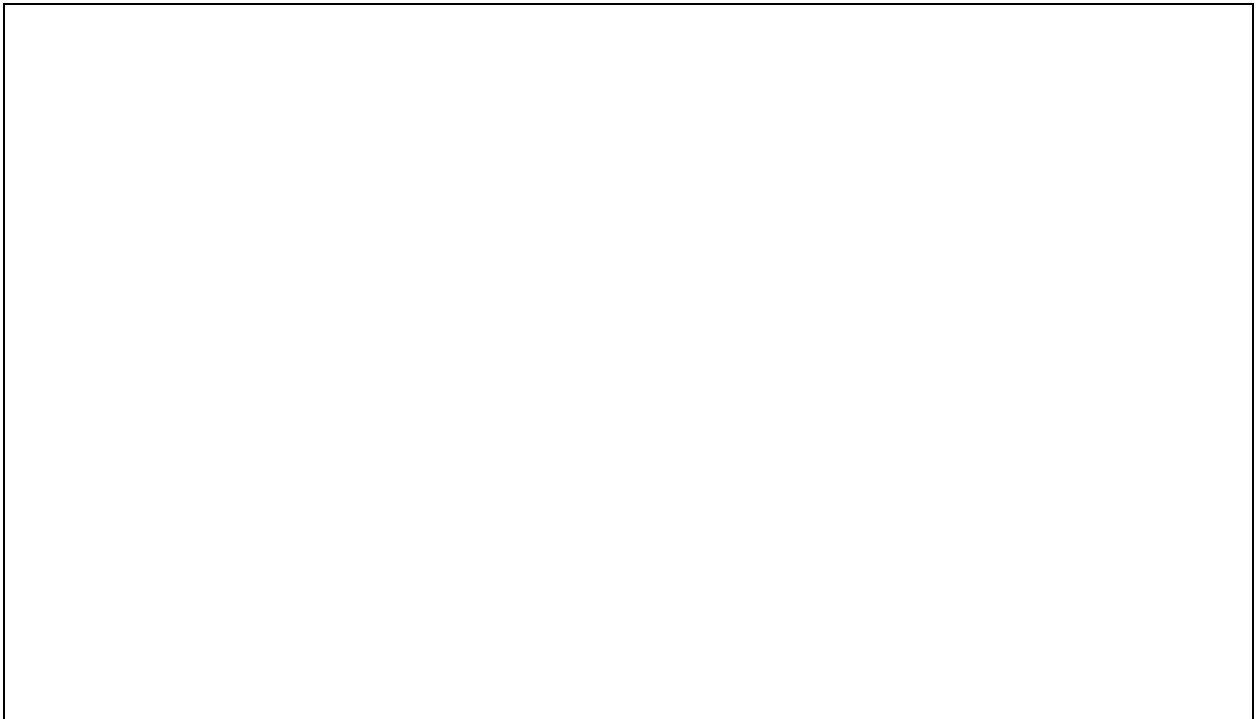
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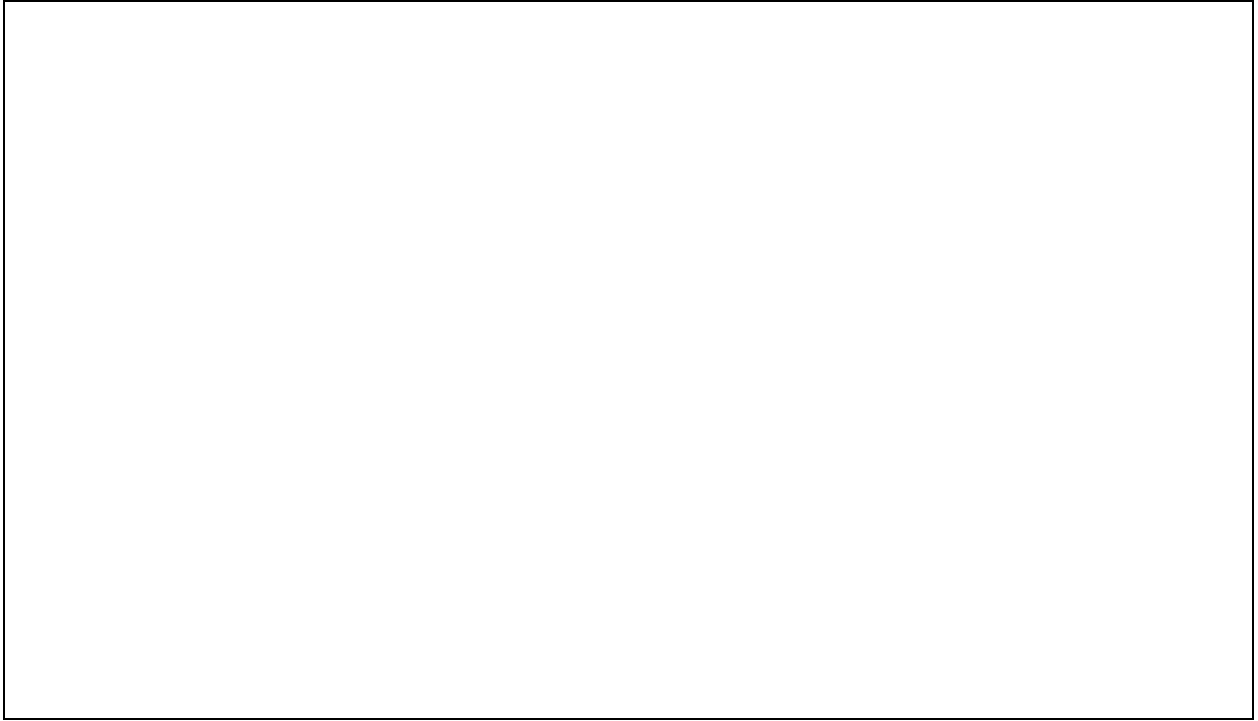
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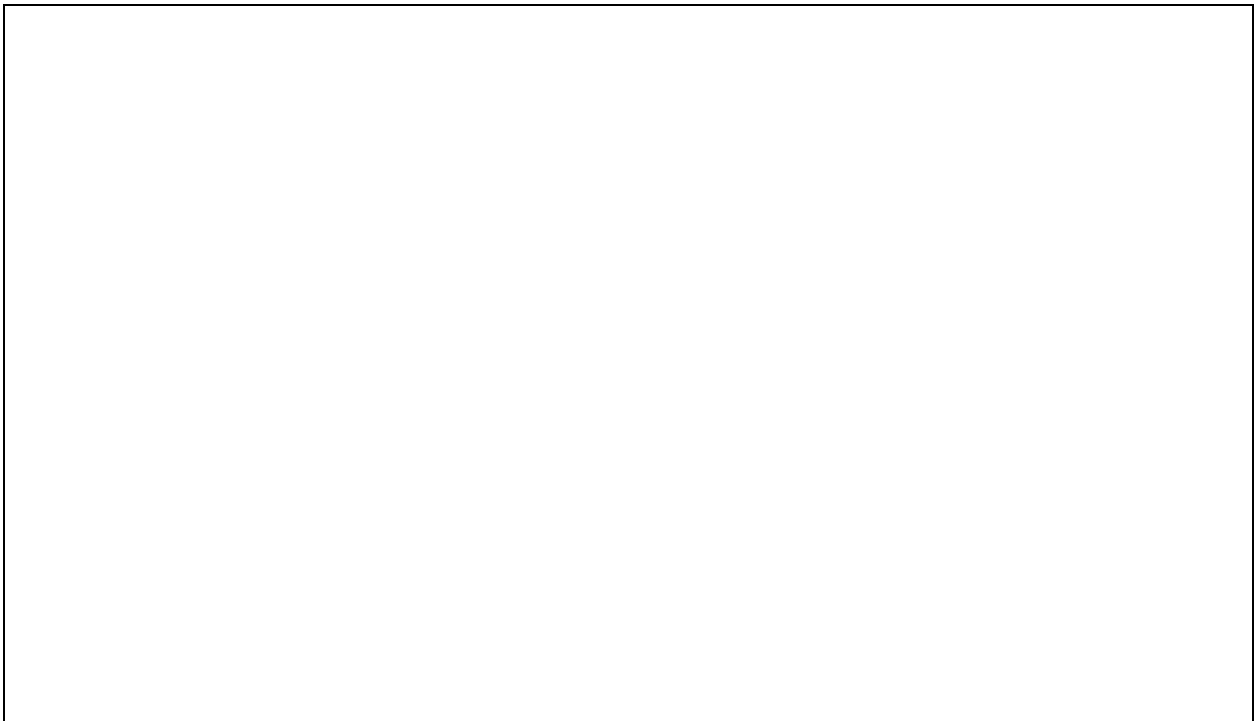
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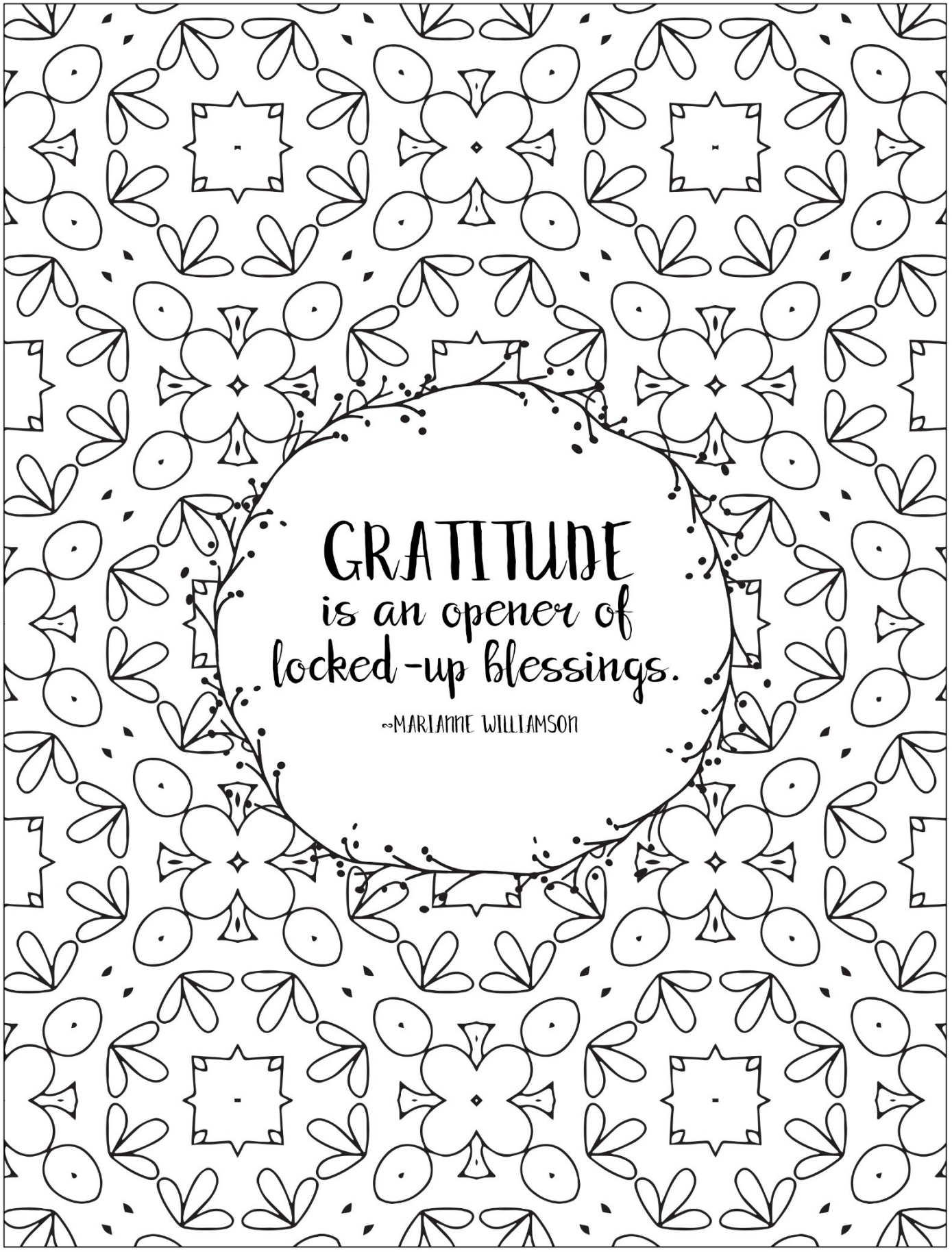
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Pleasant surprises today!

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GRATITUDE  
is an opener of  
locked-up blessings.

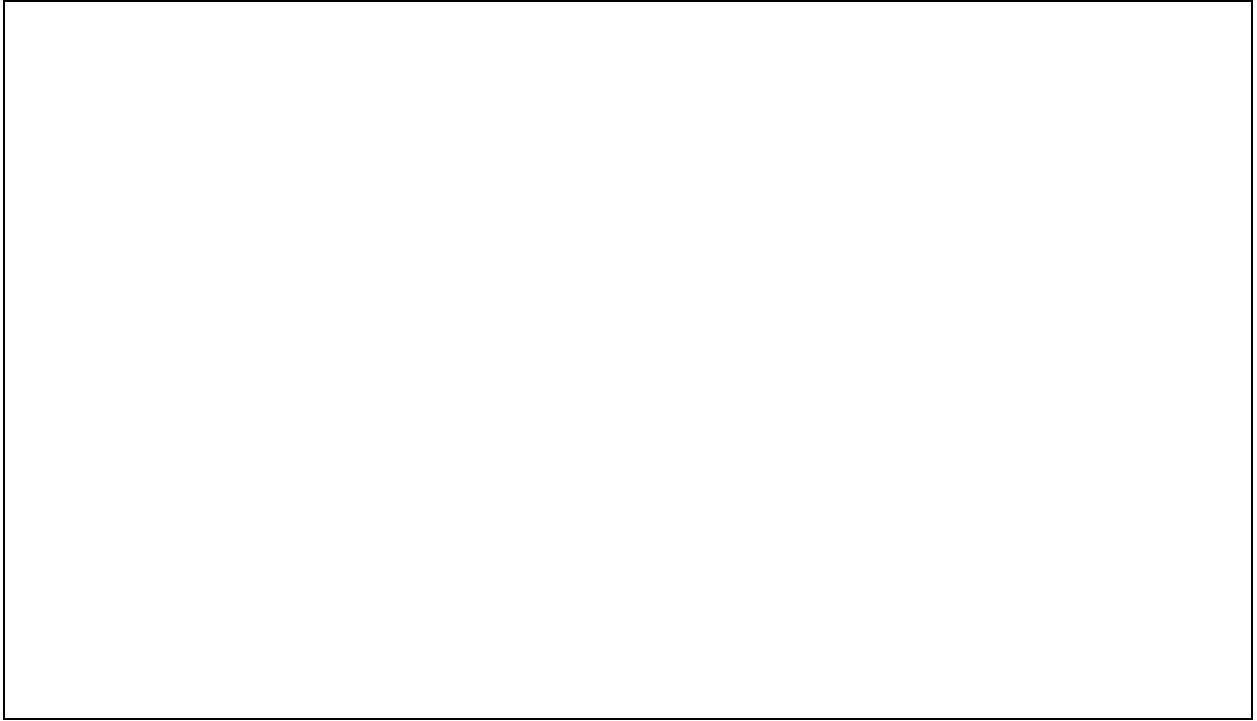
~MARIANNE WILLIAMSON

Day # 22 / Date: \_\_\_\_\_

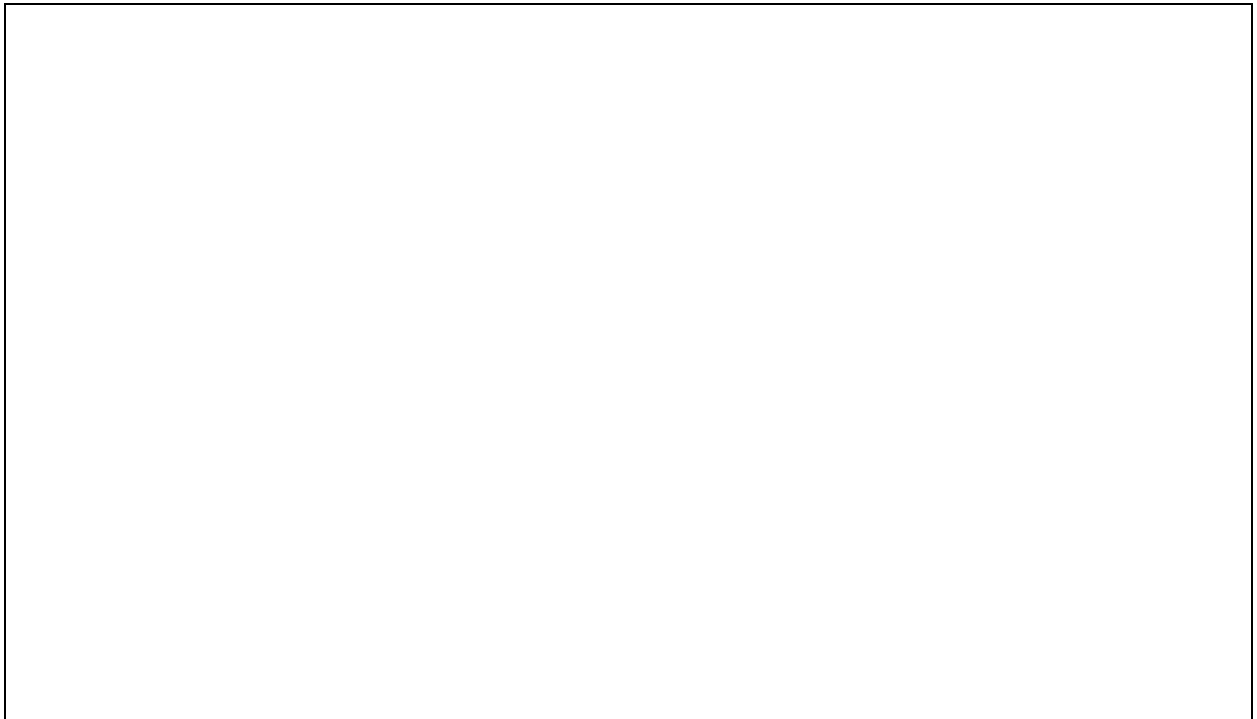
## MUSINGS

No one is as capable of gratitude as one who has emerged from  
the kingdom of night. ~*Elie Wiesel*

Things I am grateful for today

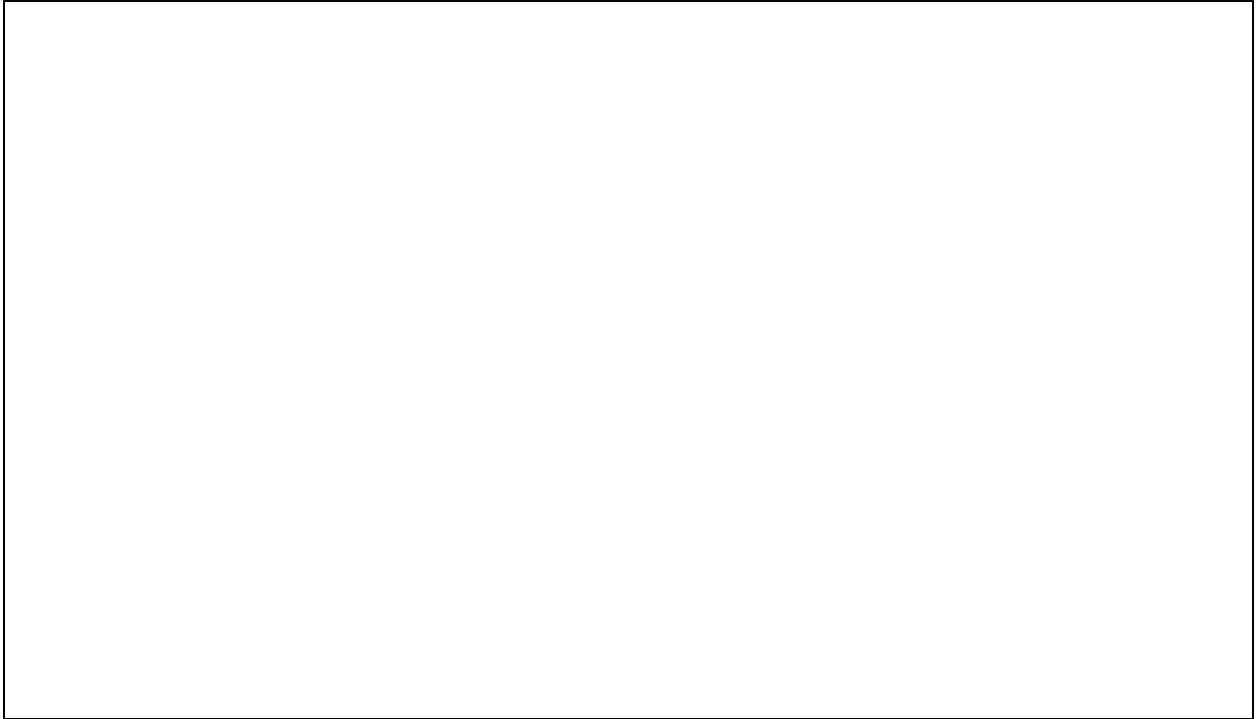
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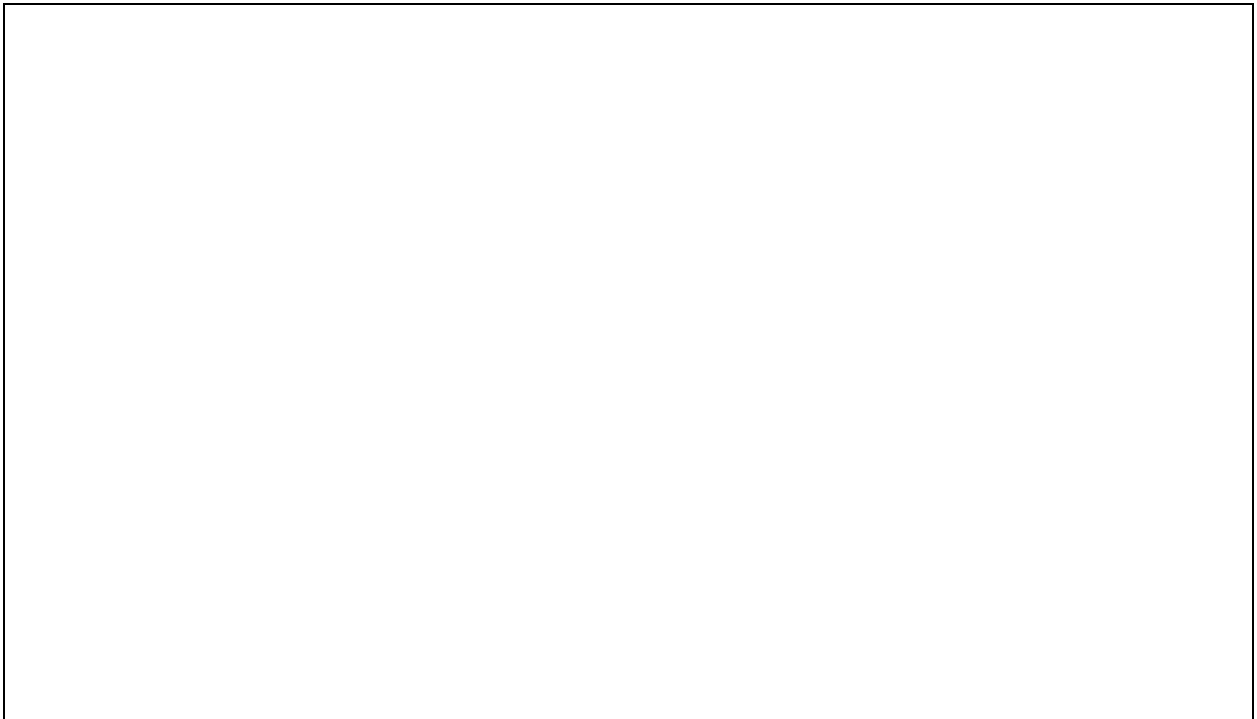
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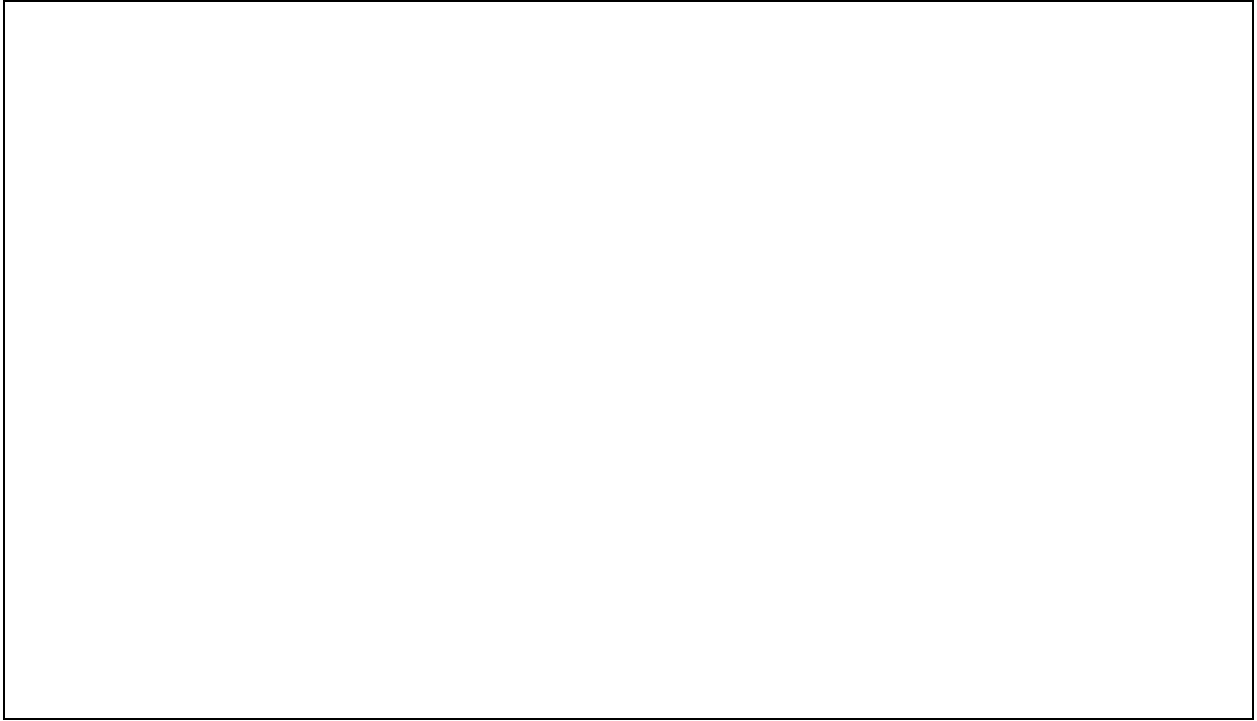
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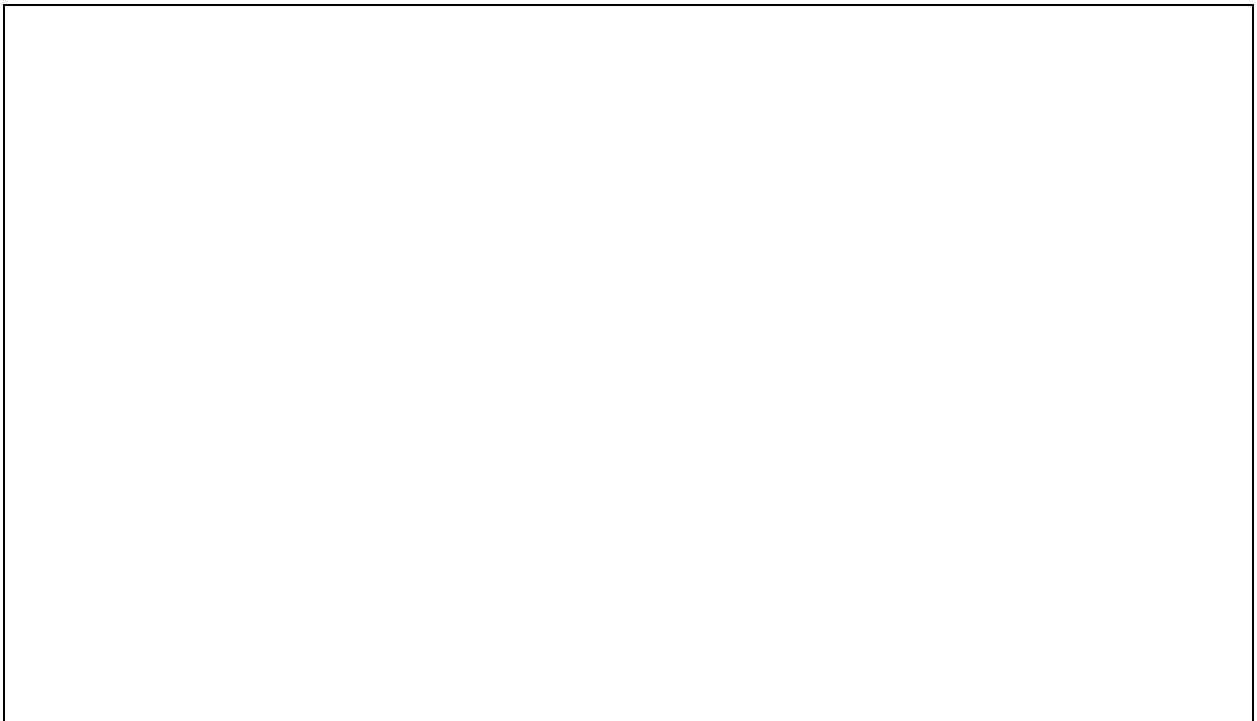
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Pleasant surprises today!

