



Gratitude Journal / Diary ~ Yearly©

by Tina J Costello

**No duty is more urgent than that of returning thanks.
James Allen (1864 - 1912)**

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What is a Gratitude Journal?

A Gratitude Journal is a blank notebook, or diary like this one, where you write lists of short sentences – or even single words - describing things for which you are grateful for that day. Every night, before you go to bed, you take about three minutes to write down a list of five things. Some days, you might be feeling particularly abundant, and those five things just fly onto the page. Some days, it might feel like you can't think of even two things. It is these days when you remember how amazing it is that you even have a roof over your head, or food to eat. That is when you remember your cat or dog (again) and the fact that you have hot water for a bath or clean water to drink. No matter what you are feeling, you must find time to write down these five things **every single night without fail**. They don't always have to be new and different things, especially at the beginning of your Gratitude Journal experience, or at the end of a particularly hard day. Actually it is more important to complete your Gratitude Journal on those trying days. It is then when you will discover that there is always something to which you can be grateful.

What happens to you when you write in your Gratitude Journal every night?

My experience is that when I write out the things I am grateful for every night, I become more in aware of my surroundings throughout the next day. It's like turning on an inner-switch that sets your awareness to look for material to enter into your Gratitude Journal each night. So you might be driving the next day and see someone walking their dog. I always delight in how happy dogs look when they are taken out for a walk. I don't think I have ever seen one without a smile on its face and this always puts a smile on my face. When I see this, I make a mental note to include it that evening in my Gratitude Journal.

Recently I was in a queue at a discount shop and had lots of small purchases and several questions. The store owner took his time to explain everything in such detail to me that I thought I must have been the only person in the queue. When I picked up all my bags I noticed a lady who had been standing quietly behind me, and must have been standing there waiting for some time. She had one item in her hand and

\$1 in the other hand. I immediately thought of all the people I had witnessed in the past with only one item who just threw the dollar at shop assistants and rudely stormed out of shops. I apologised to this kind lady for keeping her waiting and complimented her on her patience and kindness. I also remarked that with Christmas approaching I hoped that everyone would be as courteous as she had been during the mad pre-Christmas shopping frenzy. She seemed honestly surprised that I would take the time to thank her, and I entered my experience in my Gratitude Journal, and if she had one too I would imagine she would have also entered it in hers.

Time and patience is something everyone is grateful to receive. I recall a few months ago I had to make a telephone call through a very busy call centre. Just like everyone, I was kept on hold for some time before my call progressed to the front of the queue. My question wasn't one of high importance and I managed to continue to work while I waited. When an operator eventually got to my call I commented on how busy her day must be as I had been on hold for so long, and that I appreciated how friendly and polite she was under all the obvious stress of her job. I then proceeded with my query. Imagine my surprise when a few weeks later I read a letter to the editor of a woman's magazine written by the call centre operator recounting our exact telephone conversation and how much it had meant to her day. If she didn't have a Gratitude Journal to write this experience, she wrote it to this magazine instead. It made me smile when I read it and I wrote both experiences in my Gratitude Journal.

So keeping a Gratitude Journal not only makes you aware of things around you which you are grateful of experiencing, but also makes you more aware of things others would be grateful to receive, even if it is only a kind and courteous remark or the gift of a smile during a potentially stressful situation.

The fact that you have this heightened awareness dramatically improves your quality of life. You almost become a gratitude magnet and notice wonderful things all around you. The beauty of life is that these things would have been happening around you all the time anyway, but now you have the heightened awareness to look for them and record them in your Gratitude Journal later. Isn't that wonderful!

You see these entries don't have to be of world shattering importance and they don't even have to be long stories. You will discover that one short sentence – or even a single word - will bring the experience back to mind, and as this journal is for your personal use only, this is all that really matters; that YOU remember the experience.

But first you have to learn how to be grateful for all you have already. These first entries may be your hardest. But as you get into the swing of things, and become



more in tune with your environment, you will discover things everywhere. People will magically start to relate differently towards you and your days will be filled with happy experiences replacing former more self-centred experiences which could have resulted in frustration, anger and grief.

As I explain in my free video, **Our Perception of Reality**, the world is a completely different place to everyone who experiences it. Those who only look for the bad around them will only find the bad. On the other hand, people who only look around themselves for things to be grateful for will be amazed at the wonderful things they will discover throughout their days.

I have scattered throughout this Gratitude Journal a selection of wonderful gratitude quotes to inspire you along your way. I recommend you print out your copy of this Gratitude Journal onto both sides of A4 paper and keep them safely in a little folder in your bedroom. This way it will be ready for you to use at any time. Experience has taught me that if it is printed out daily or weekly, the chore of the printing can often bring the entire journal entries to a standstill. But if everything is sitting there waiting for use, you will find how much you really look forward to this part of your day. It will become a wonderful habit which can change lives.

You can also start your Gratitude Journal at any time during the year, or give it as a gift at any time during the year. It will enrich the lives of anyone – young or old. Like any new habit the only thing required from you is to take the first step and make your first entries.

I look forward to hearing from all who have discovered how using this Gratitude Journal has enriched their lives. I know that I am very grateful for the skills I have developed and for everyone who uses and enjoys the things I produce.

I hope that you will share this Gratitude Journal with everyone and anyone. **The only thing I ask you is not to alter any of the contents.**



Thank you
Tina

Tina J Costello – NLP Masters, Advanced Clinical Hypnotherapist, DTAS
- Author, Counsellor, Coach, & Training Provider

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NOTES



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31 Monday **Today I am grateful for:**

1 Tuesday **Today I am grateful for:**

Month: _____ Gratitude Journal from TheUniverseWithinUs.com

4 Friday **Today I am grateful for:**

5 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday **6**



"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

Month: _____

7 Monday **Today I am grateful for:**

8 Tuesday **Today I am grateful for:**

Gratitude Journal from TheUniverseWithinUs.com Month: _____

Today I am grateful for:

Wednesday

9

Today I am grateful for:

Thursday

10

Month: _____

11 Friday **Today I am grateful for:**

12 Saturday **Today I am grateful for:**

Gratitude Journal from TheUniverseWithinUs.com Month: _____

Today I am grateful for:

Sunday **13**



“Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.”

— Marcel Proust

14 Monday **Today I am grateful for:**

15 Tuesday **Today I am grateful for:**

Gratitude Journal from TheUniverseWithinUs.com Month: _____

Today I am grateful for:

Wednesday **16**

Today I am grateful for:

Thursday **17**

Month: _____

18 Friday **Today I am grateful for:**

19 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday **20**



"True forgiveness is when you can say, "Thank you for that experience."

— Oprah Winfrey

21 Monday **Today I am grateful for:**

22 Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday **23**

Today I am grateful for:

Thursday **24**

Today I am grateful for:

Sunday **27**



“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”

— Ralph Waldo Emerson

Month: _____

28

Monday **Today I am grateful for:**

29

Tuesday **Today I am grateful for:**

Gratitude Journal from TheUniverseWithinUs.com Month: _____

Today I am grateful for:

Wednesday **30**

Today I am grateful for:

Thursday **31**

Today I am grateful for:

Sunday

3



“If the only prayer you said was thank you, that would be enough.”

— Meister Eckhart

Month: _____

4

Monday **Today I am grateful for:**

5

Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday

6

Today I am grateful for:

Thursday

7

Month: _____

8

Friday **Today I am grateful for:**

9

Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday **10**



“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

Month: _____

15 Friday **Today I am grateful for:**

16 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday **17**



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

— John F. Kennedy

18 Monday **Today I am grateful for:**

19 Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday **20**

Today I am grateful for:

Thursday **21**

Month: _____

22 Friday **Today I am grateful for:**

23 Saturday **Today I am grateful for:**

Today I am grateful for:

Wednesday **27**

Today I am grateful for:

Thursday **28**

Month: _____

1 Friday **Today I am grateful for:**

2 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday

3

Multiple horizontal lines for writing a gratitude entry.