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OUR FAVORITE  
*ATTITUDE*  
SHOULD BE GRATITUDE.

~ZIG ZIGLAR

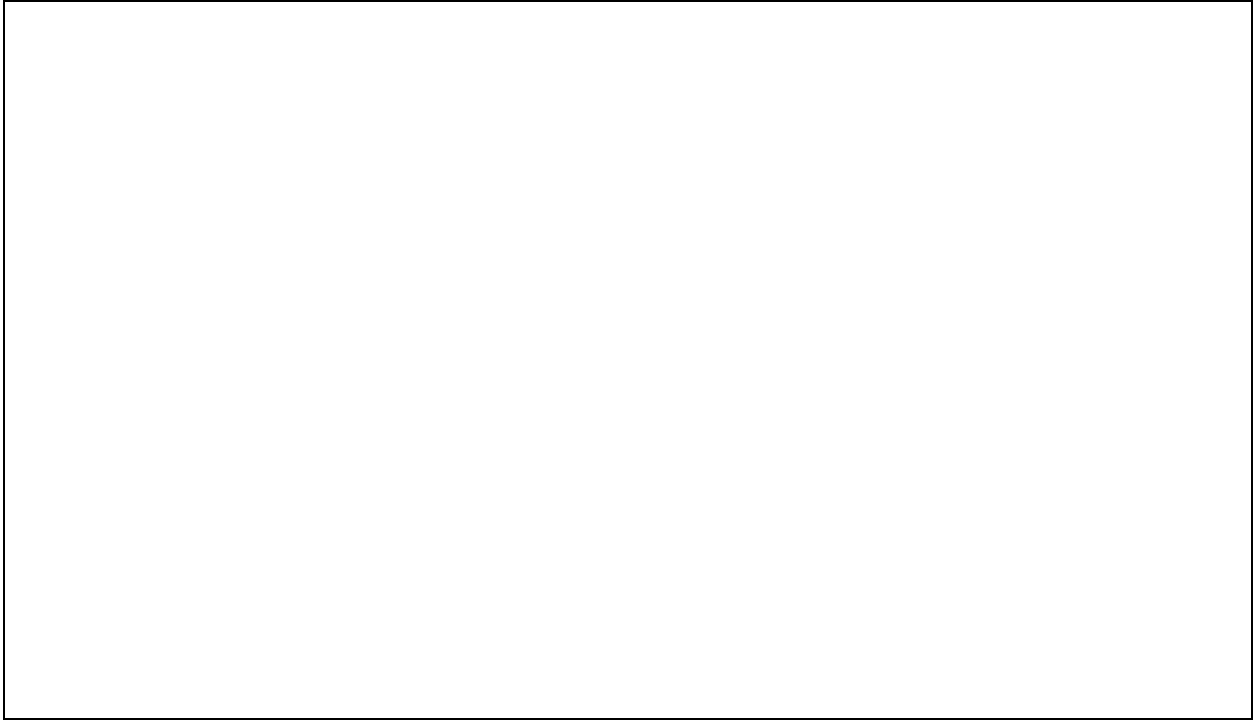
Day # 23 / Date: \_\_\_\_\_

## MUSINGS

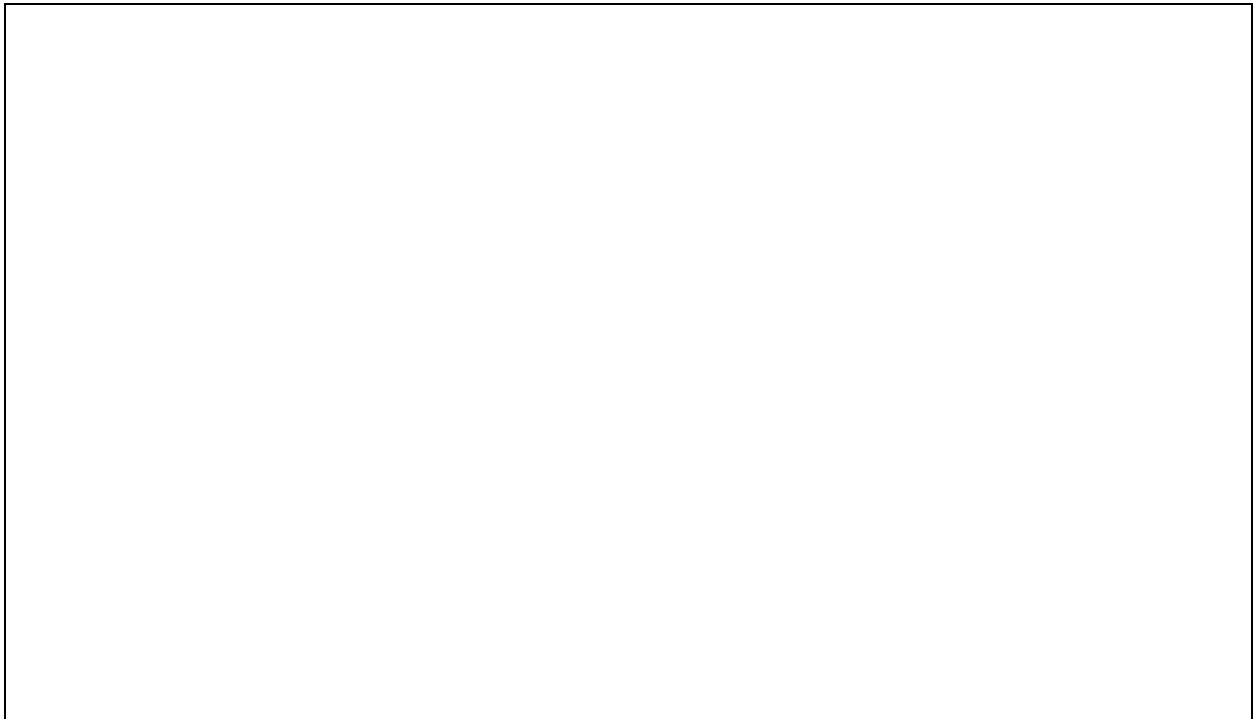
Gratitude changes the pangs of memory into a tranquil joy.

*~Dietrich Bonhoeffer*

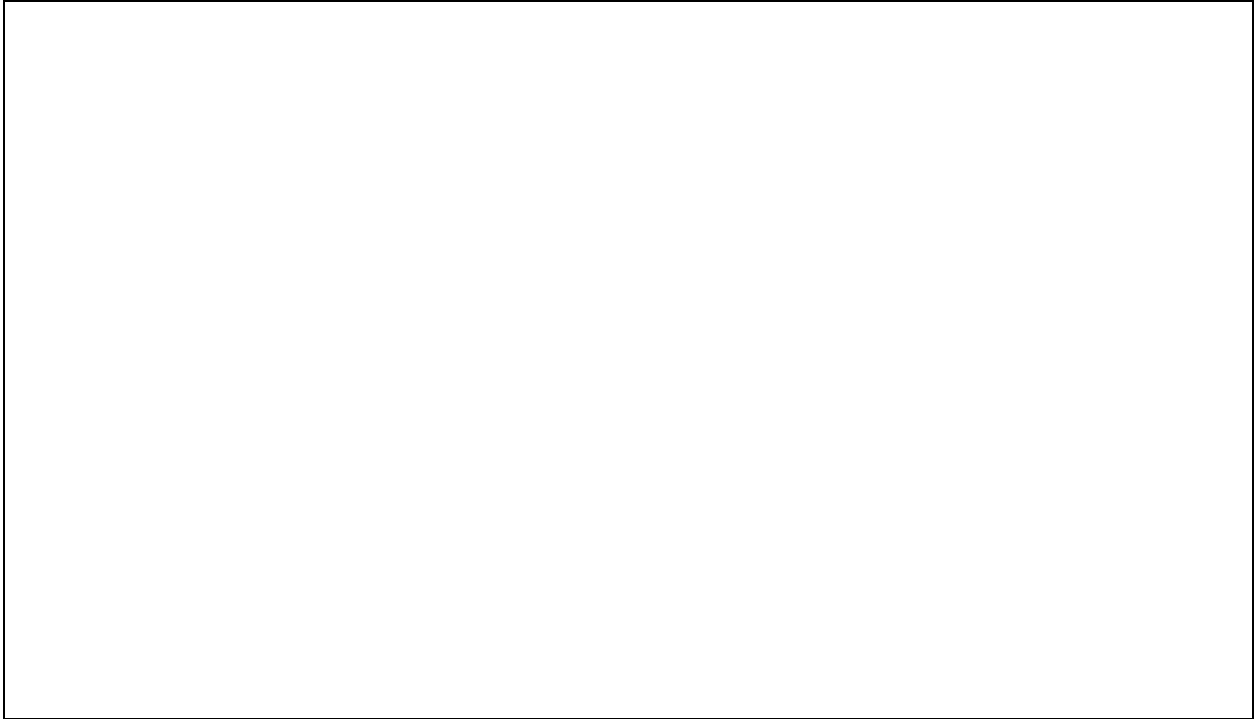
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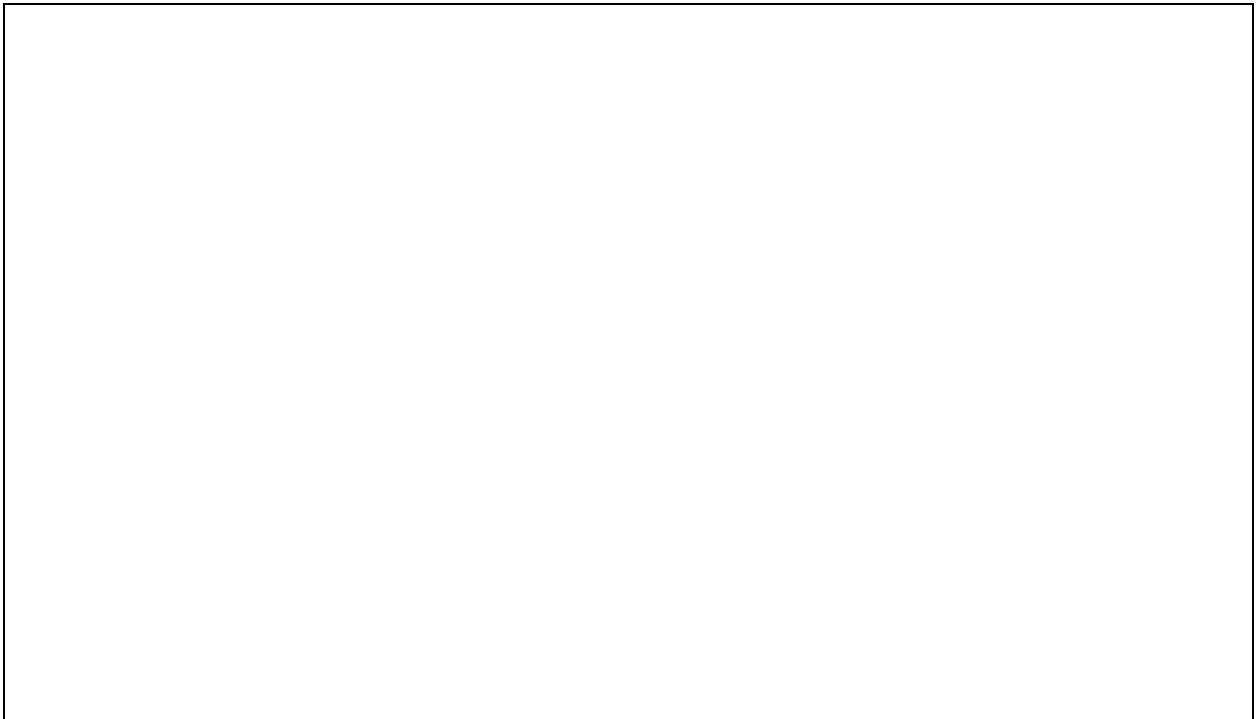
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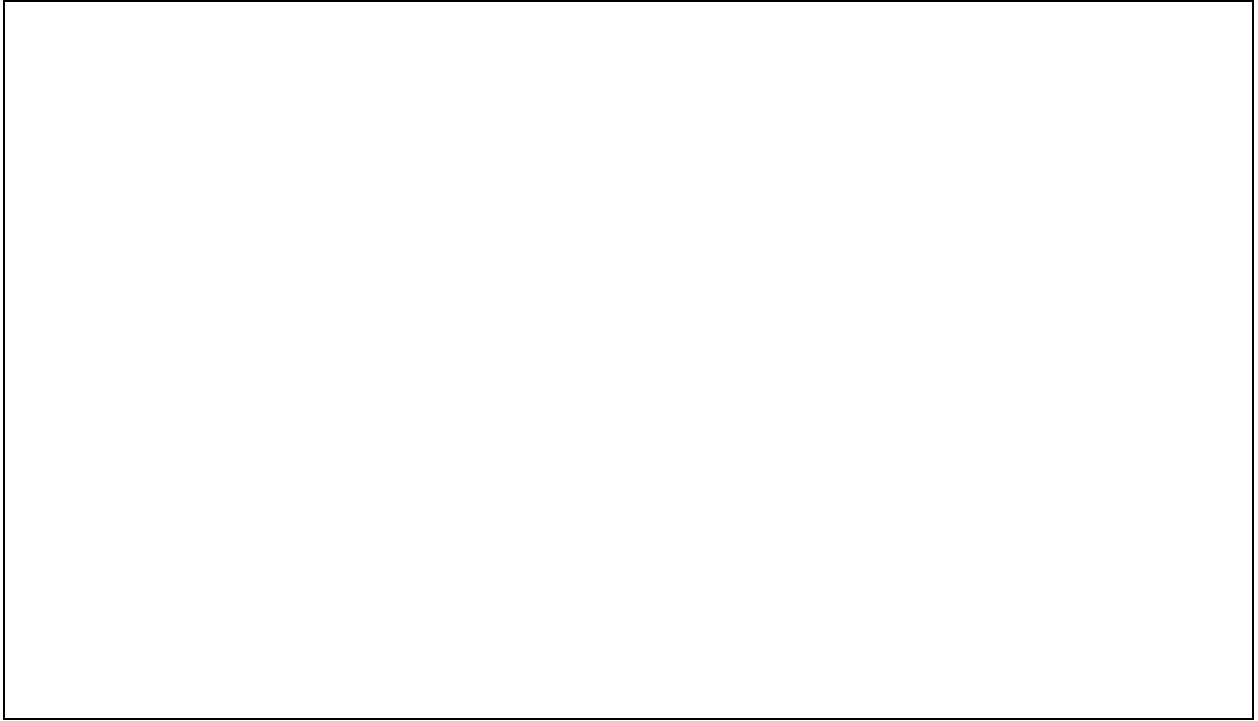
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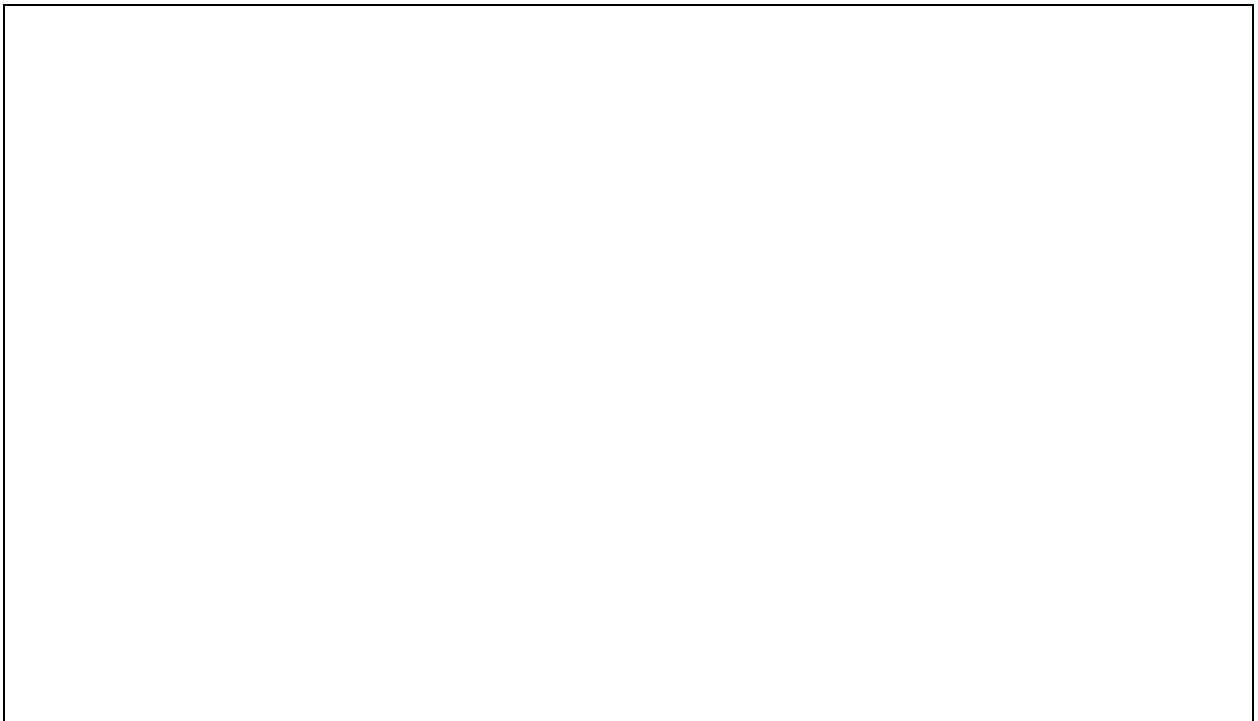
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**INGRATITUDE  
IS MONSTROUS.**

~WILLIAM SHAKESPEARE

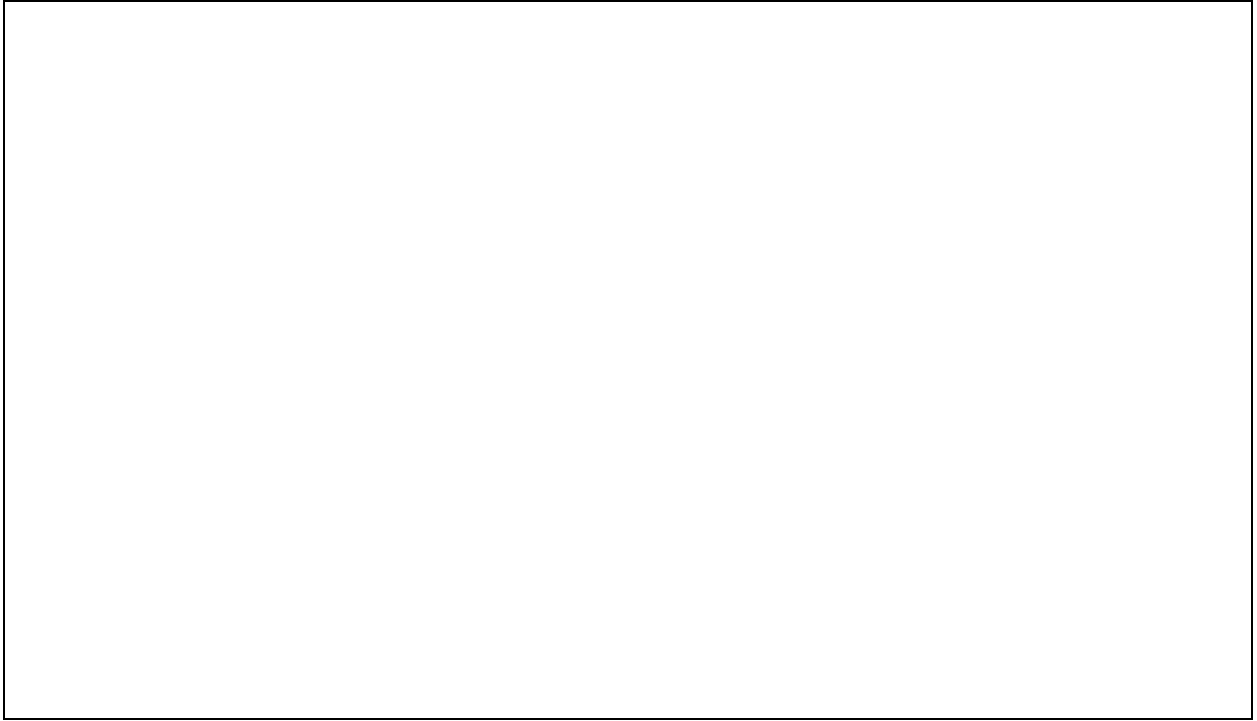
Day # 24 / Date: \_\_\_\_\_

## MUSINGS

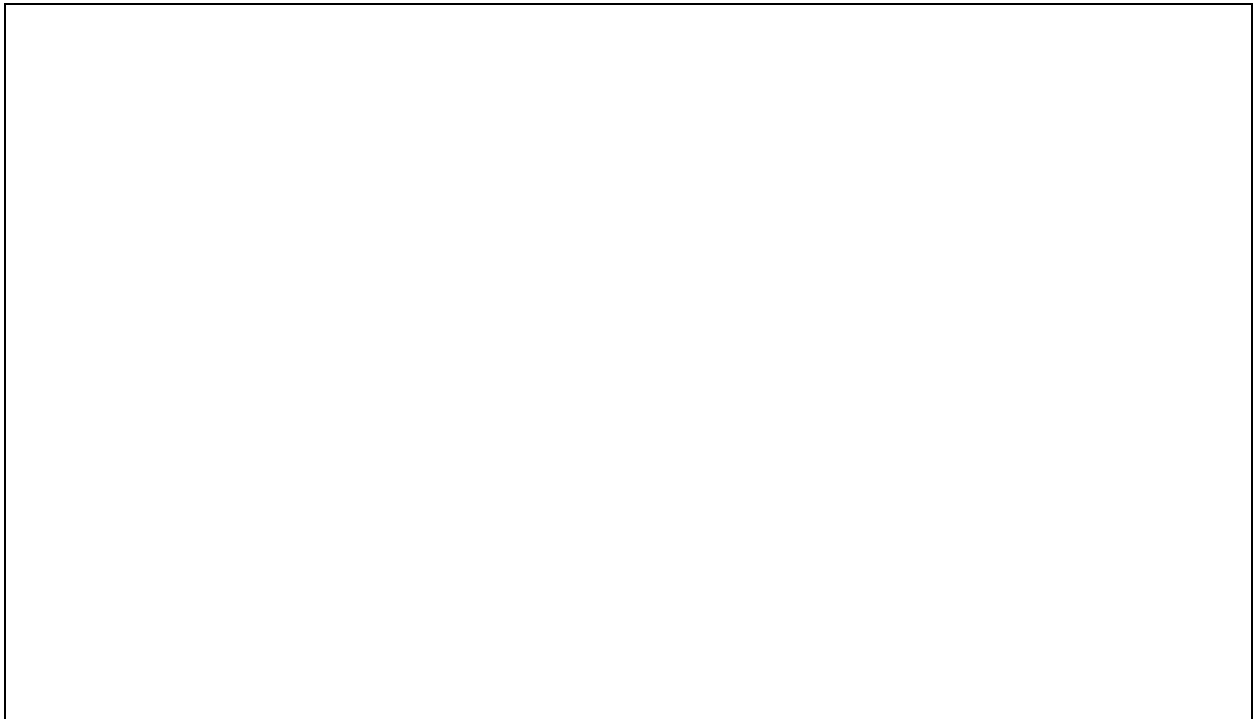
The thankful receiver bears a plentiful harvest.

*~William Blake*

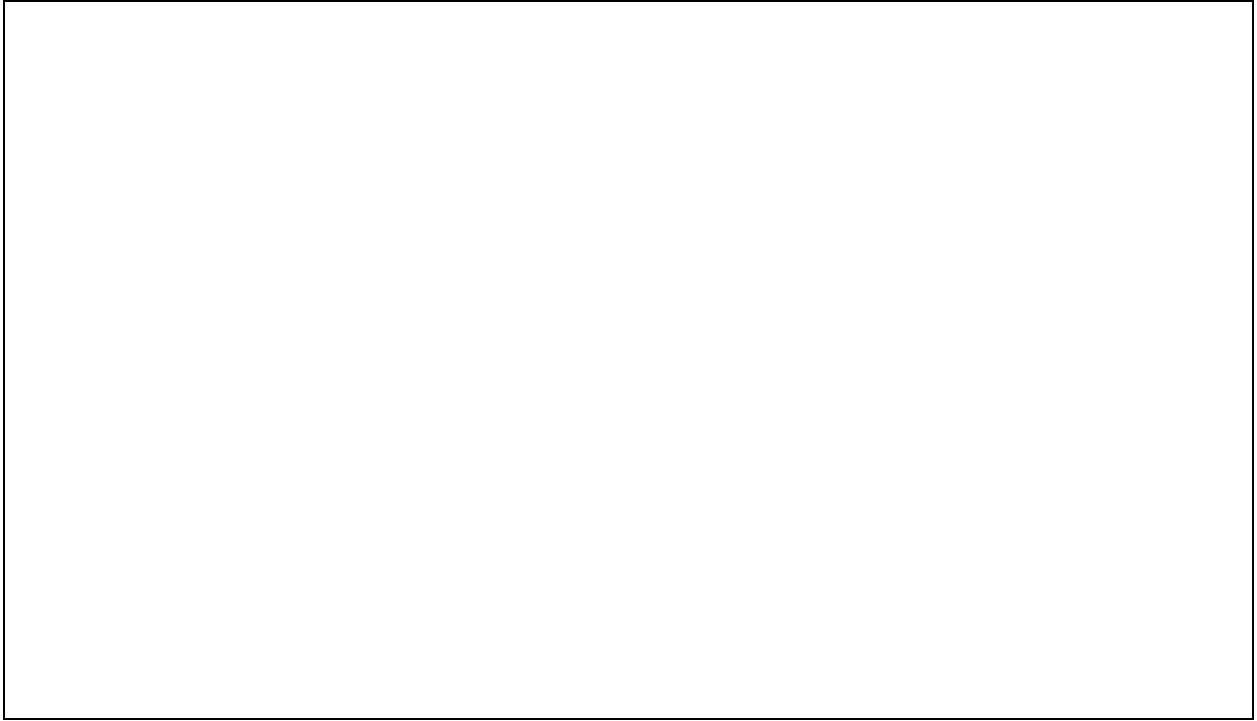
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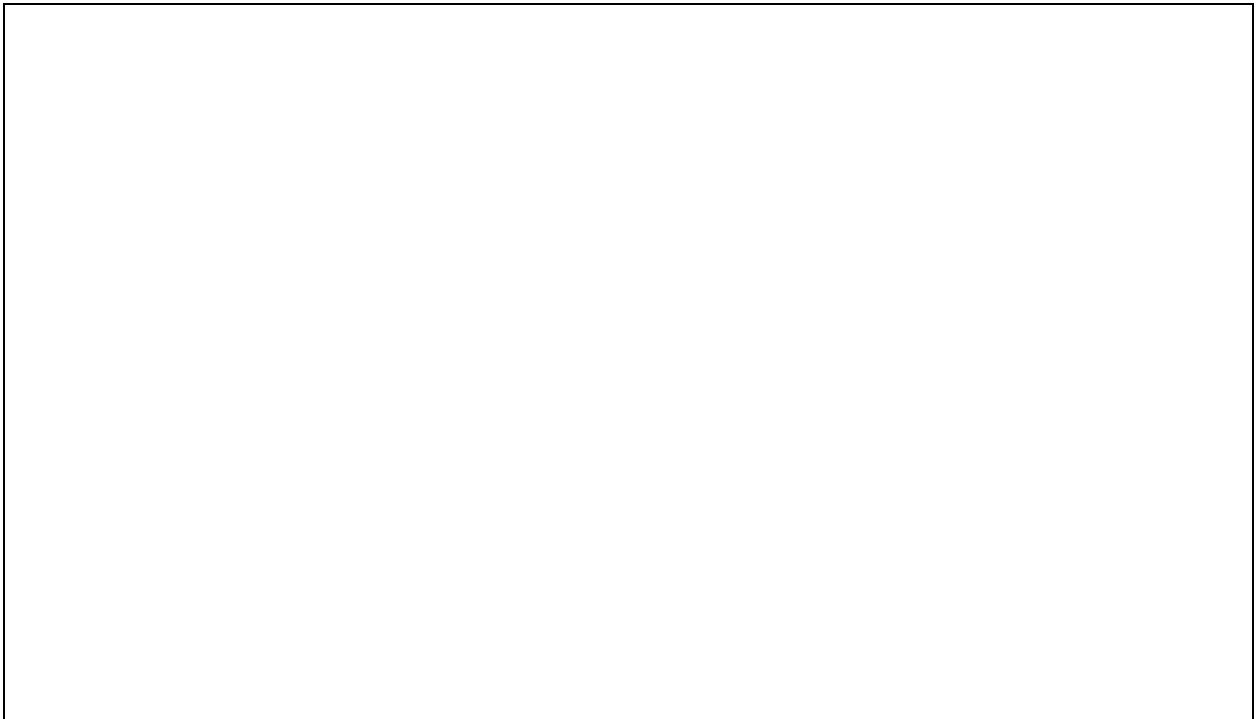
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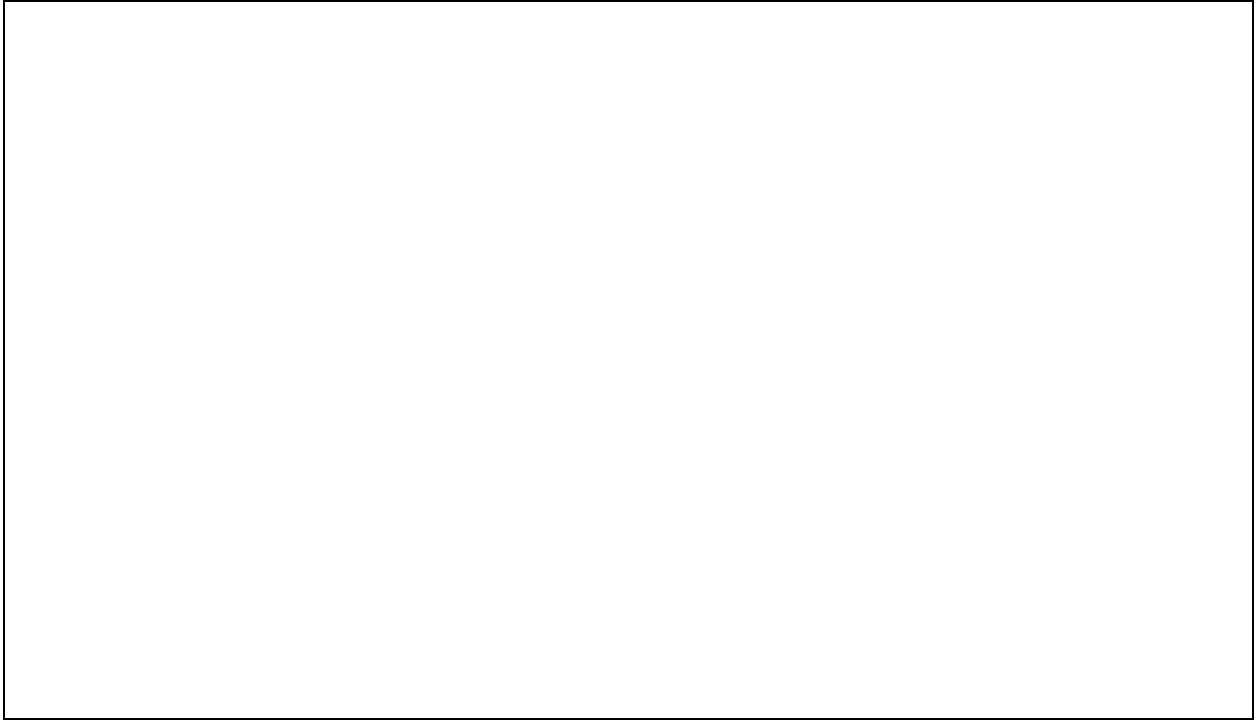
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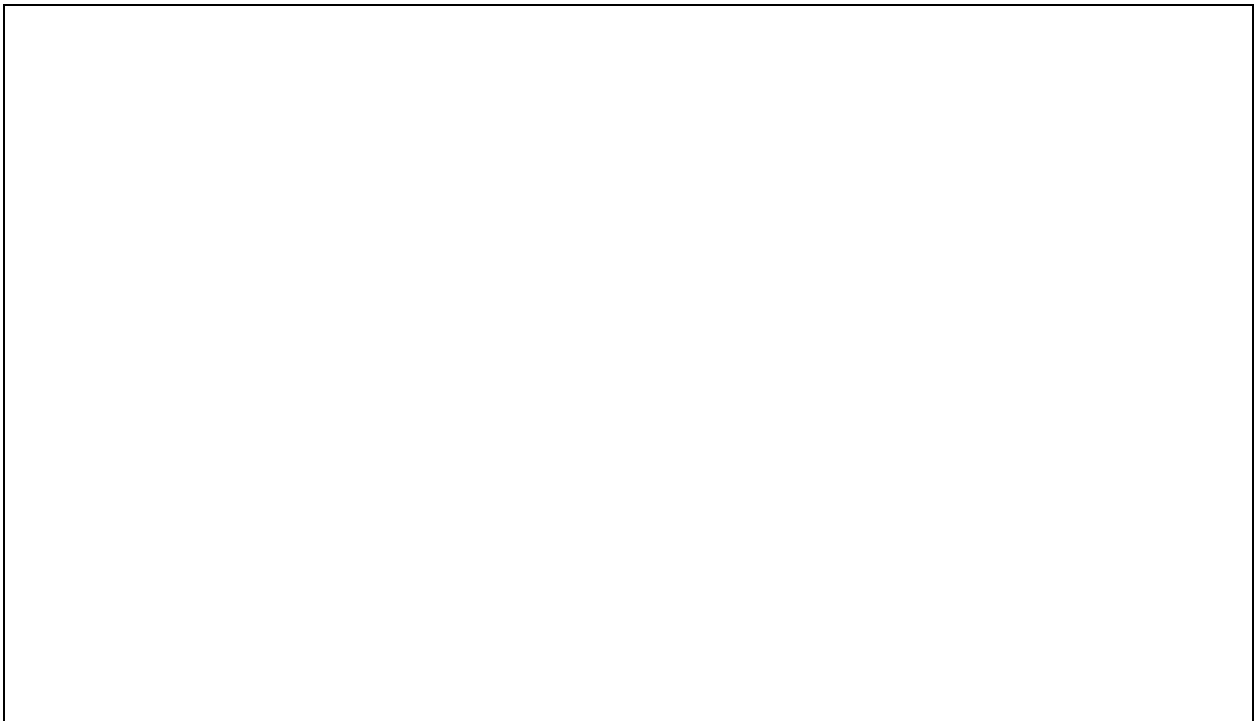
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Pleasant surprises today!

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NOTHING IS  
MORE HONORABLE THAN  
*A GRATEFUL HEART.*

~LUCIUS ANNAEUS SENECA

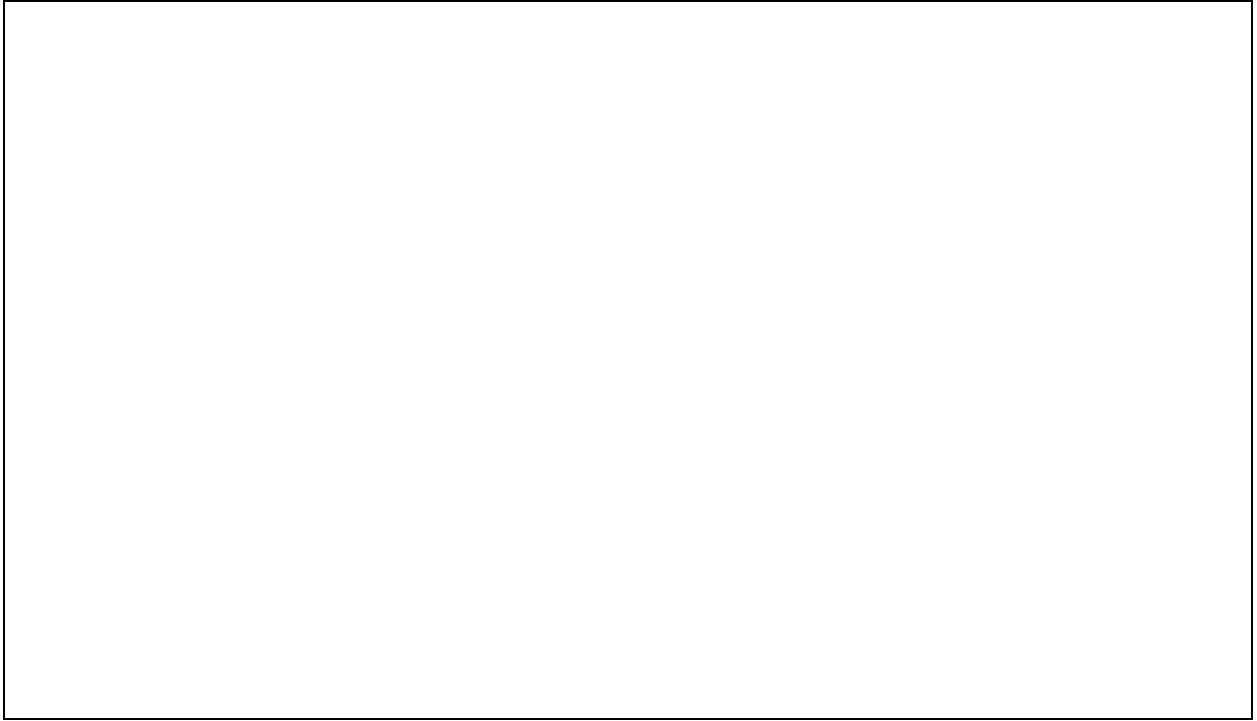
Day # 25 / Date: \_\_\_\_\_

## MUSINGS

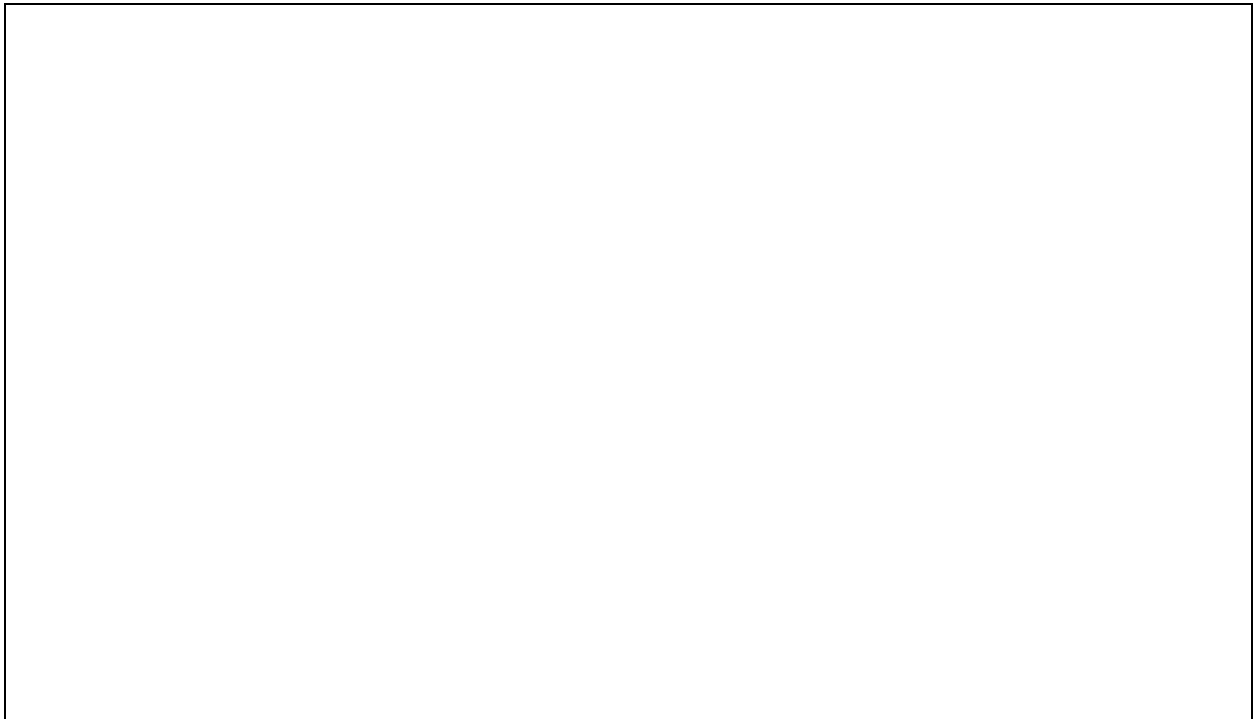
What may seem a curse may be a blessing, and what may be a  
blessing may be a curse. ~*Muso Kokushi*