“God gave you a gift of 86 400 seconds today. Have you used one to say thank you ”

— William Arthur Ward

4 Monday **Today I am grateful for:**

5 Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday

6

Today I am grateful for:

Thursday

7

8 Friday **Today I am grateful for:**

9 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday **10**



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

— William Arthur Ward

Month: _____

11 Monday **Today I am grateful for:**

12 Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday 13

Today I am grateful for:

Thursday 14

Month: _____

15 Friday **Today I am grateful for:**

16 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday 17



“Got no checkbooks, got no banks. Still I'd like to express my thanks - I've got the sun in the mornin' and the moon at night.”

— Irving Berlin

Month: _____

18 Monday Today I am grateful for:

19 Tuesday Today I am grateful for:

Today I am grateful for:

Wednesday **20**

Today I am grateful for:

Thursday **21**

22 Friday **Today I am grateful for:**

23 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday 24



“The unthankful heart discovers no mercies; but the thankful heart will find, in every hour, some heavenly blessings.”

— Henry Ward Beecher

Today I am grateful for:

Wednesday **27**

Today I am grateful for:

Thursday **28**

Month: _____

29

Friday **Today I am grateful for:**

30

Saturday **Today I am grateful for:**

Gratitude Journal from TheUniverseWithinUs.com Month: _____

Today I am grateful for:

Sunday 31



“An attitude of gratitude brings great things.”

— Yogi Bhanjan

1 Monday **Today I am grateful for:**

2 Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday

3

Today I am grateful for:

Thursday

4

Today I am grateful for:

Sunday

7



“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.”

— William Arthur Ward

8

Monday **Today I am grateful for:**

9

Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday **10**

Today I am grateful for:

Thursday **11**

Today I am grateful for:

Sunday **14**



“Take full account of what Excellencies which you possess, and in gratitude remember how you would hanker after them, if you had them not.”

— Marcus Aurelius

Month: _____

15 Monday **Today I am grateful for:**

16 Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday **17**

Today I am grateful for:

Thursday **18**

19 Friday **Today I am grateful for:**

20 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday **21**



“At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”

— Albert Schweitzer

22 Monday **Today I am grateful for:**

23 Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday 24

Today I am grateful for:

Thursday 25

Month: _____

26 Friday **Today I am grateful for:**

27 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday **28**



“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”

— Albert Einstein

Today I am grateful for:

Wednesday

1

Today I am grateful for:

Thursday

2

Month: _____ Gratitude Journal from TheUniverseWithinUs.com

3 Friday **Today I am grateful for:**

4 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday

5



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

— Chinese Proverb

6 Monday **Today I am grateful for:**

7 Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday

8

Today I am grateful for:

Thursday

9

Month: _____

10 Friday **Today I am grateful for:**

11 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday 12



“But the value of gratitude does not consist solely in getting you more blessings in the future. Without gratitude you cannot long keep from dissatisfied thought regarding things as they are.”

— Wallace D Wattles

Month: _____ Gratitude Journal from TheUniverseWithinUs.com

17 Friday **Today I am grateful for:**

18 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday 19



“Blessed are those that can give without remembering and receive without forgetting.”

— Author Unknown

Today I am grateful for:

Wednesday 22

Today I am grateful for:

Thursday 23

Month: _____

24

Friday Today I am grateful for:

25

Saturday Today I am grateful for:

Today I am grateful for:

Sunday 26



“Nothing that is done for you is a matter of course. Everything originates in a will for the good, which is directed at you. Train yourself never to put off the word or action for the expression of gratitude.”

— Albert Schweitzer

Today I am grateful for:

Wednesday **29**

Today I am grateful for:

Thursday **30**

Month: _____

31 Friday **Today I am grateful for:**

1 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday

2



“Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes of which all men have some.”

— Charles Dickens

Month: _____

3

Monday **Today I am grateful for:**

4

Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday

5

Today I am grateful for:

Thursday

6

Month: _____

7

Friday **Today I am grateful for:**

8

Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday

9

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“Many people who order their lives rightly in all other ways are kept in poverty by their lack of gratitude.”

— Wallace D Wattles

Month: _____ Gratitude Journal from TheUniverseWithinUs.com

10 Monday **Today I am grateful for:**

11 Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday **12**

Lined area for writing on Wednesday 12.

Today I am grateful for:

Thursday **13**

Lined area for writing on Thursday 13.

Month: _____

14 Friday **Today I am grateful for:**

15 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday 16



“The unthankful heart... discovers no mercies; but let the thankful heart sweep through the day and, as the magnet finds the iron, so it will find, in every hour, some heavenly blessings!”

- Henry Ward Beecher

Today I am grateful for:

Wednesday 19

Today I am grateful for:

Thursday 20

Month: _____

21

Friday **Today I am grateful for:**

22

Saturday **Today I am grateful for:**

Gratitude Journal from TheUniverseWithinUs.com Month: _____

Today I am grateful for:

Sunday **23**



“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

- Author Unknown

24 Monday **Today I am grateful for:**

25 Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday **26**

Today I am grateful for:

Thursday **27**

Today I am grateful for:

Sunday 30



"All that we behold is full of blessings." - William Wordsworth

Month: _____

1

Monday **Today I am grateful for:**

2

Tuesday **Today I am grateful for:**

Gratitude Journal from TheUniverseWithinUs.com Month: _____

Today I am grateful for:

Wednesday

3

Today I am grateful for:

Thursday

4

Month: _____

5 Friday **Today I am grateful for:**

6 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday

7



"Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful."

- Buddha

Month: _____

8

Monday **Today I am grateful for:**

9

Tuesday **Today I am grateful for:**

Gratitude Journal from TheUniverseWithinUs.com Month: _____

Today I am grateful for:

Wednesday **10**

Today I am grateful for:

Thursday **11**

Month: _____

12 Friday **Today I am grateful for:**

13 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday 14



"Train yourself never to put off the word or action for the expression of gratitude."

- Albert Schweitzer

Month: _____

15 Monday **Today I am grateful for:**

16 Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday 17

Lined writing area for Wednesday 17

Today I am grateful for:

Thursday 18

Lined writing area for Thursday 18

Month: _____

19 Friday **Today I am grateful for:**

20 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday **21**



*“For each new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends.”*

- Ralph Waldo Emerson

22 Monday **Today I am grateful for:**

23 Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday 24

Lined area for writing on Wednesday 24.

Today I am grateful for:

Thursday 25

Lined area for writing on Thursday 25.

Month: _____

26

Friday **Today I am grateful for:**

27

Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday 28



“Gratitude is a quality similar to electricity: it must be produced and discharged and used up in order to exist at all.”

- William Faulkner

Today I am grateful for:

Wednesday **31**

Today I am grateful for:

Thursday **1**

Month: _____

2

Friday **Today I am grateful for:**

3

Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday

4

Multiple horizontal lines for writing.



“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.”

- William Arthur Ward

Today I am grateful for:

Wednesday

7

Today I am grateful for:

Thursday

8

Month: _____

9

Friday **Today I am grateful for:**

10

Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday **11**



*“I awoke this morning with devout thanksgiving for my friends,
the old and the new.”*

- Ralph Waldo Emerson

Month: _____

12

Monday **Today I am grateful for:**

13

Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday **14**

Today I am grateful for:

Thursday **15**

Month: _____

16

Friday **Today I am grateful for:**

17

Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday 18



“To educate yourself for the feeling of gratitude means to take nothing for granted, but to always seek out and value the kind that will stand behind the action. Nothing that is done for you is a matter of course. Everything originates in a will for the good, which is directed at you. Train yourself never to put off the word or action for the expression of gratitude.”

- Albert Schweitzer

Today I am grateful for:

Wednesday **21**

Lined area for writing on Wednesday 21.

Today I am grateful for:

Thursday **22**

Lined area for writing on Thursday 22.

Month: _____

23 Friday **Today I am grateful for:**

24 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday 25



“Some people have a wonderful capacity to appreciate again and again, freshly and naively, the basic goods of life, with awe, pleasure, wonder, and even ecstasy.”

- Abraham Maslow

Today I am grateful for:

Wednesday **28**

Today I am grateful for:

Thursday **29**

30 Friday **Today I am grateful for:**

31 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday

1



“Gratefulness is the key to a happy life that we hold in our hands, because if we are not grateful, then no matter how much we have we will not be happy — because we will always want to have something else or something more.”