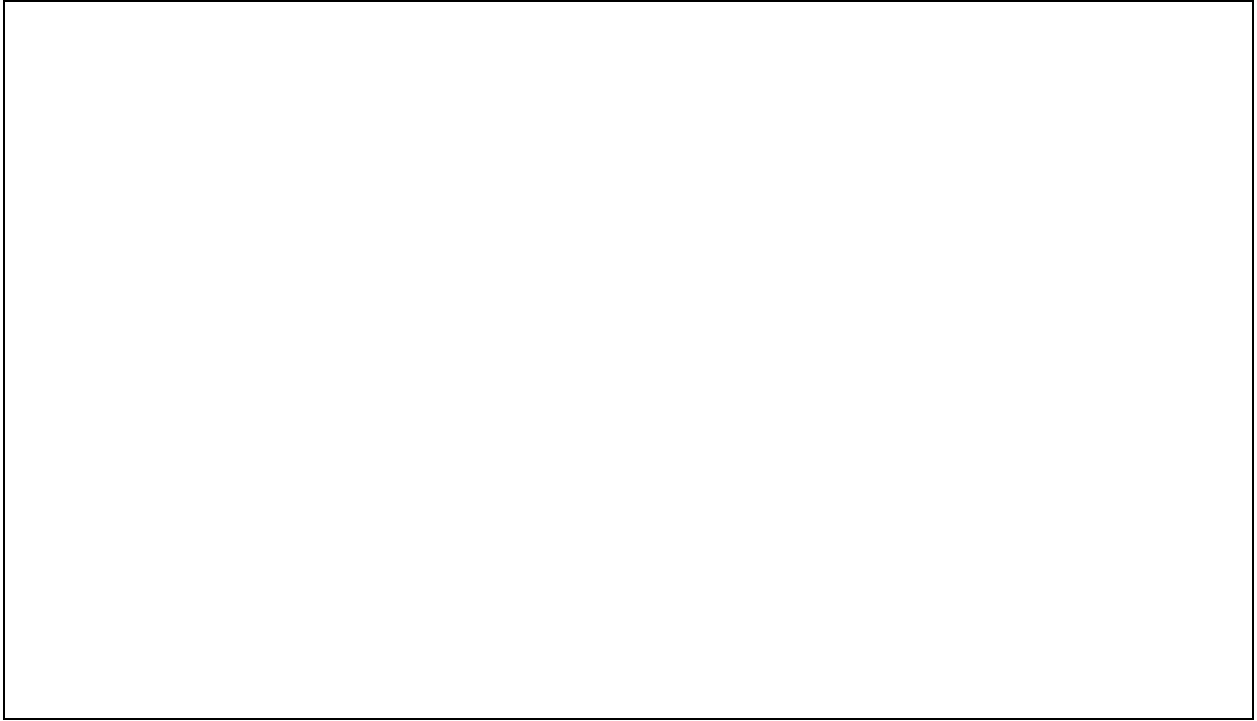
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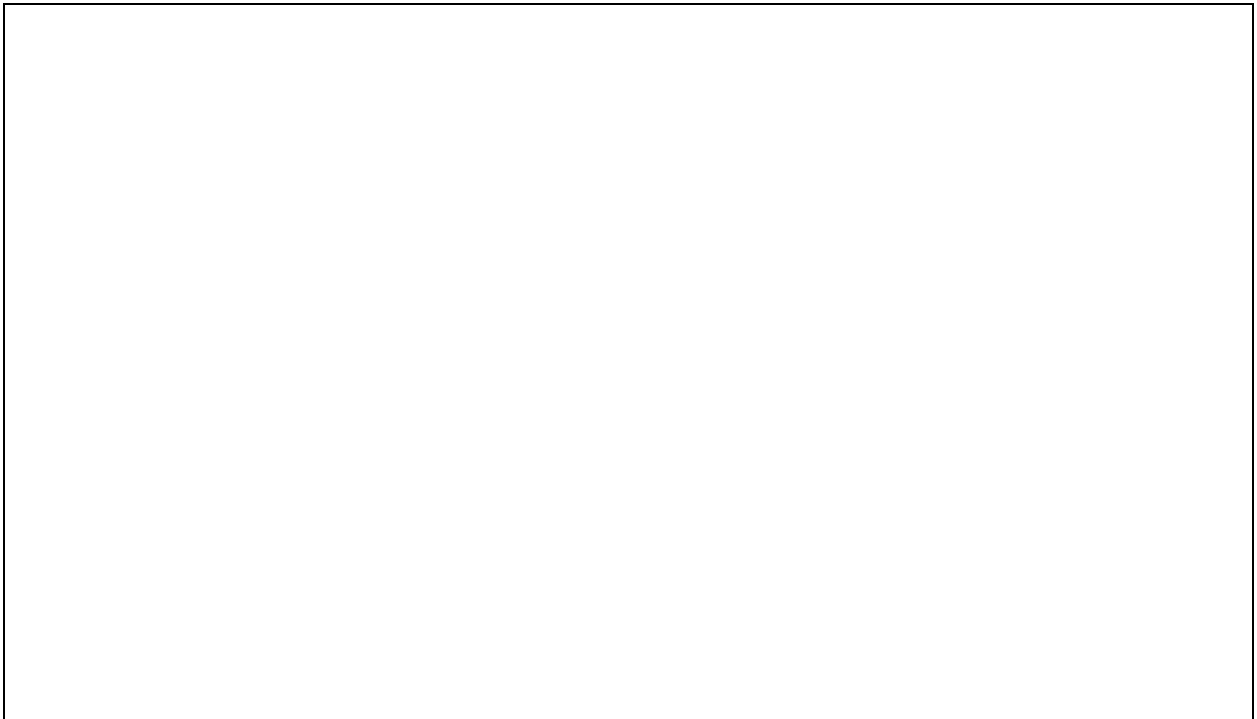
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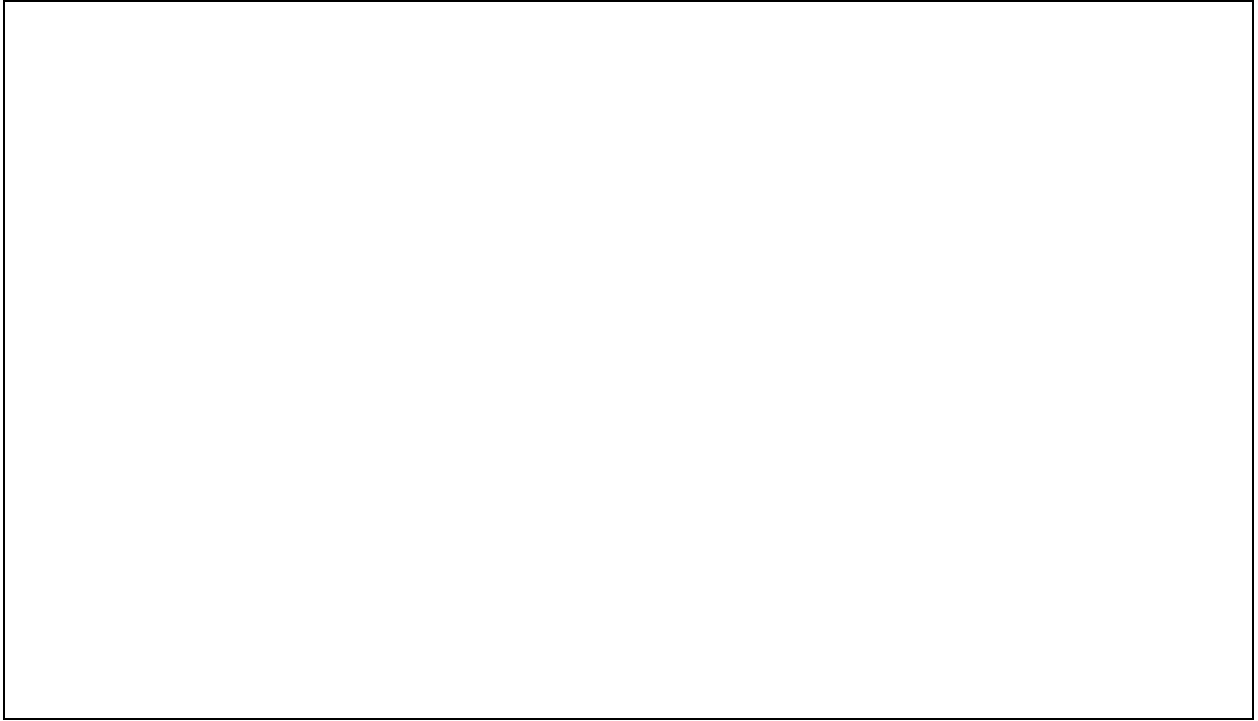
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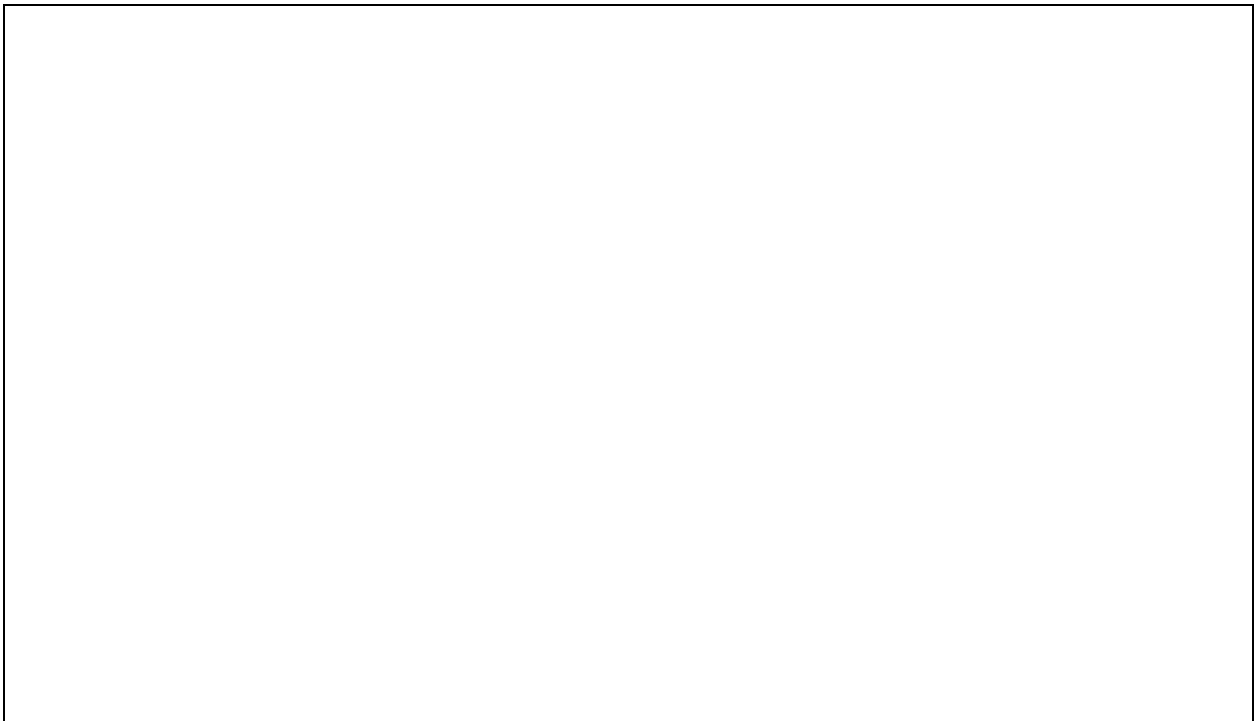
Lessons I am thankful to have learned today

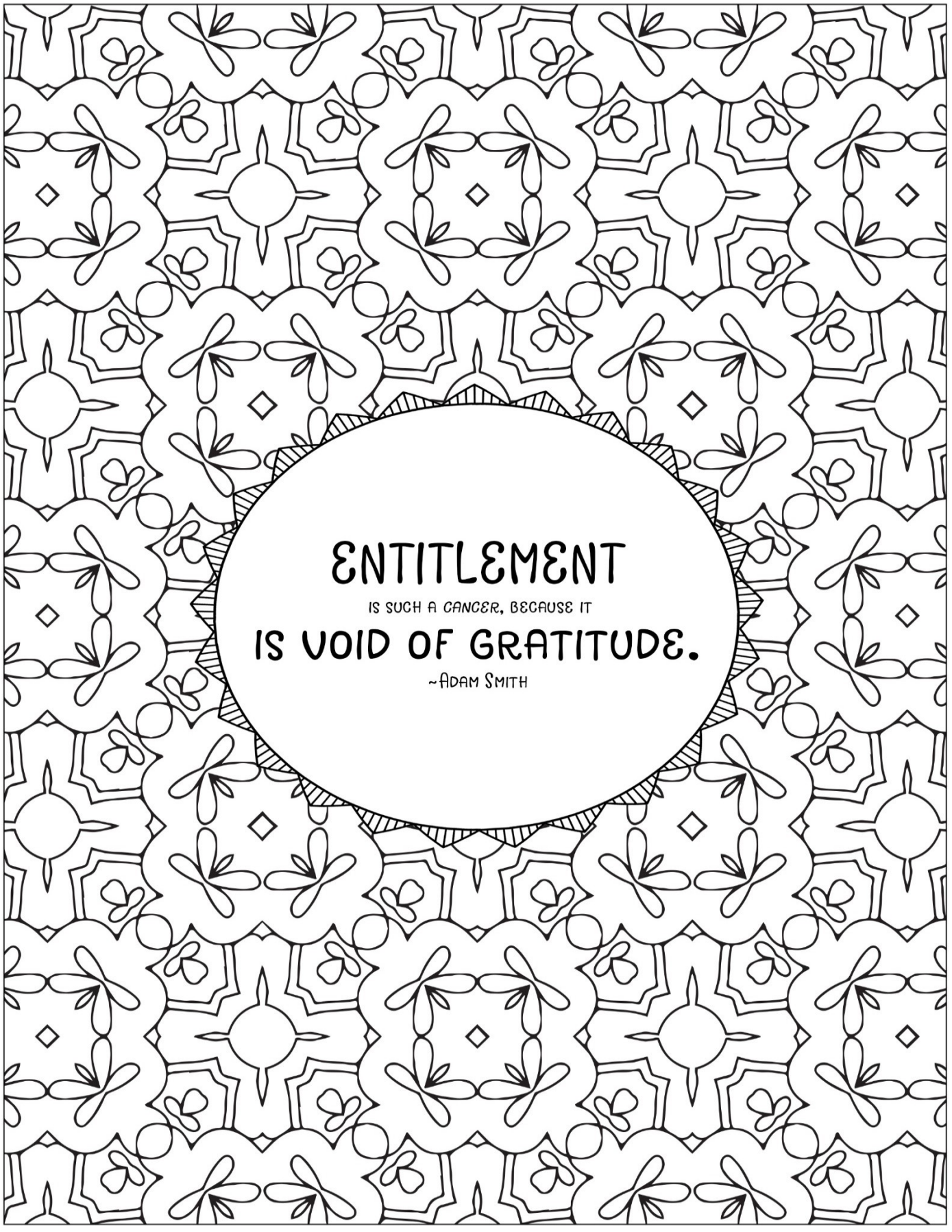
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Pleasant surprises today!

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ENTITLEMENT  
IS SUCH A *CANCER*, BECAUSE IT  
IS VOID OF GRATITUDE.  
~ADAM SMITH

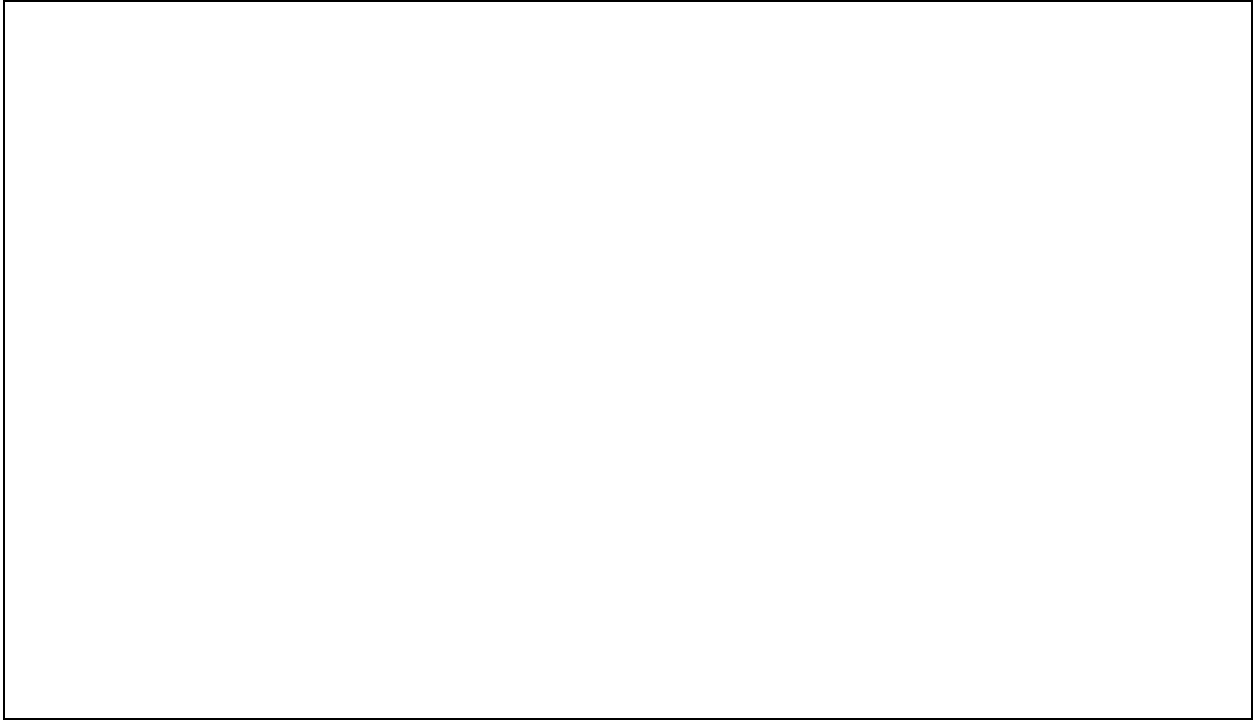
Day # 26 / Date: \_\_\_\_\_

## MUSINGS

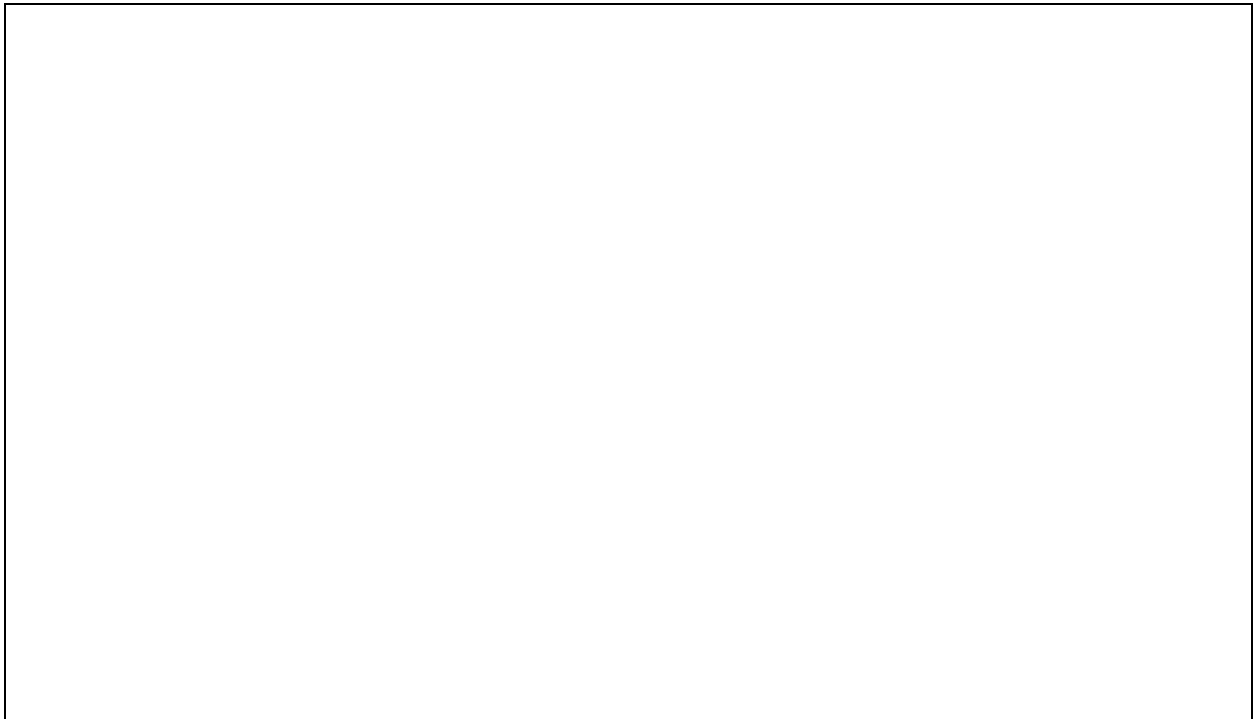
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*~Dietrich Bonhoeffer*

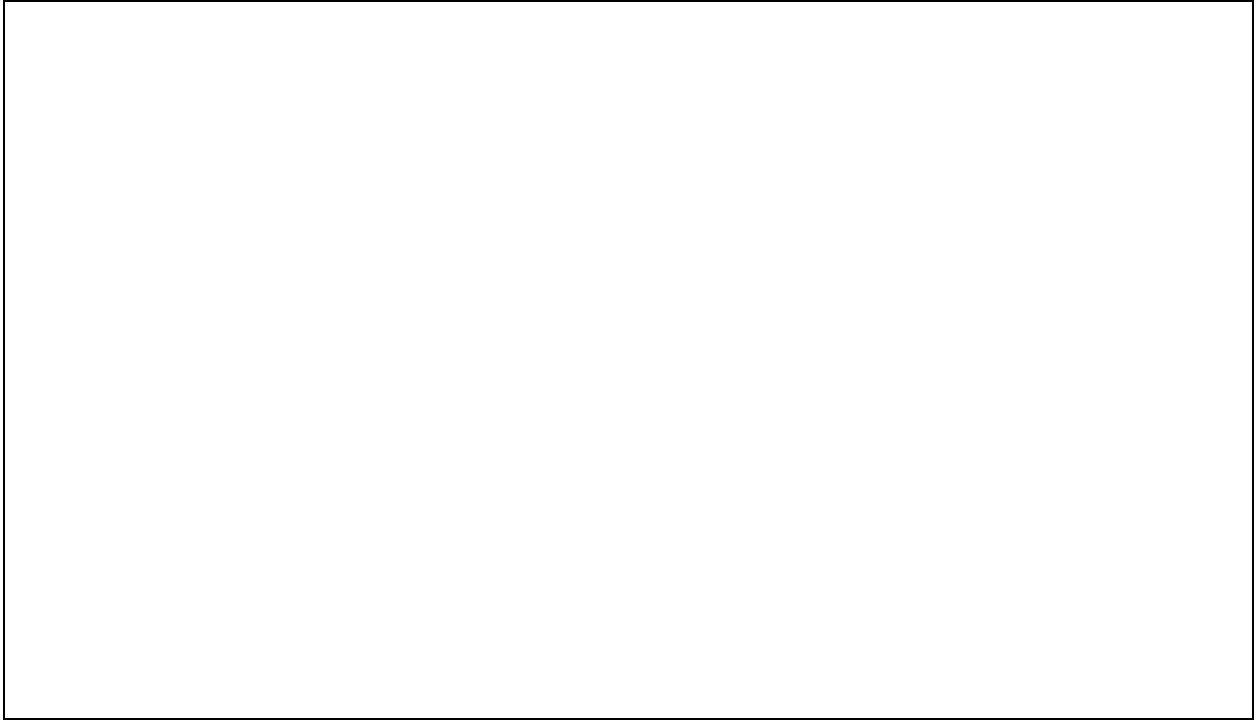
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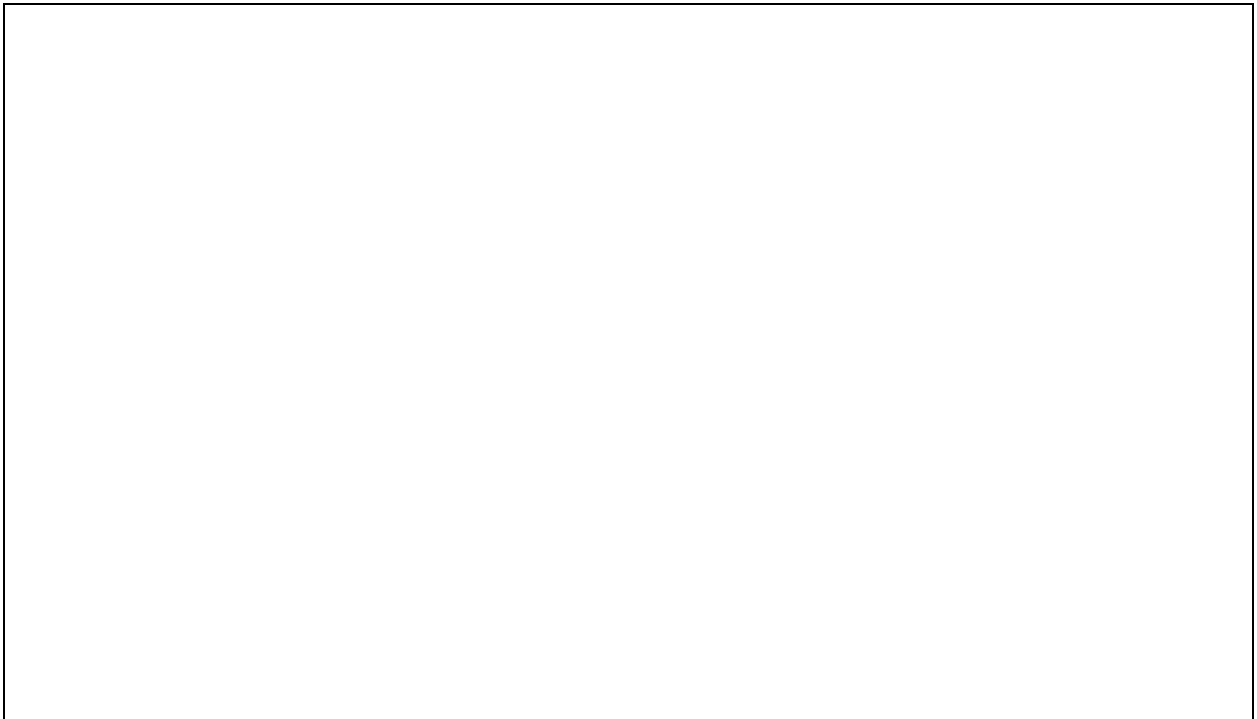
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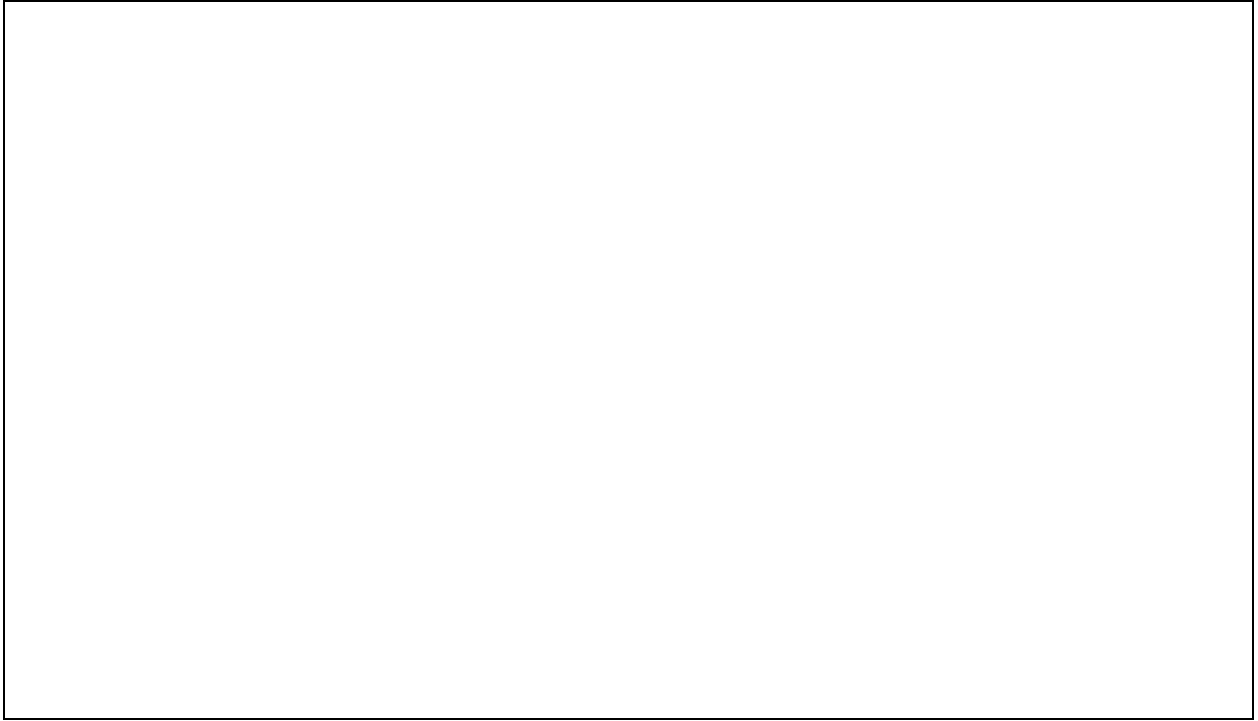
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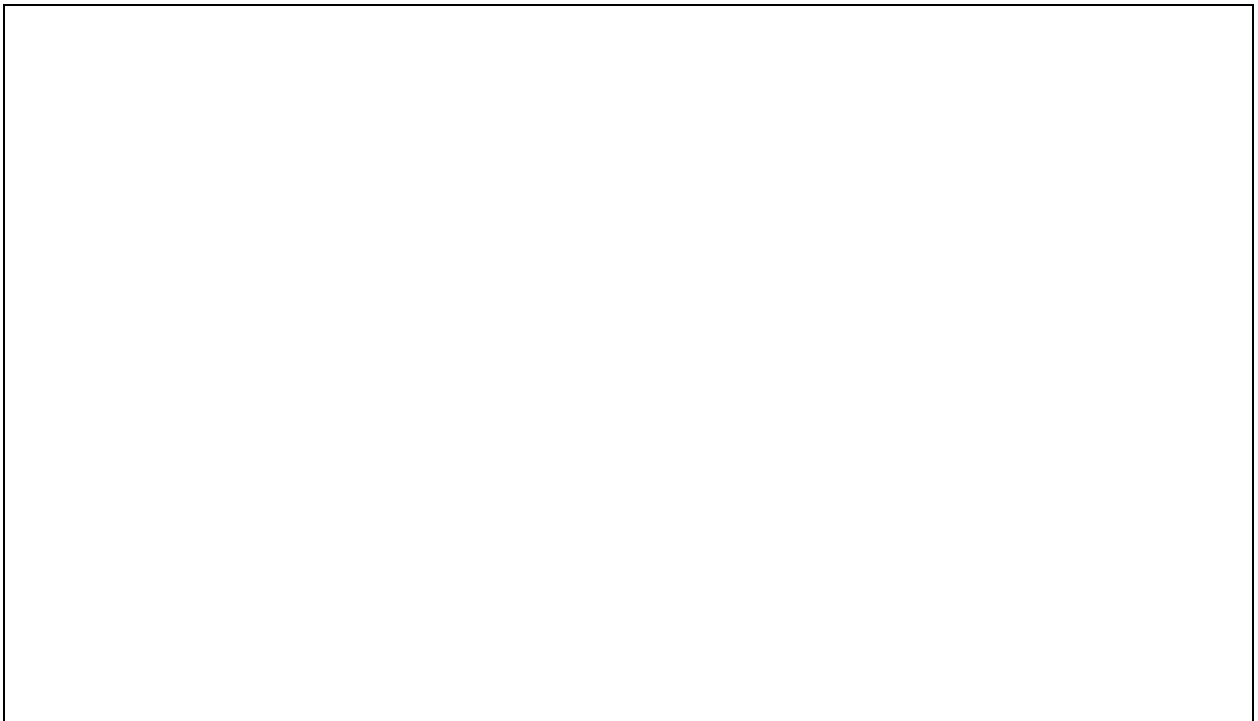
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*Gratitude*