- Brother David Steindl-Rast

2

Monday **Today I am grateful for:**

3

Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday

4

Today I am grateful for:

Thursday

5

6 Friday Today I am grateful for:

7 Saturday Today I am grateful for:

Gratitude Journal from TheUniverseWithinUs.com Month: _____

Today I am grateful for:

Sunday

8



“But the value of gratitude does not consist solely in getting you more blessings in the future. Without gratitude you cannot long keep from dissatisfied thought regarding things as they are.”

- Wallace D Wattles

Month: _____ Gratitude Journal from TheUniverseWithinUs.com

9 Monday **Today I am grateful for:**

10 Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday **11**

Lined area for writing on Wednesday 11.

Today I am grateful for:

Thursday **12**

Lined area for writing on Thursday 12.

Month: _____

13 Friday **Today I am grateful for:**

14 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday **15**



“Many people who order their lives rightly in all other ways are kept in poverty by their lack of gratitude.”

- Wallace D Wattles

Today I am grateful for:

Wednesday **18**

Today I am grateful for:

Thursday **19**

Month: _____ Gratitude Journal from TheUniverseWithinUs.com

20 Friday **Today I am grateful for:**

21 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday 22



“Gratitude is the heart's memory “

- Jean Baptiste Massieu

Today I am grateful for:

Wednesday 25

Today I am grateful for:

Thursday 26

Today I am grateful for:

Sunday 29



“Many times a day I realize how much my own life is built on the labors of my fellowmen, and how earnestly I must exert myself in order to give in return as much as I have received.”

- Albert Einstein

Month: _____

30 Monday **Today I am grateful for:**

1 Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday

2

Today I am grateful for:

Thursday

3

Month: _____

4

Friday **Today I am grateful for:**

5

Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday

6



“Children are grateful when Santa Claus puts in their stockings gifts of toys or sweets. Could I not be grateful to Santa Claus when he put in my stockings the gift of two miraculous legs? We thank people for birthday presents of cigars and slippers. Can I thank no one for the birthday present of birth?”

— G.K. Chesterton

Gratitude Journal from TheUniverseWithinUs.com Month: _____

Today I am grateful for:

Wednesday

9

Today I am grateful for:

Thursday

10

Month: _____

11 Friday **Today I am grateful for:**

12 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday **13**



“There is as much greatness of mind in acknowledging a good turn, as in doing it.”

- Lucius Annaeus Seneca

Today I am grateful for:

Wednesday **16**

Today I am grateful for:

Thursday **17**

Month: _____

Gratitude Journal from TheUniverseWithinUs.com

18 Friday **Today I am grateful for:**

19 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday 20



"It is another's fault if he be ungrateful, but it is mine if I do not give. To find one thankful man, I will oblige a great many that are not so."

- Lucius Annaeus Seneca

Month: _____

21 Monday **Today I am grateful for:**

22 Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday **23**

Today I am grateful for:

Thursday **24**

Month: _____ Gratitude Journal from TheUniverseWithinUs.com

25 Friday **Today I am grateful for:**

26 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday **27**



"I hate ingratitude more in a person; than lying, vainness, babbling, drunkenness, or, any taint of vice whose strong corruption inhabits our frail blood."

- [Twelfth Night] William Shakespeare

28 Monday **Today I am grateful for:**

29 Tuesday **Today I am grateful for:**

Gratitude Journal from TheUniverseWithinUs.com Month: _____

Today I am grateful for:

Wednesday **30**

Today I am grateful for:

Thursday **31**

1 Friday **Today I am grateful for:**

2 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday

3



“Most people return small favors, acknowledge medium ones and repay greater ones - with ingratitude.”

- Benjamin Franklin

Month: _____

4

Monday **Today I am grateful for:**

5

Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday

6

Today I am grateful for:

Thursday

7

Month: _____

8

Friday **Today I am grateful for:**

9

Saturday **Today I am grateful for:**

Gratitude Journal from TheUniverseWithinUs.com Month: _____

Today I am grateful for:

Sunday **10**



“Thank God every morning when you get up that you have something to do that day, which must be done, whether you like it or not.”