TURNS WHAT WE HAVE INTO

*enough.*

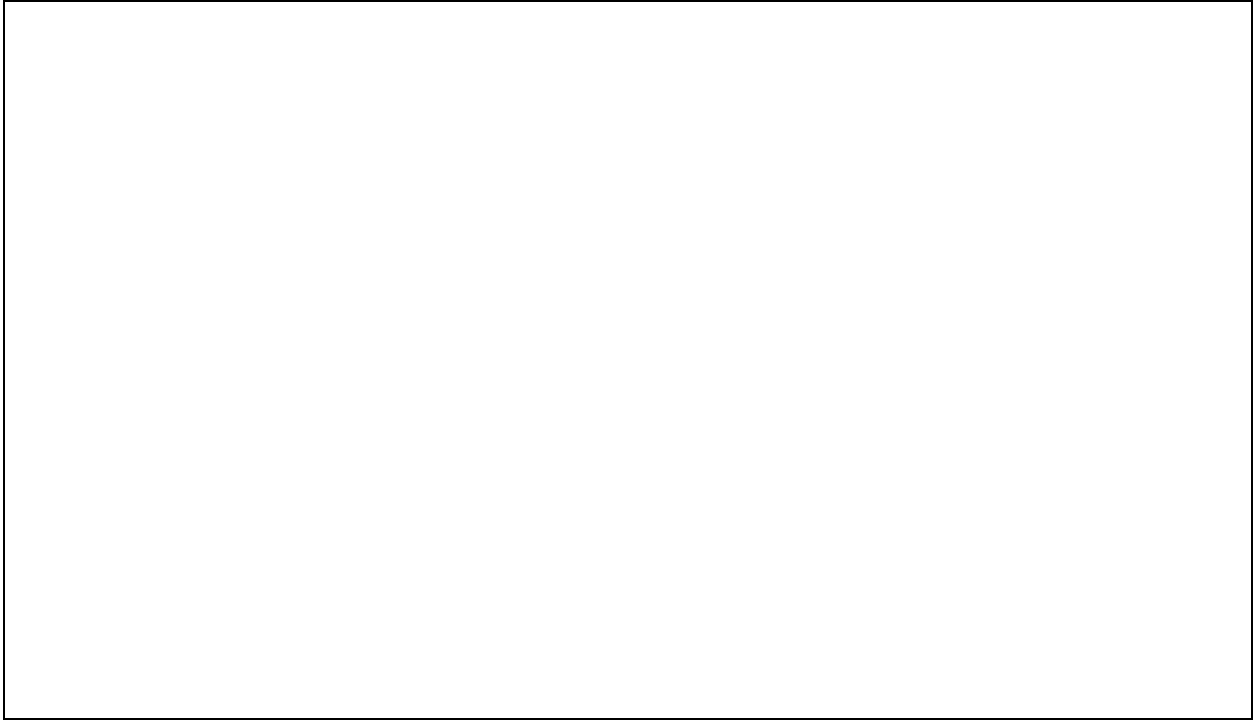
~AESOP

Day # 27 / Date: \_\_\_\_\_

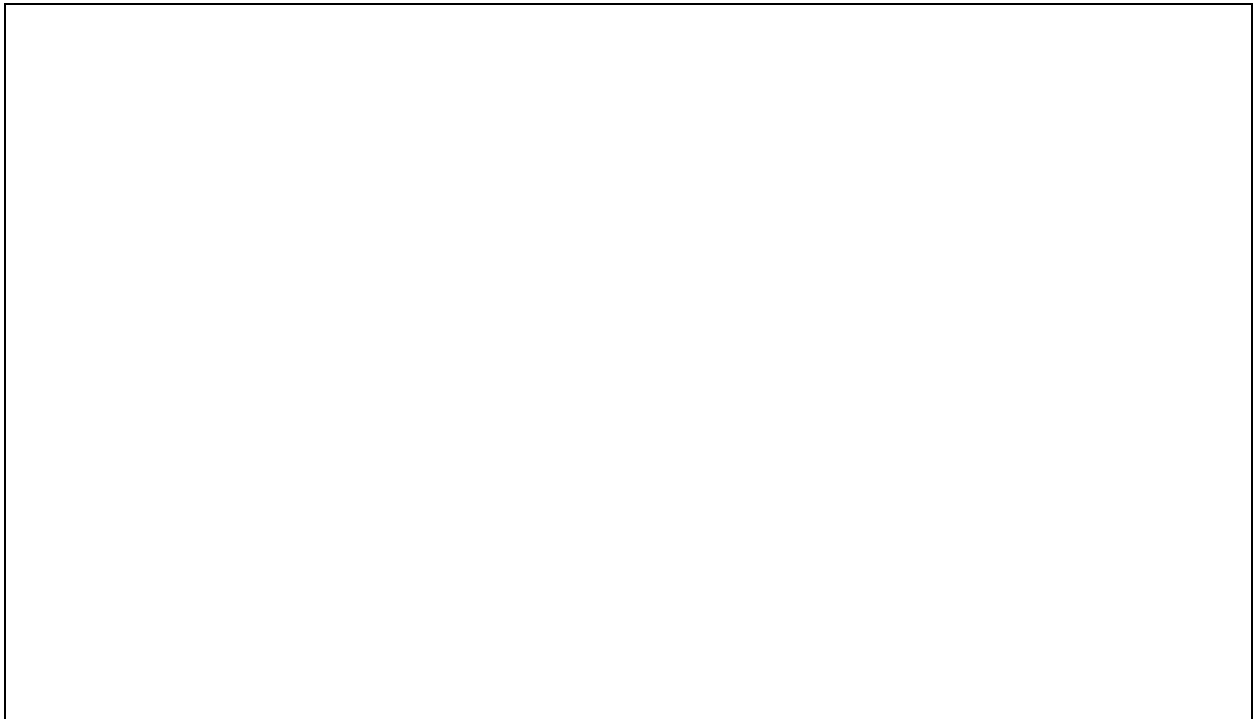
## MUSINGS

Gratitude is a duty which ought to be paid, but which none have  
a right to expect. ~*Jean-Jacques*

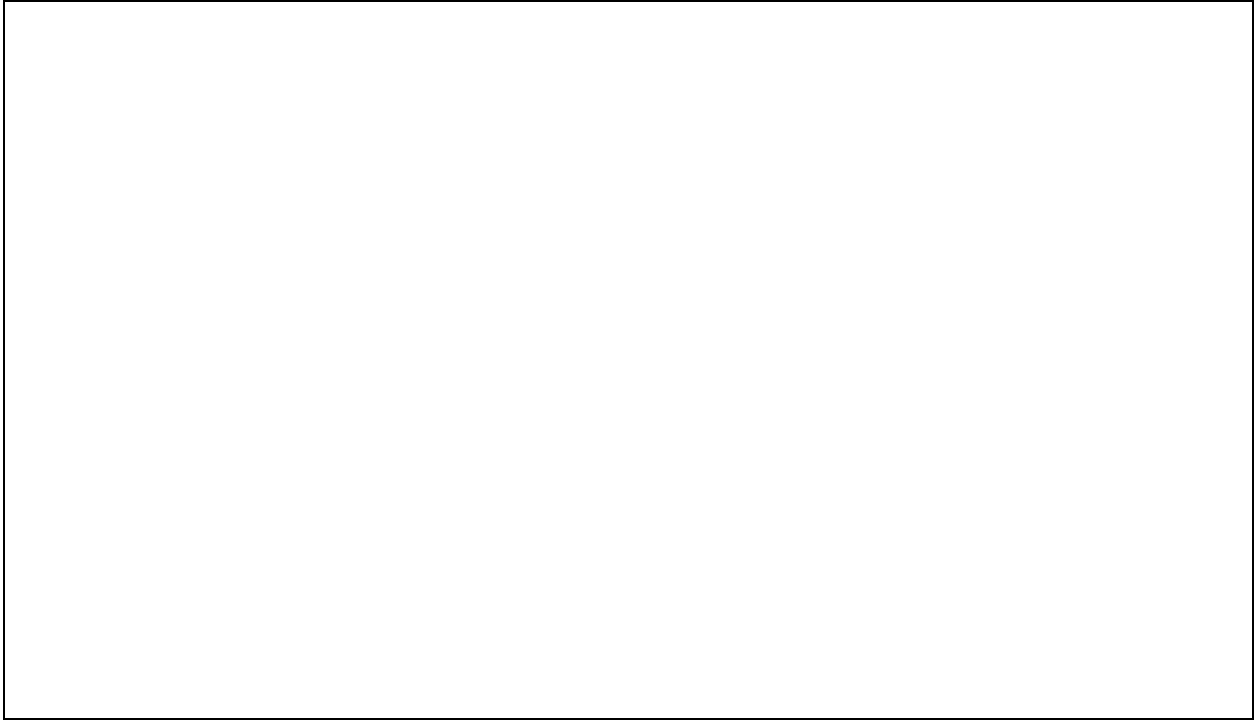
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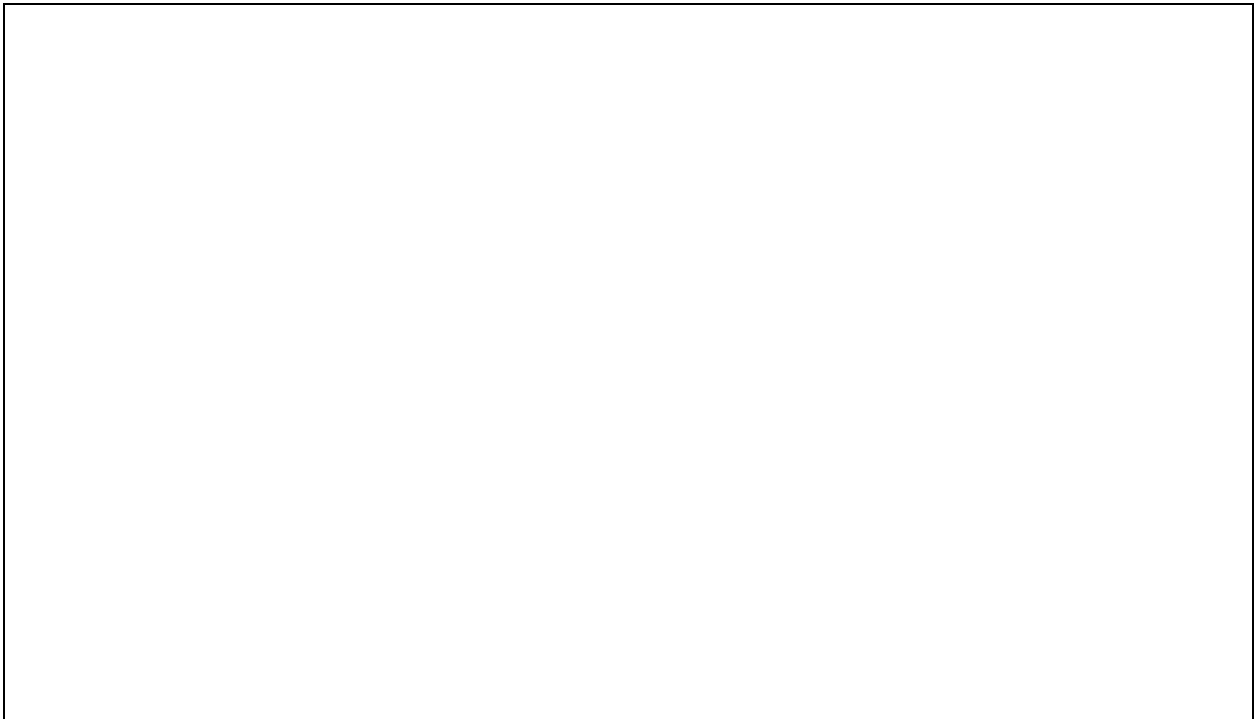
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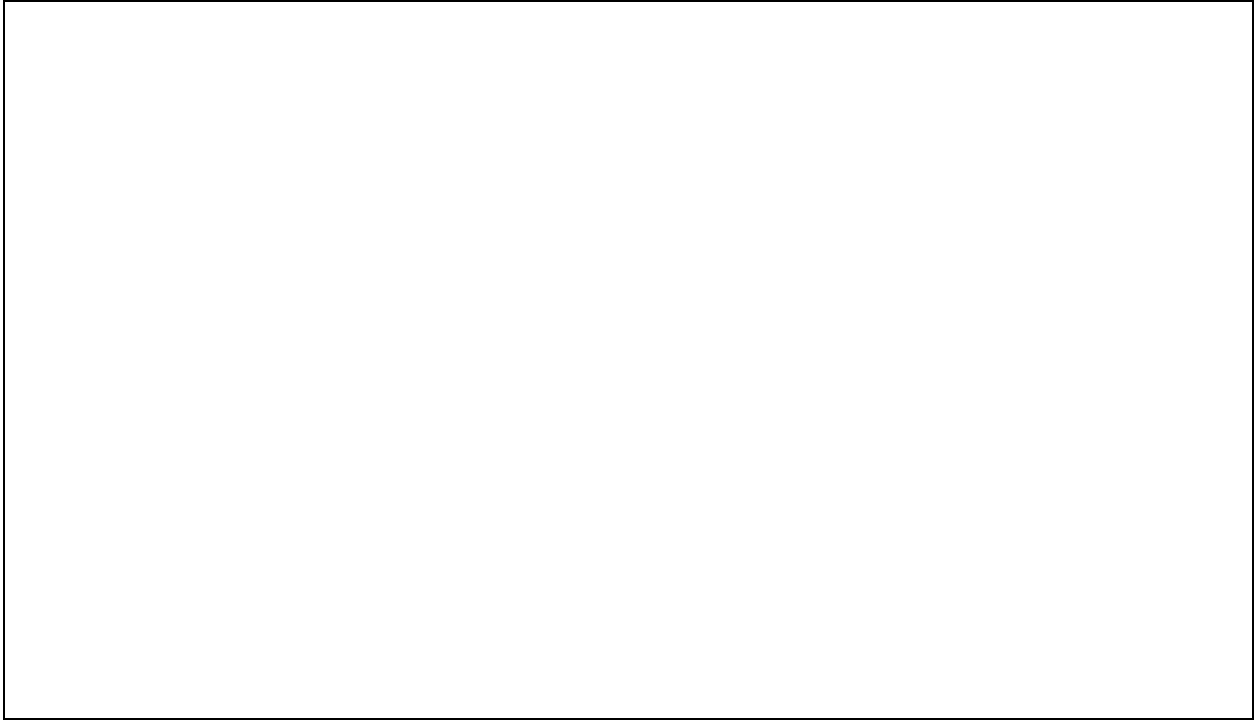
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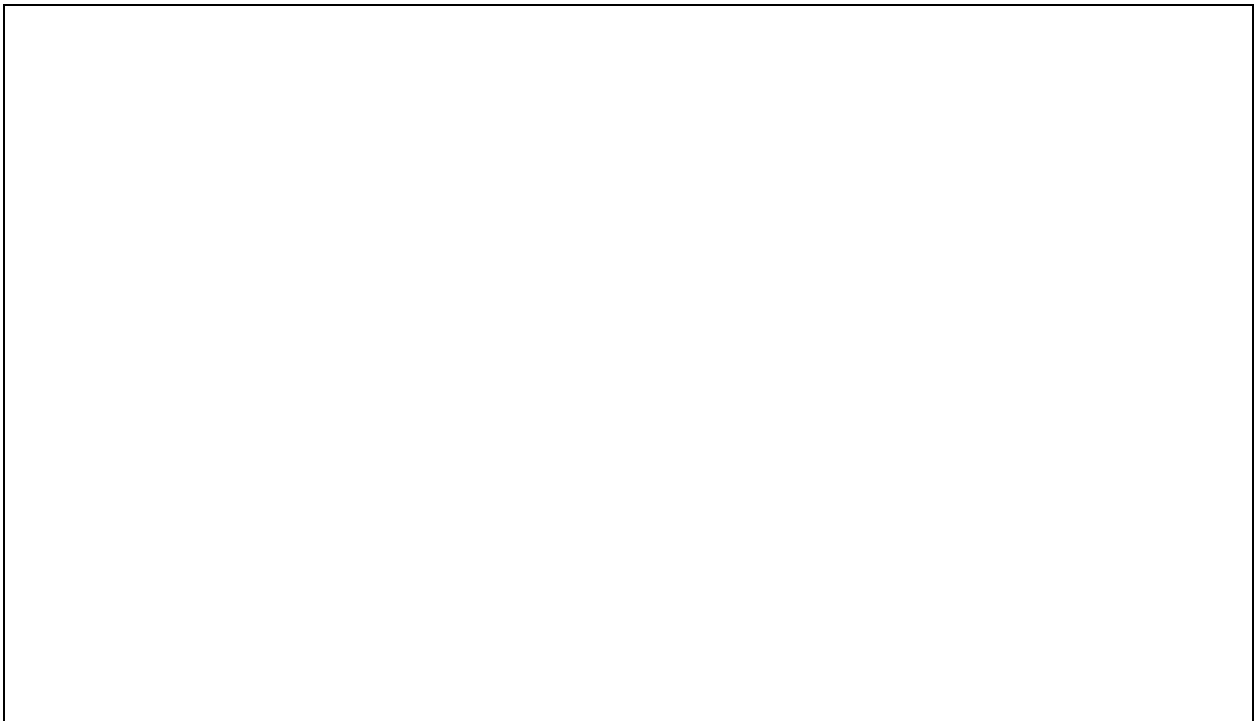
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Pleasant surprises today!

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*Act with kindness,*  
BUT do not expect  
*gratitude.*  
~Confucius



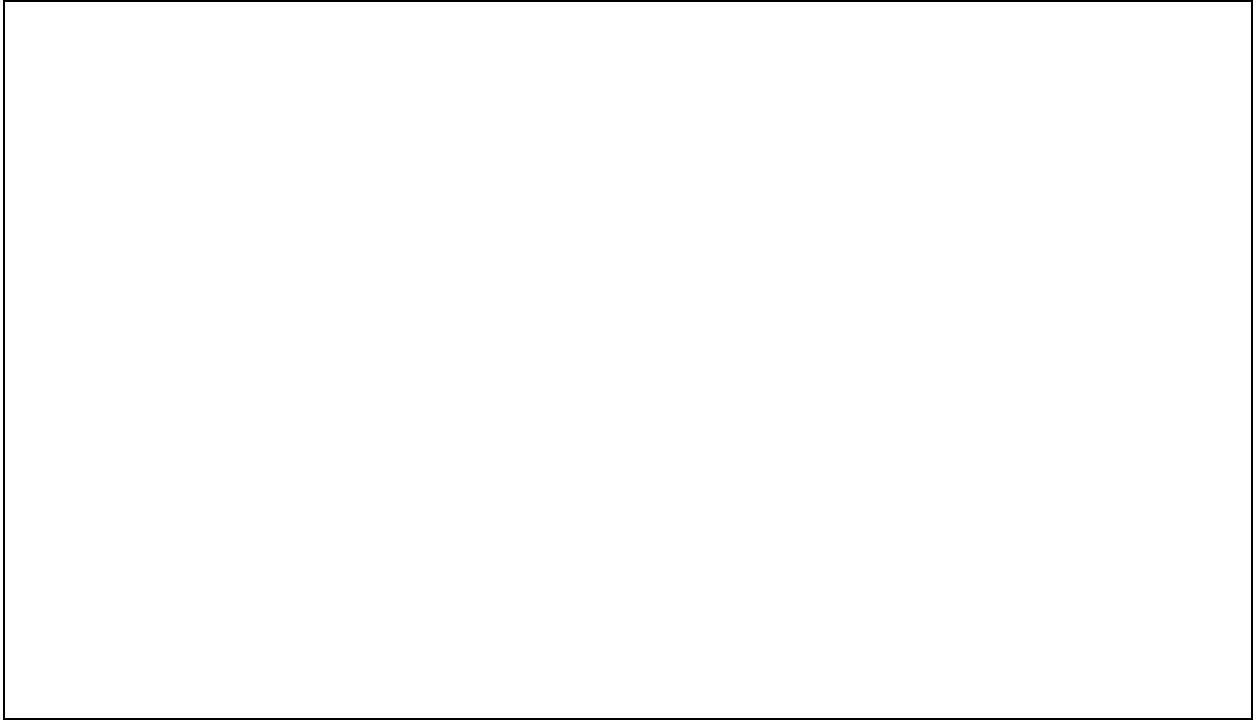
Day # 28 / Date: \_\_\_\_\_

## MUSINGS

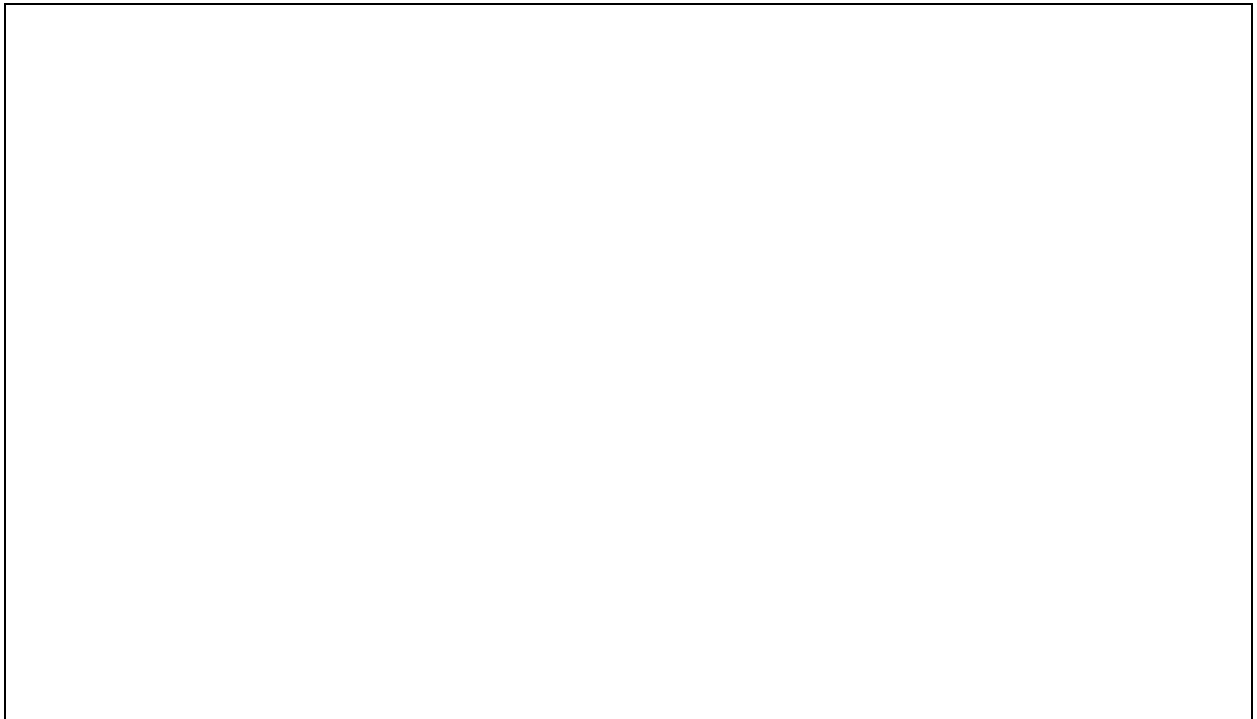
The deepest craving of human nature is the need to be appreciated.

*~William James*

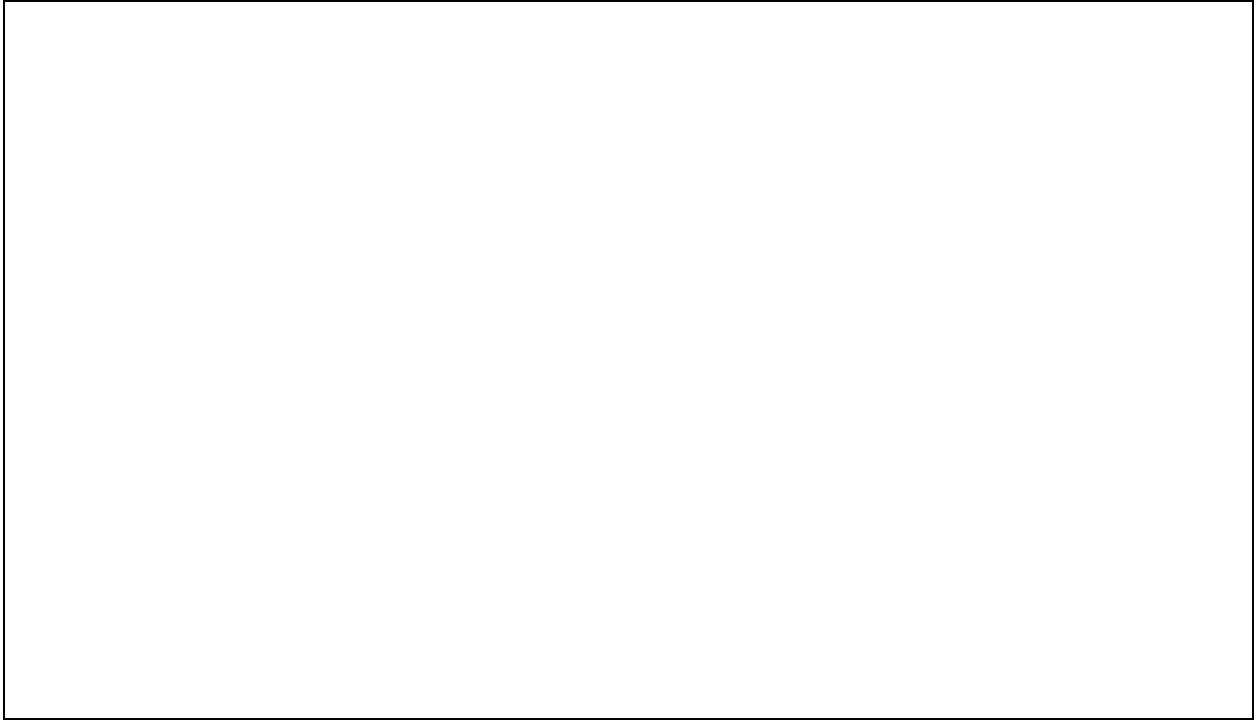
Things I am grateful for today

A large, empty rectangular box with a thin black border, intended for writing a list of things one is grateful for today.

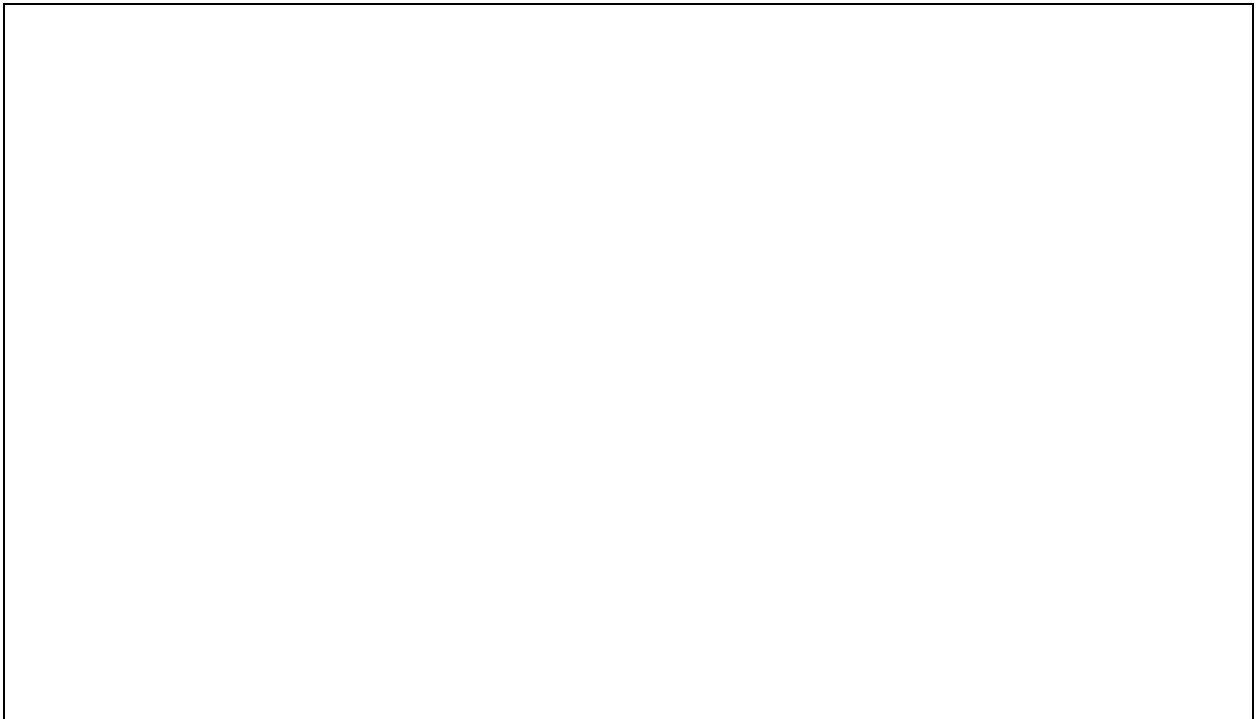
People I wish to thank today

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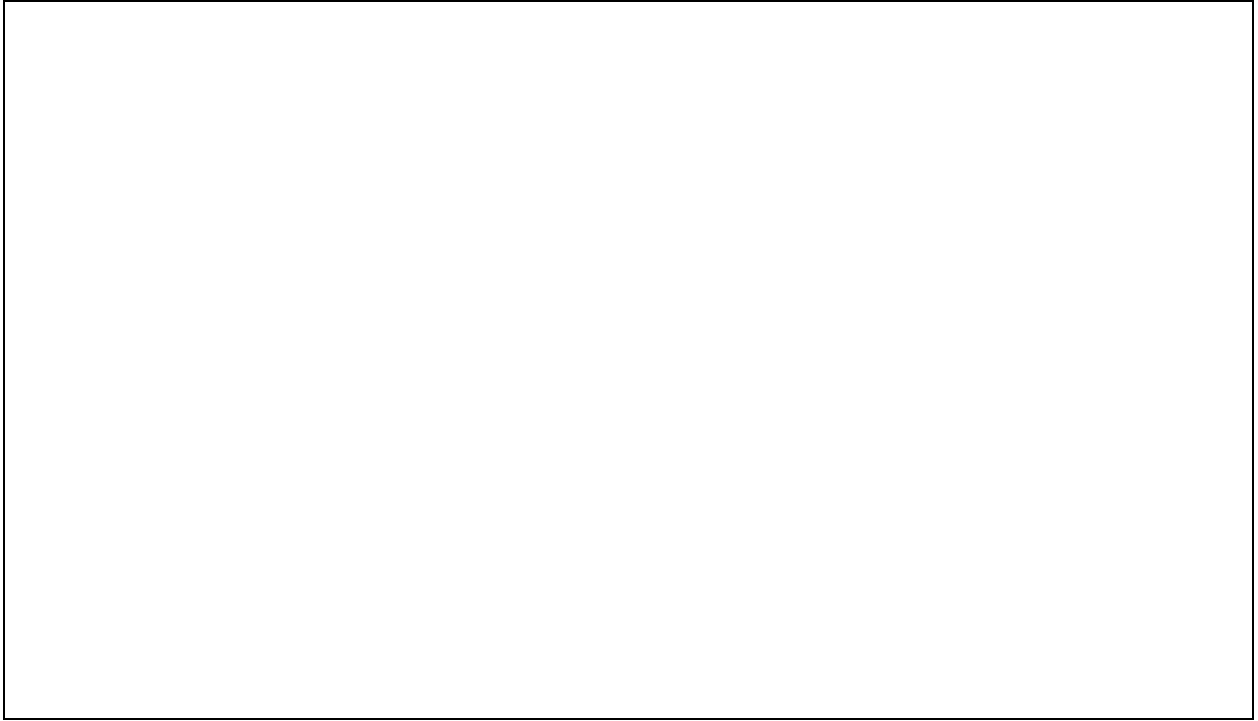
Joyful moments I want to celebrate today

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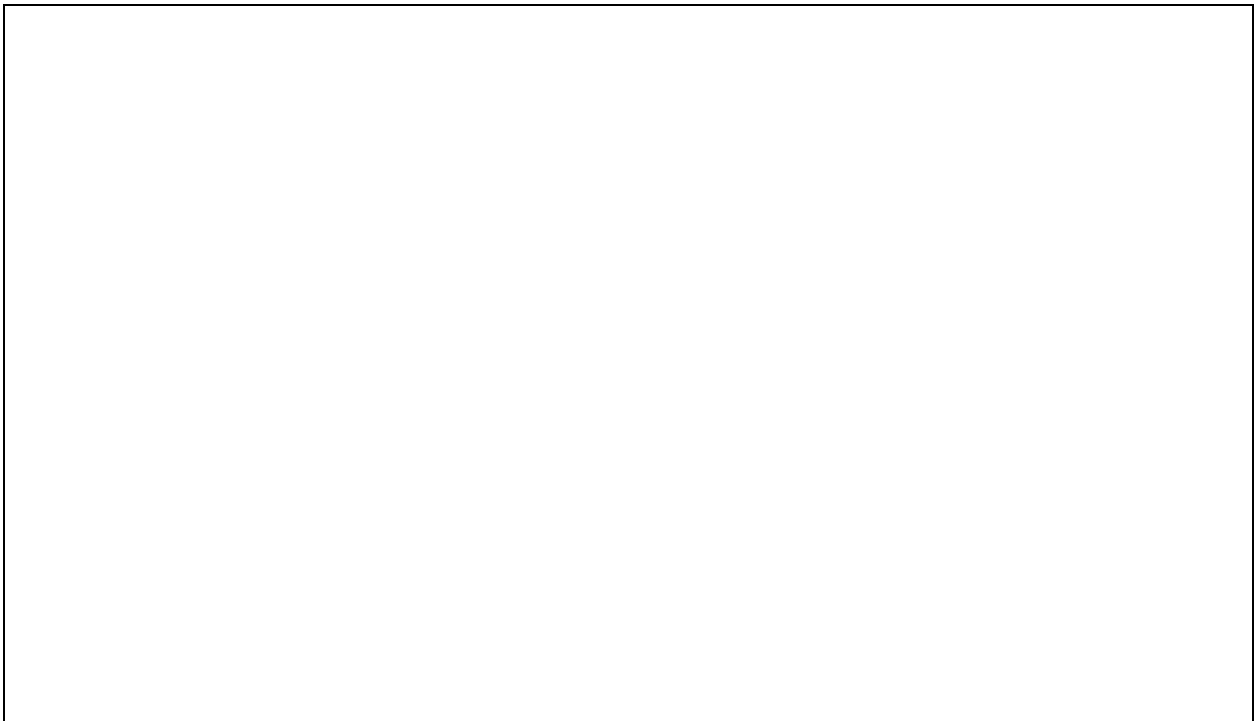
Lessons I am thankful to have learned today

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Concrete steps to express my gratitude today

A large, empty rectangular box with a thin black border, intended for writing down concrete steps to express gratitude today.

Pleasant surprises today!

A large, empty rectangular box with a thin black border, intended for writing down pleasant surprises from today.



*Wear  
gratitude like a cloak*

and it will feed  
*every corner of your life.*

~Rumi

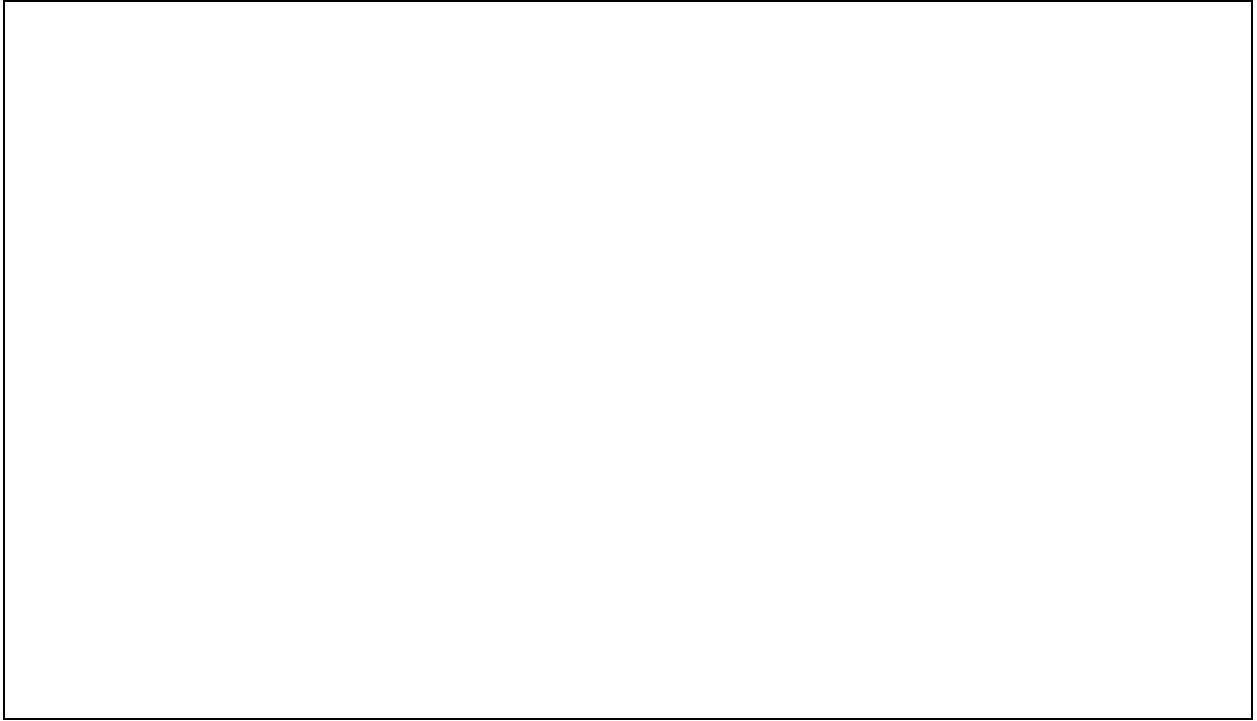
Day # 29 / Date: \_\_\_\_\_

## MUSINGS

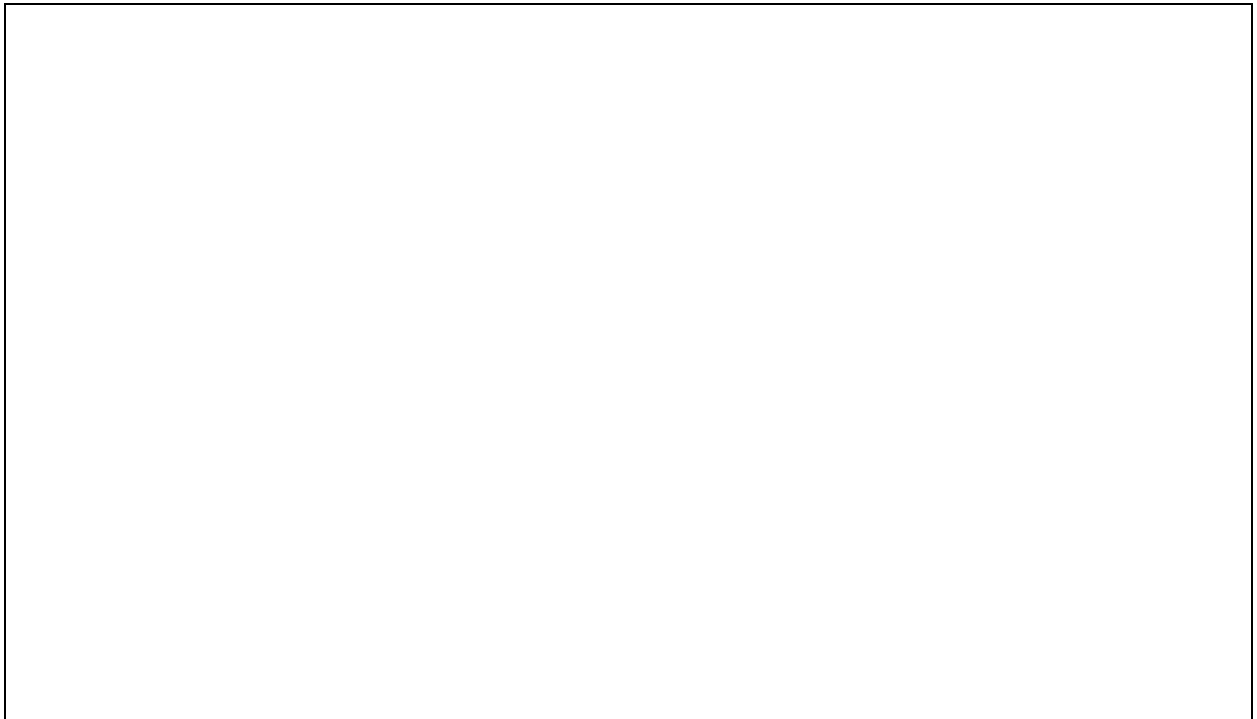
Happiness is itself a kind of gratitude.

~Joseph Wood Krutch

Things I am grateful for today

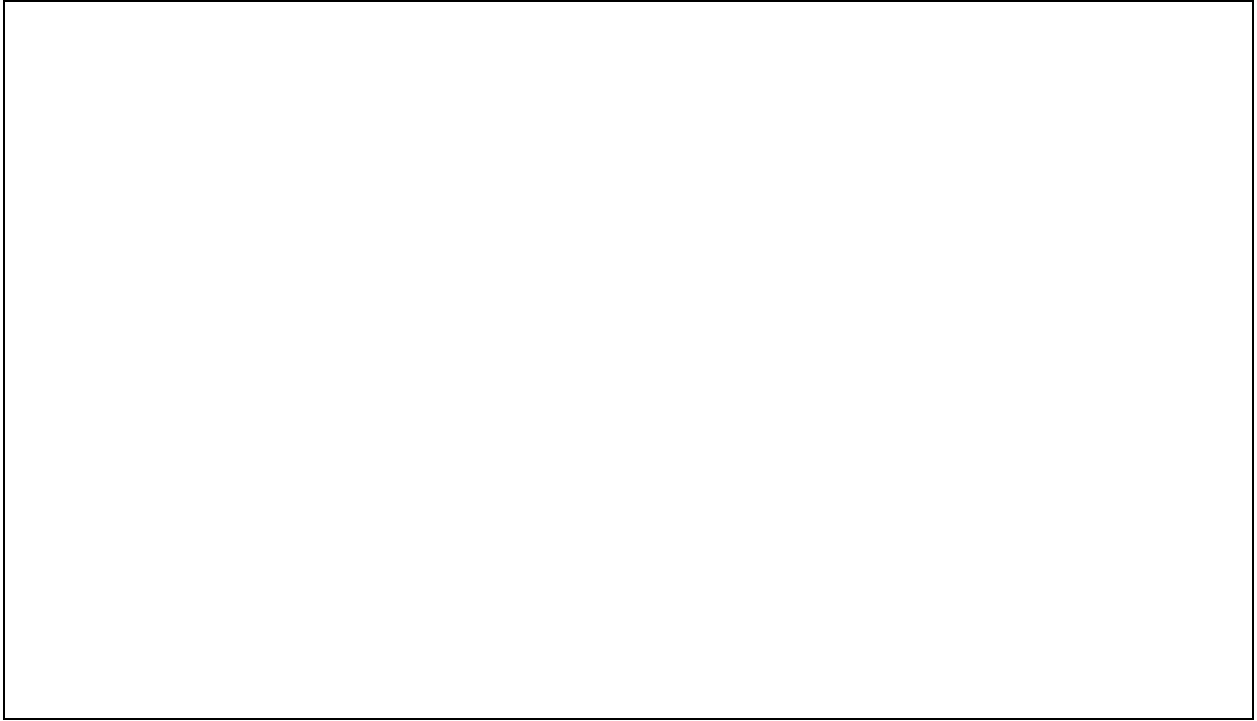
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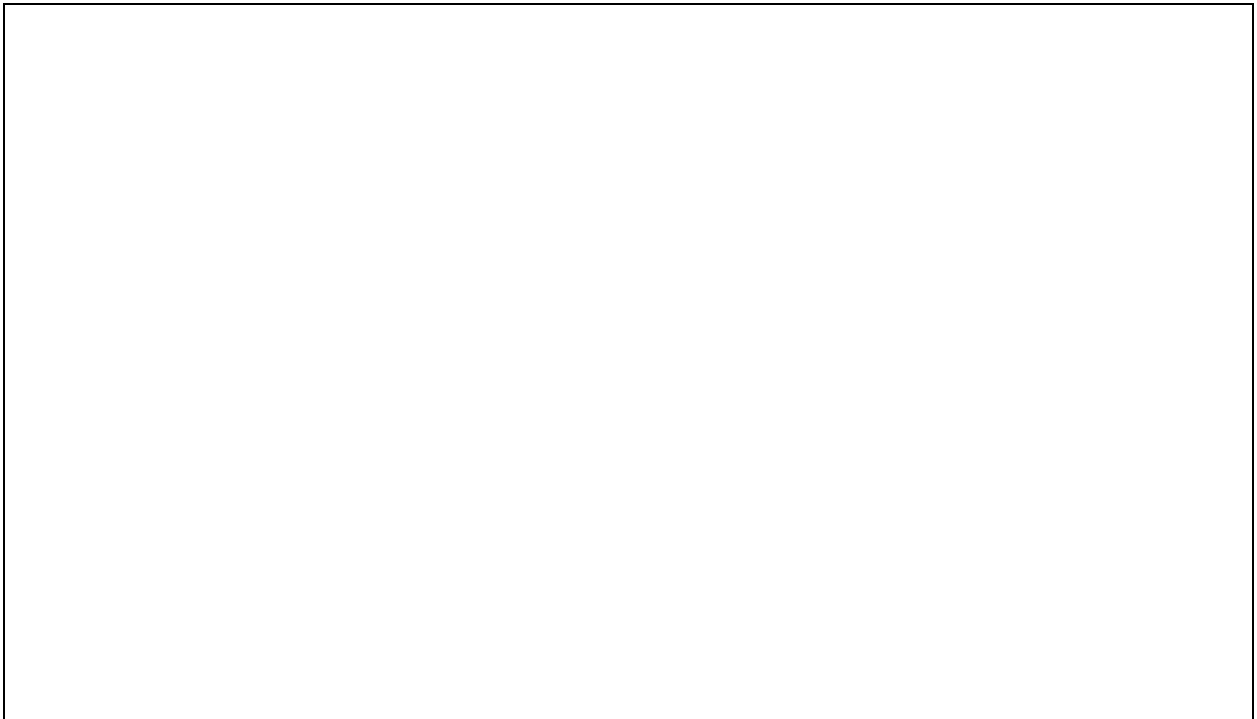
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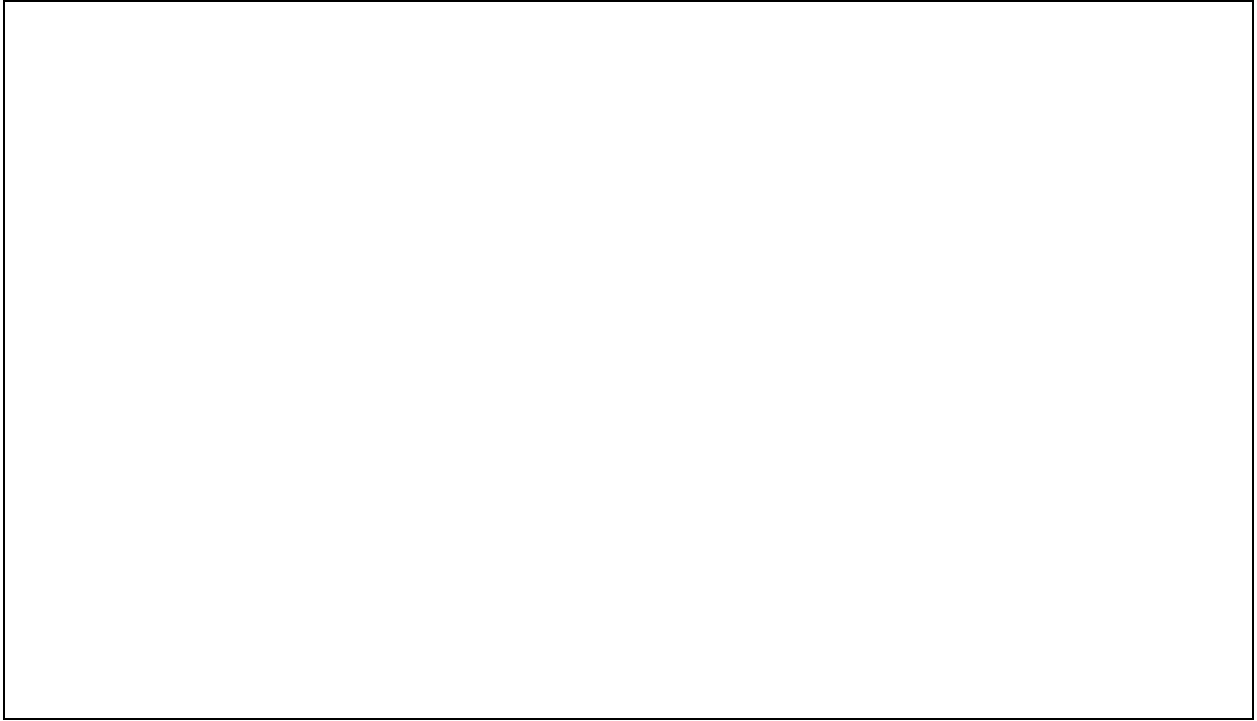
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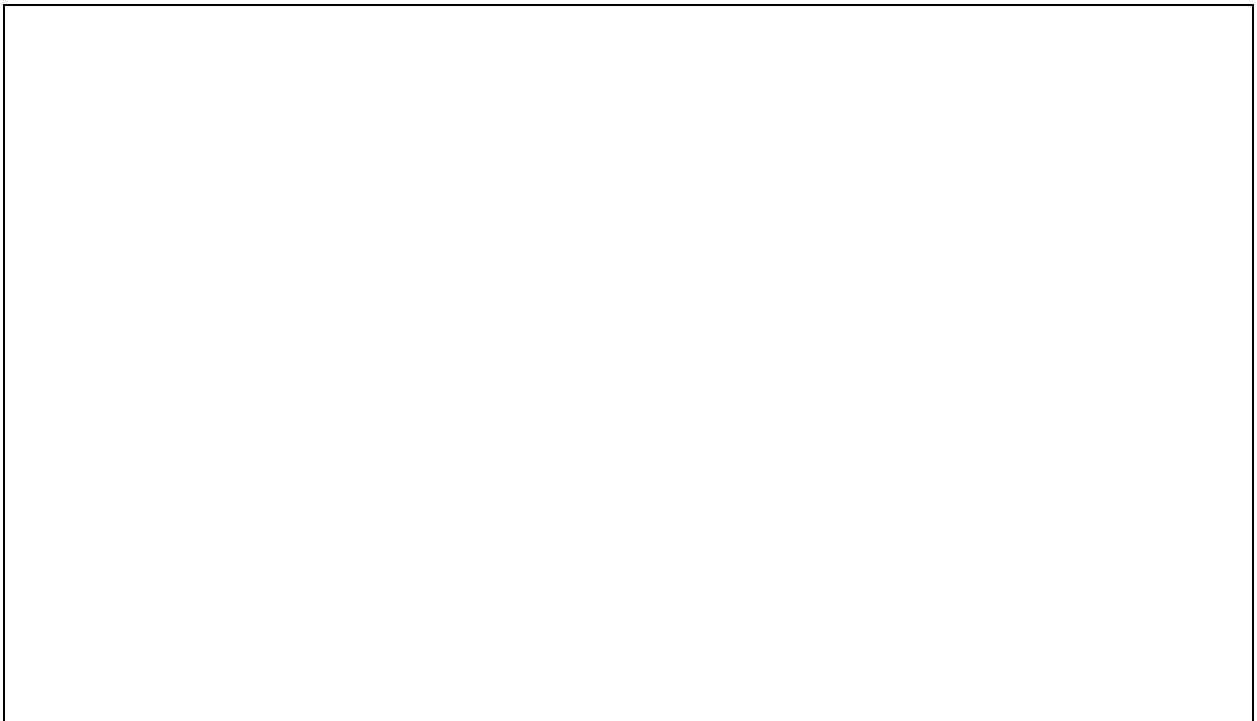
Lessons I am thankful to have learned today

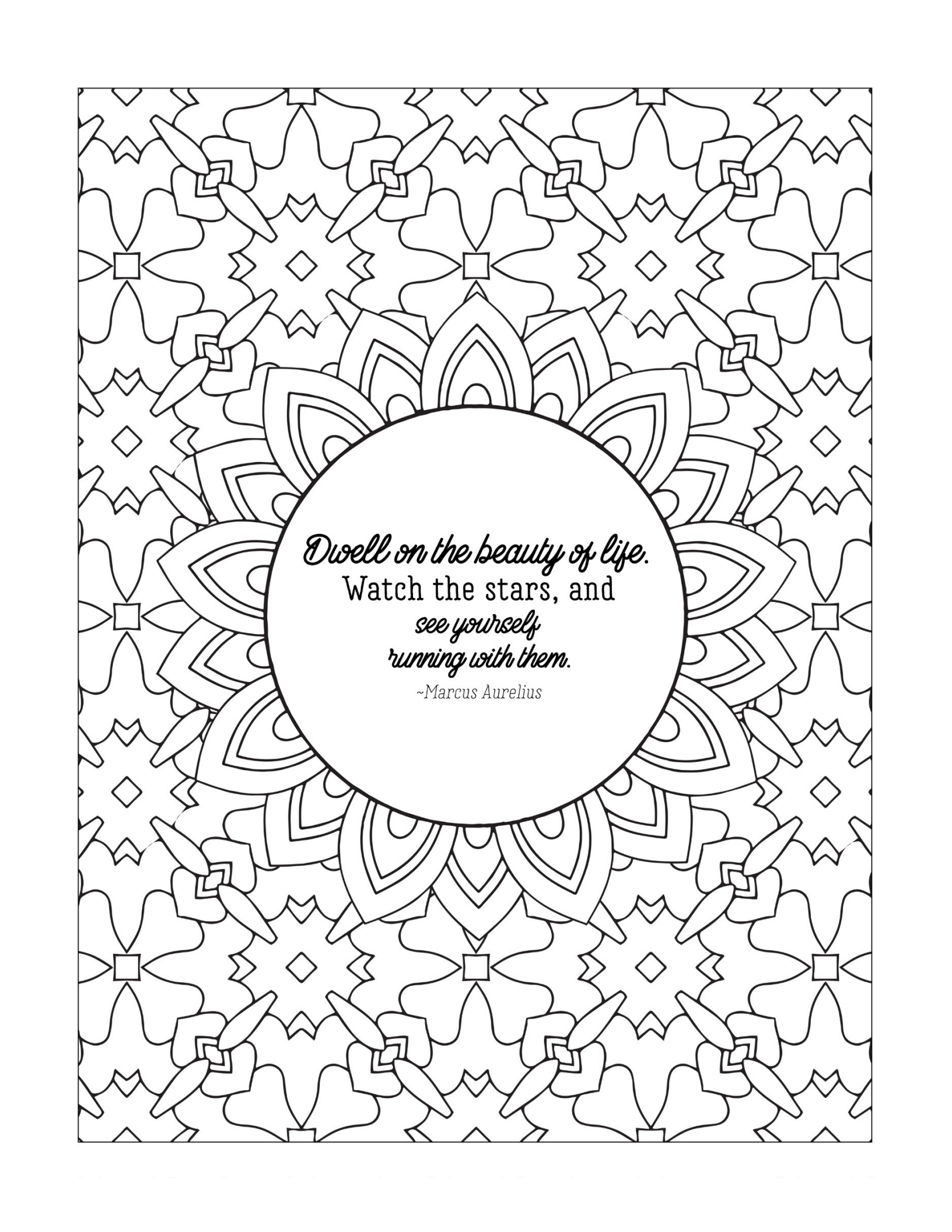
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Concrete steps to express my gratitude today

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Pleasant surprises today!

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*Dwell on the beauty of life.*  
Watch the stars, and  
*see yourself*  
*running with them.*  
~Marcus Aurelius

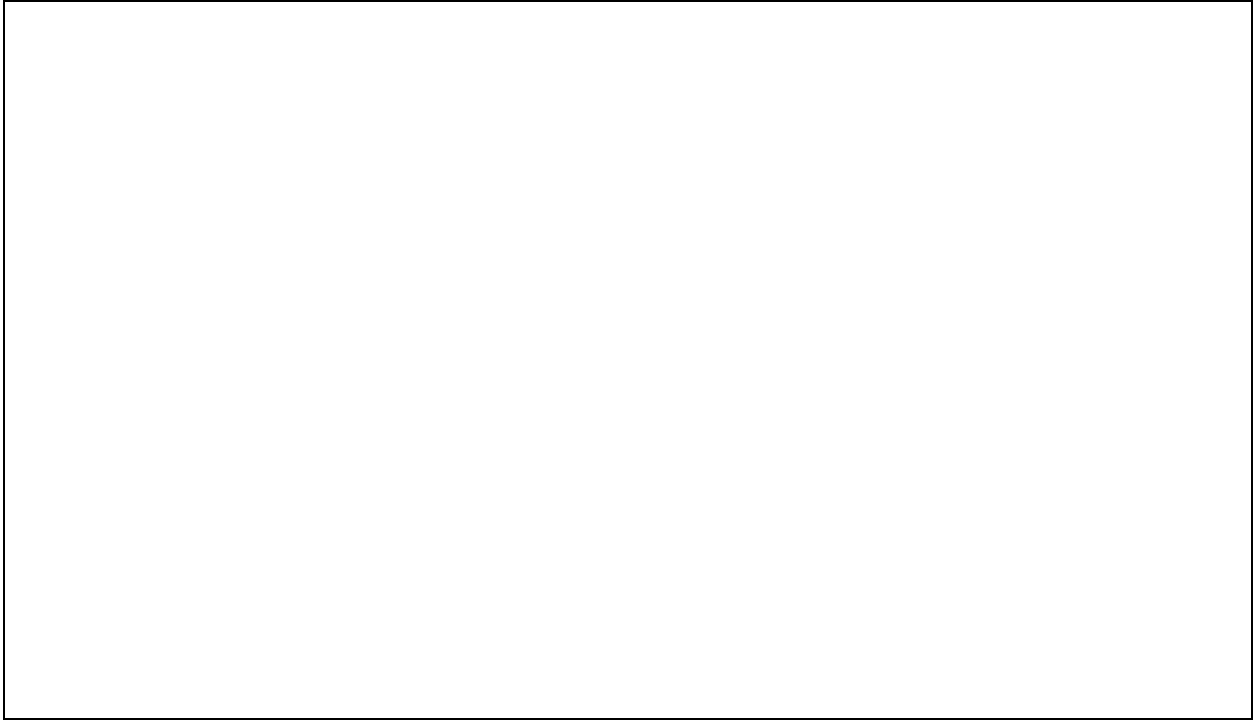
Day # 30 / Date: \_\_\_\_\_

## MUSINGS

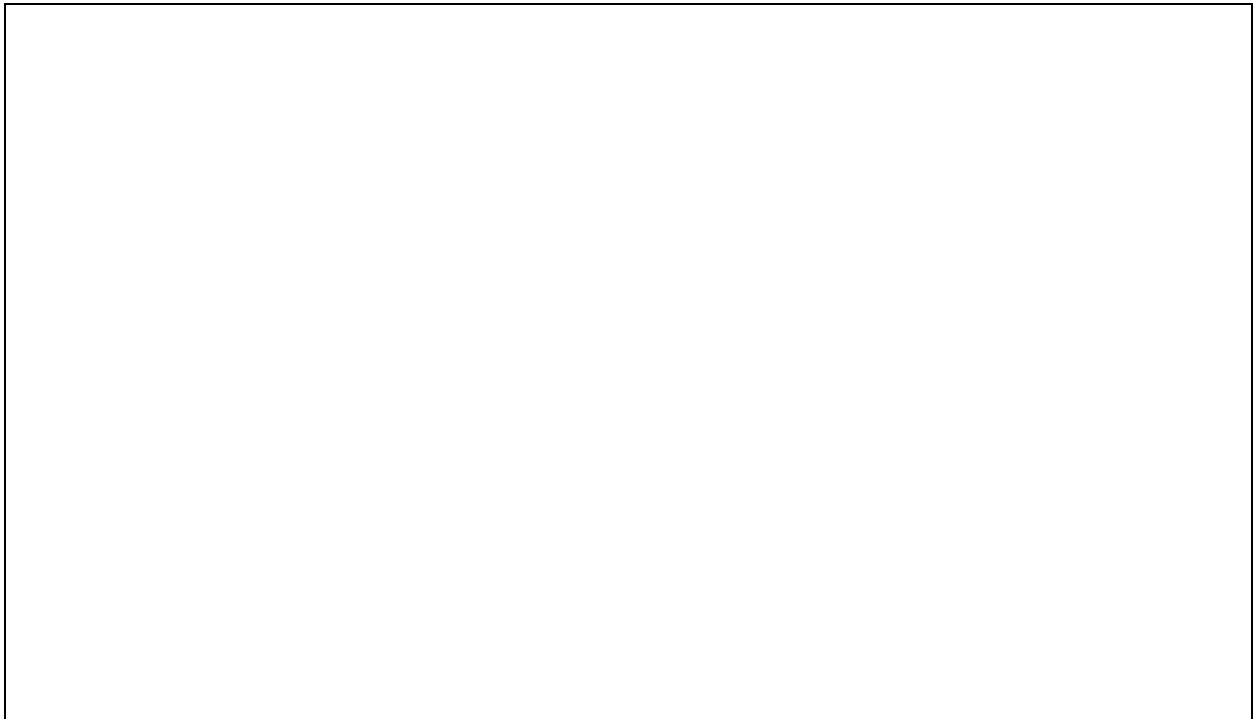
Joy is the simplest form of gratitude.

*~Karl Barth*

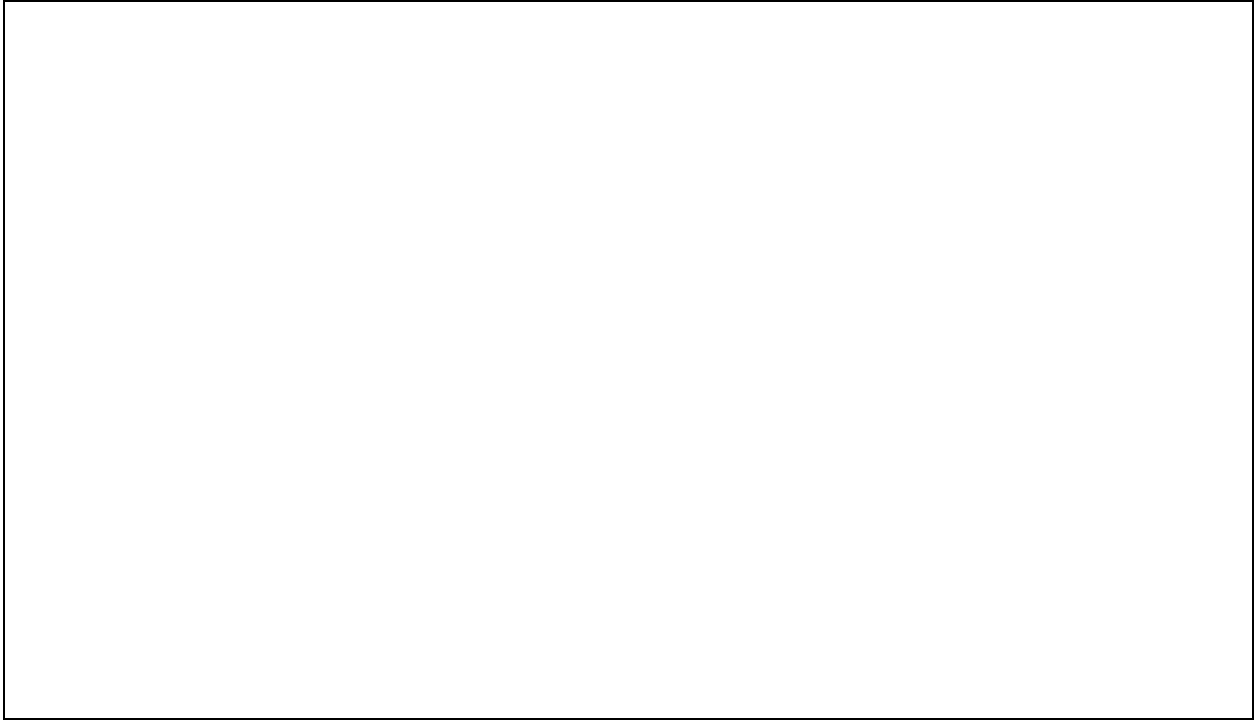
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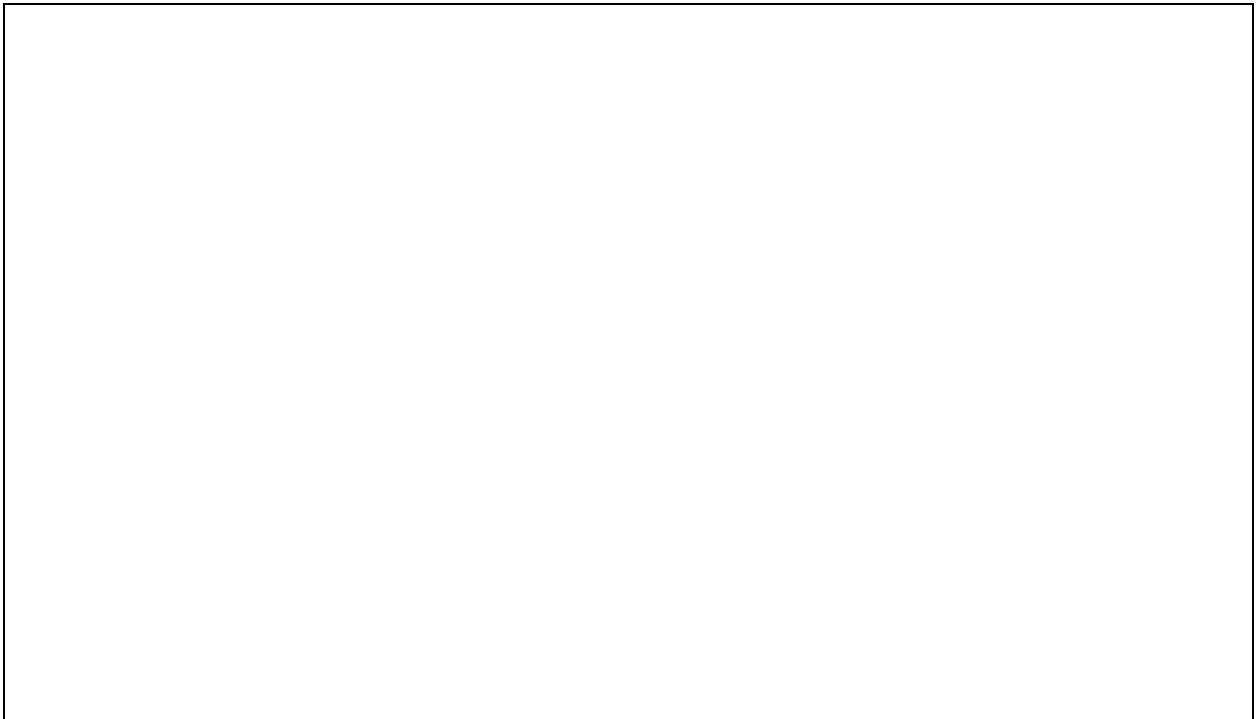
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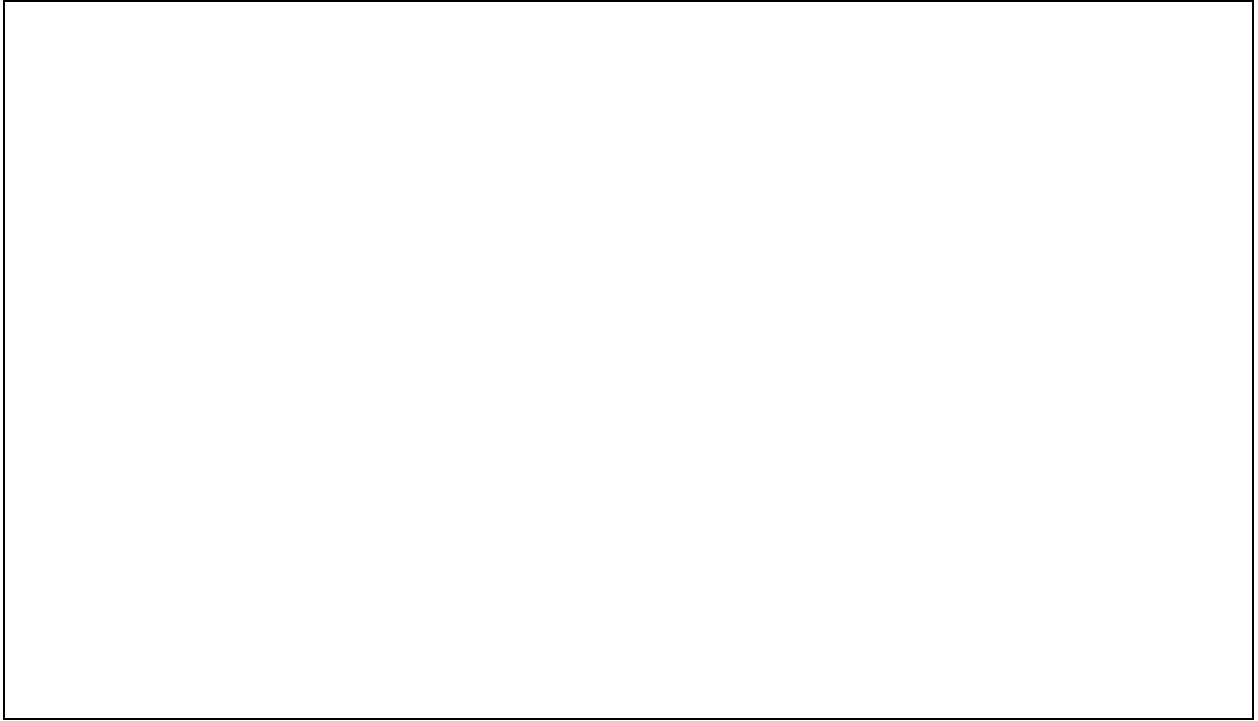
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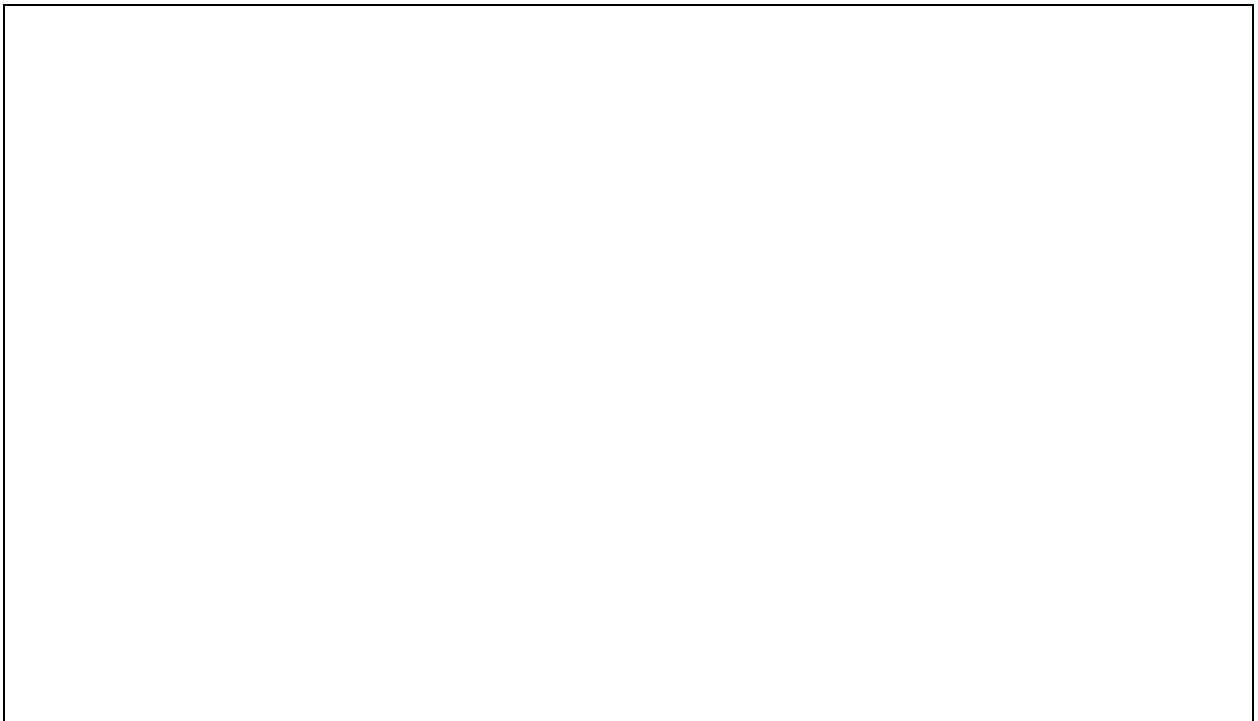
Lessons I am thankful to have learned today

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Concrete steps to express my gratitude today

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Pleasant surprises today!

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*A sense of  
blessedness comes from  
A CHANGE OF HEART,  
not from more blessings.*

~MASON COOLEY

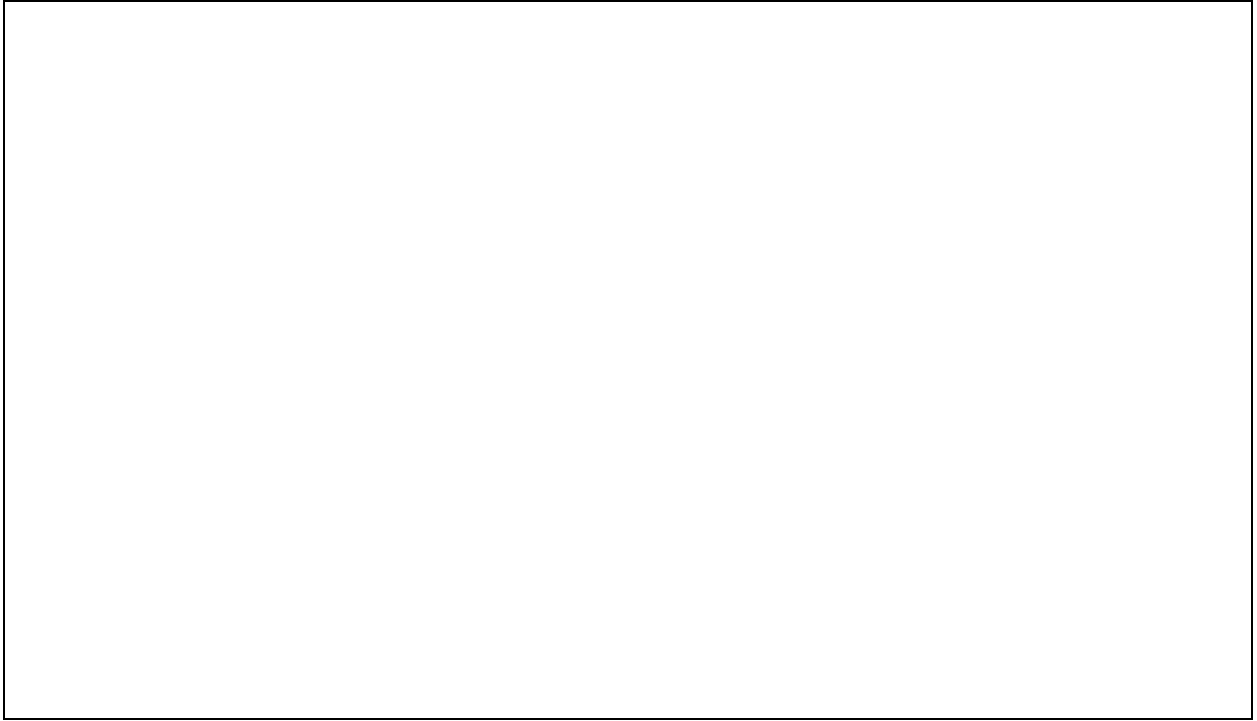


Day # 31 / Date: \_\_\_\_\_

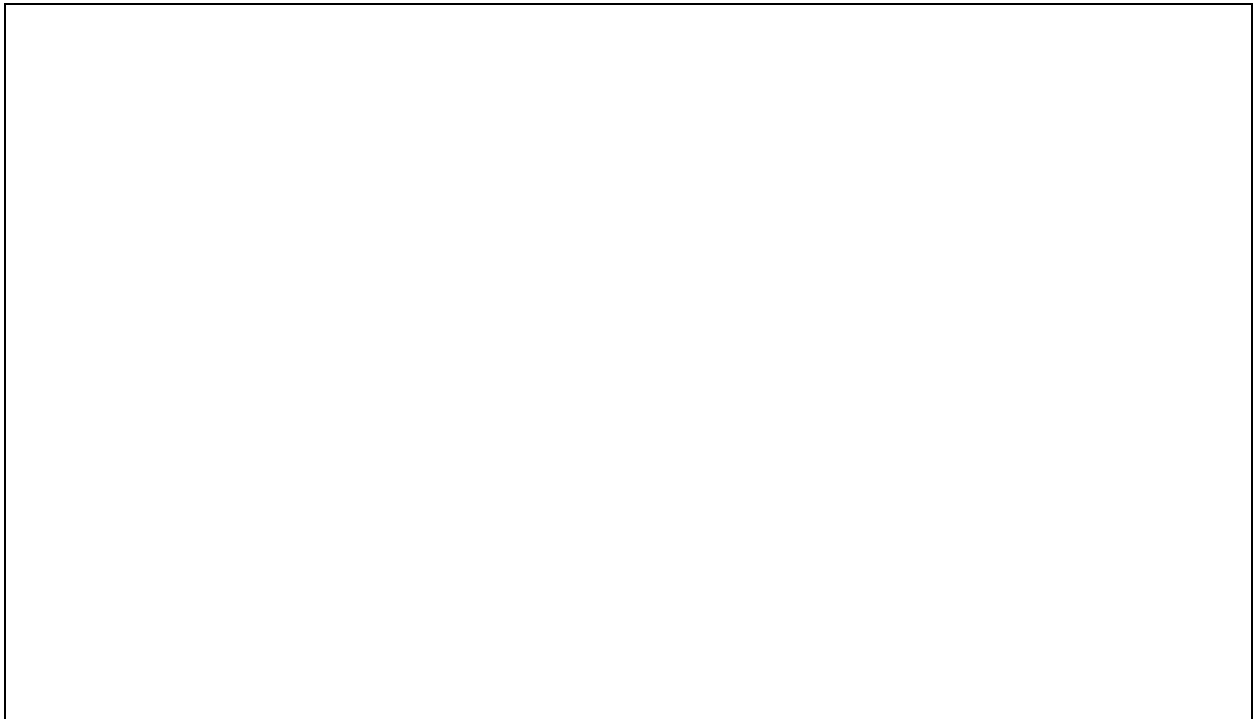
Stop now. Enjoy the moment. It's now or never.

*~ Maxime Lagacé*

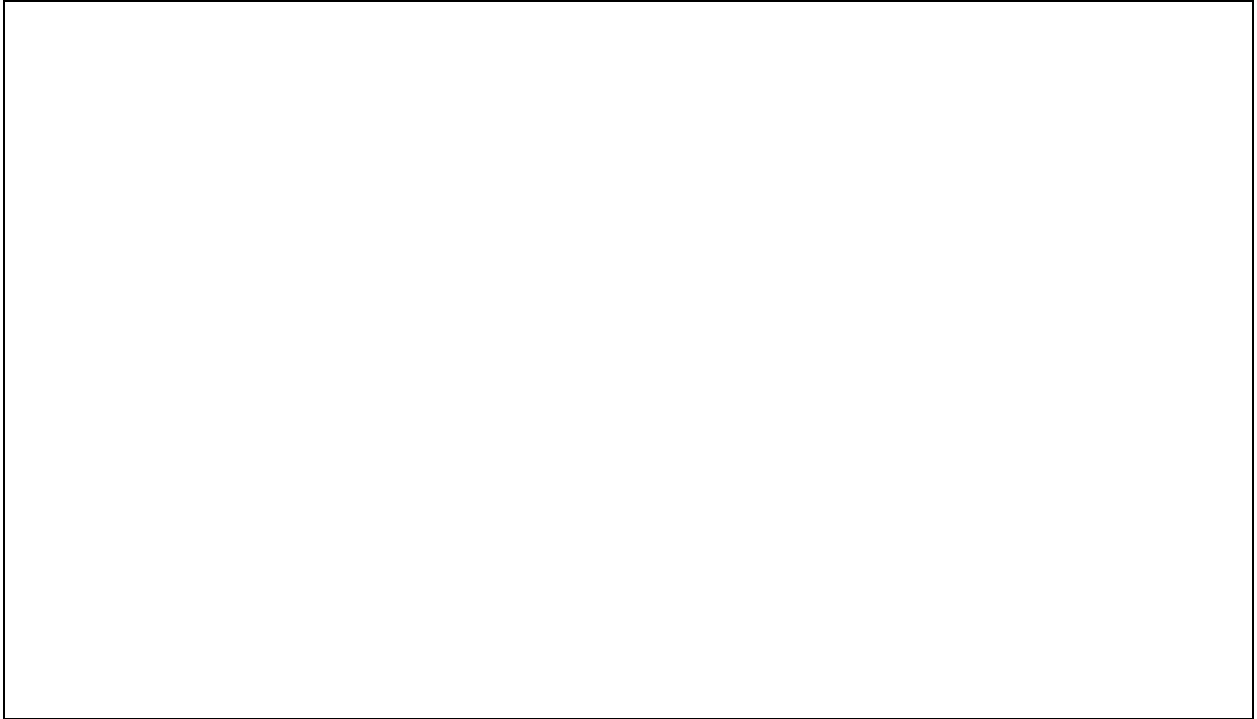
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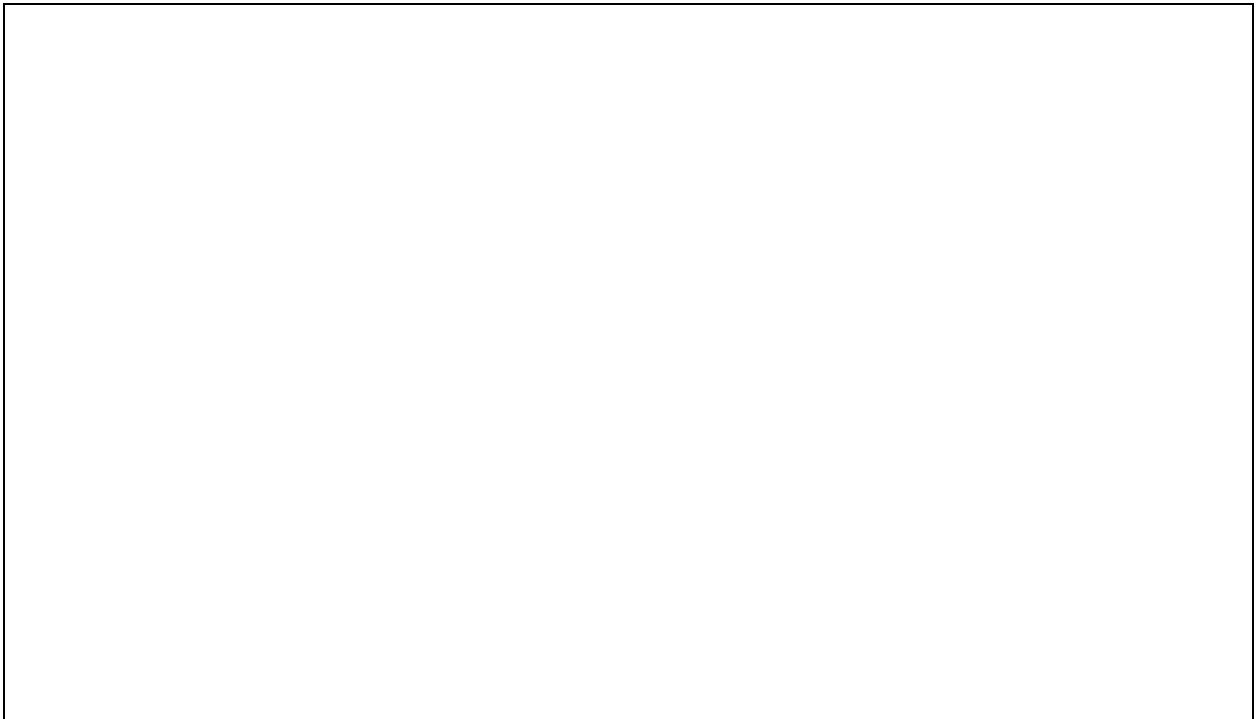
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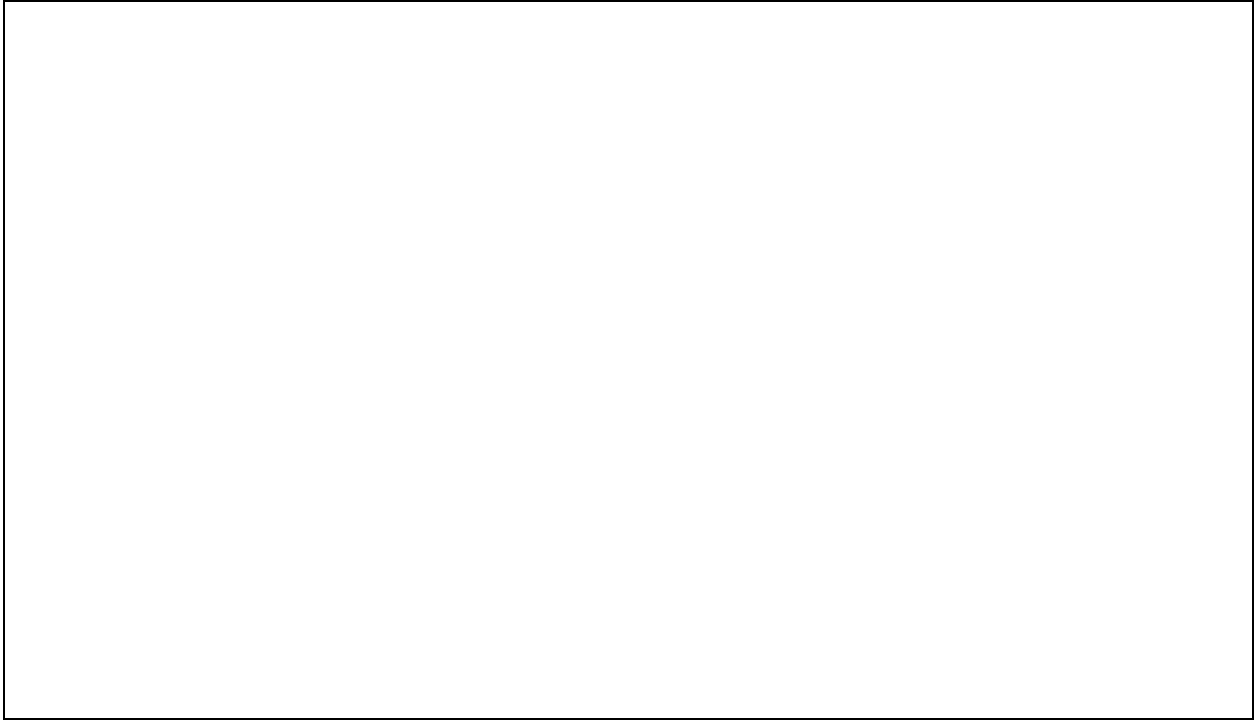
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Concrete steps to express my gratitude today

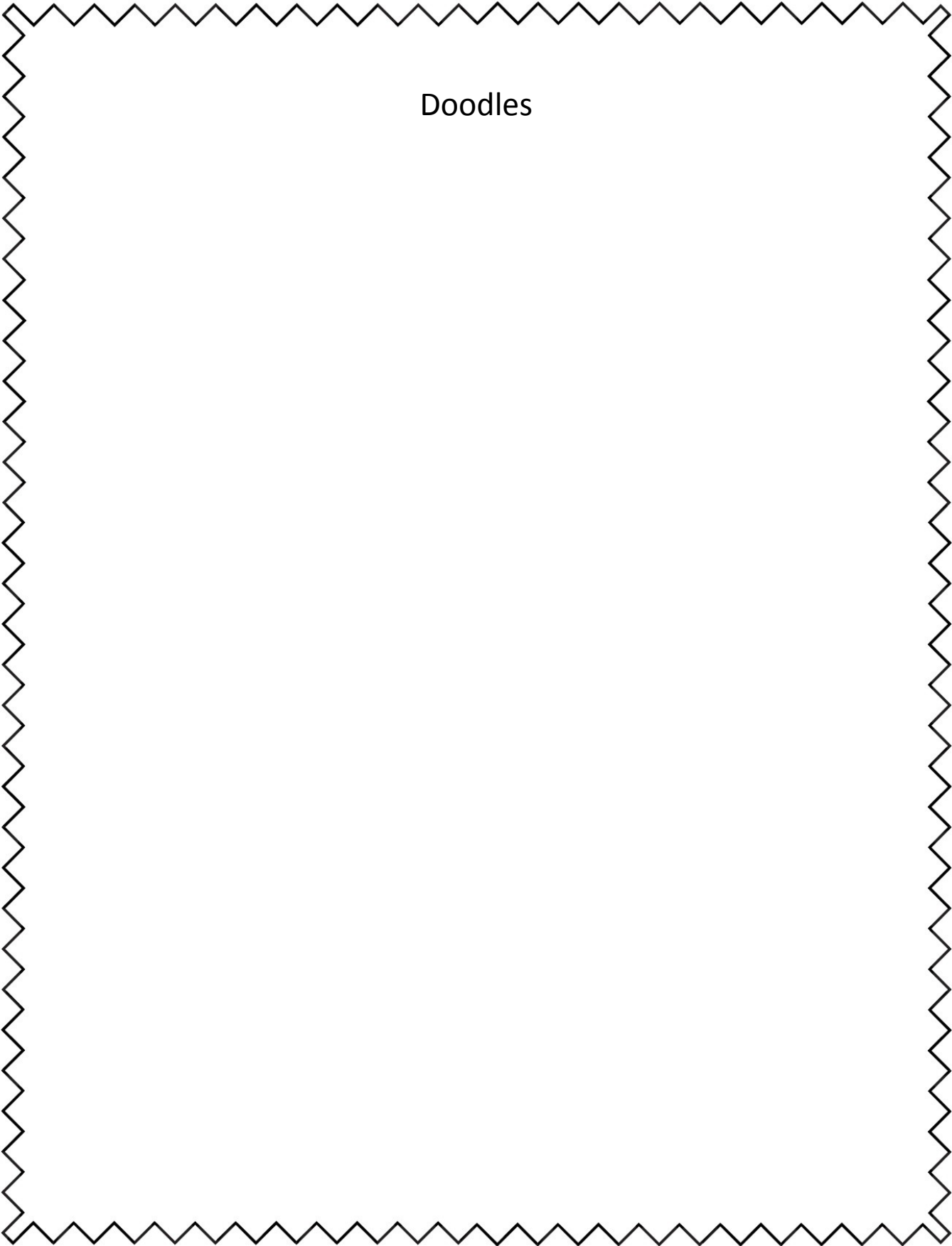
A large, empty rectangular box with a thin black border, intended for writing down concrete steps to express gratitude today.

Pleasant surprises that I got today!

A large, empty rectangular box with a thin black border, intended for writing down pleasant surprises that were received today.

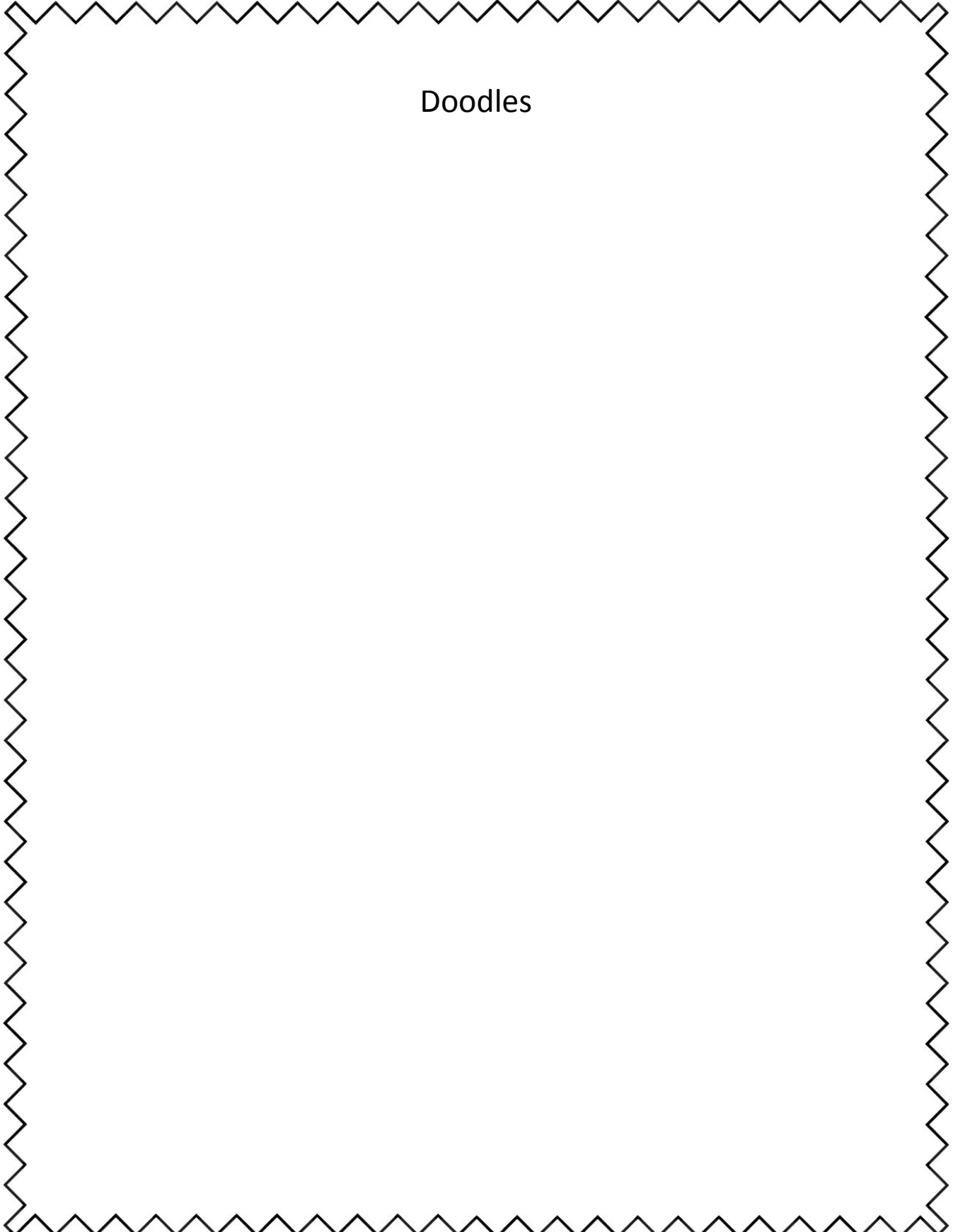


Doodles



Doodles





Doodles



Notes



Notes



Notes



Notes