- James Russell Lowell

Month: _____

11

Monday **Today I am grateful for:**

12

Tuesday **Today I am grateful for:**

Gratitude Journal from TheUniverseWithinUs.com Month: _____

Today I am grateful for:

Wednesday 13

Today I am grateful for:

Thursday 14

Month: _____ Gratitude Journal from TheUniverseWithinUs.com

15 Friday **Today I am grateful for:**

16 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday 17



“He who receives a good turn, should never forget it: he who does one, should never remember it.”

— Charron

Month: _____

18 Monday **Today I am grateful for:**

19 Tuesday **Today I am grateful for:**

Month: _____

Gratitude Journal from TheUniverseWithinUs.com

22

Friday **Today I am grateful for:**

23

Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday **24**



“Gratitude is a duty which ought to be paid, but which none have a right to expect.”

- Jean Jacques Rousseau

Today I am grateful for:

Wednesday **27**

Today I am grateful for:

Thursday **28**

Month: _____ Gratitude Journal from TheUniverseWithinUs.com

29 Friday **Today I am grateful for:**

30 Saturday **Today I am grateful for:**

Today I am grateful for:

Wednesday

4

Today I am grateful for:

Thursday

5

Today I am grateful for:

Wednesday **11**

Today I am grateful for:

Thursday **12**

13 Friday **Today I am grateful for:**

14 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday 15



“There is a calmness to a life lived in gratitude, a quiet joy.”

- Ralph H. Blum

Today I am grateful for:

Wednesday 18

Today I am grateful for:

Thursday 19

Month: _____ Gratitude Journal from TheUniverseWithinUs.com

20 Friday **Today I am grateful for:**

21 Saturday **Today I am grateful for:**

Gratitude Journal from TheUniverseWithinUs.com Month: _____

Today I am grateful for:

Sunday **22**

Horizontal lines for journaling.



“You have no cause for anything but gratitude and joy.”

- Buddha

Today I am grateful for:

Wednesday 25

Today I am grateful for:

Thursday 26

Month: _____

27 Friday **Today I am grateful for:**

28 Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday 29



“The grateful mind is constantly fixed upon the best. Therefore it tends to become the best. It takes the form or character of the best, and will receive the best.”

– Wallace D. Wattles

Today I am grateful for:

Wednesday

1

Today I am grateful for:

Thursday

2

Month: _____

3

Friday **Today I am grateful for:**

4

Saturday **Today I am grateful for:**

Today I am grateful for:

Sunday

5



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

- W Clement Stone

Month: _____

6

Monday **Today I am grateful for:**

7

Tuesday **Today I am grateful for:**

Today I am grateful for:

Wednesday

8

Today I am grateful for:

Thursday

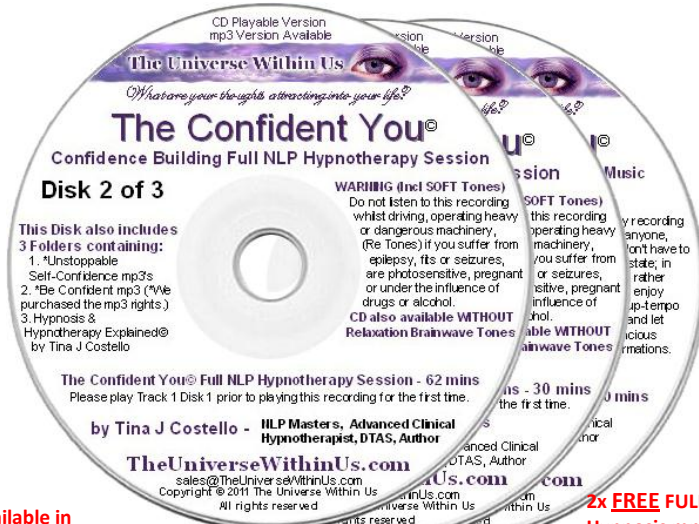
9

10 Friday **Today I am grateful for:**

11 Saturday **Today I am grateful for:**

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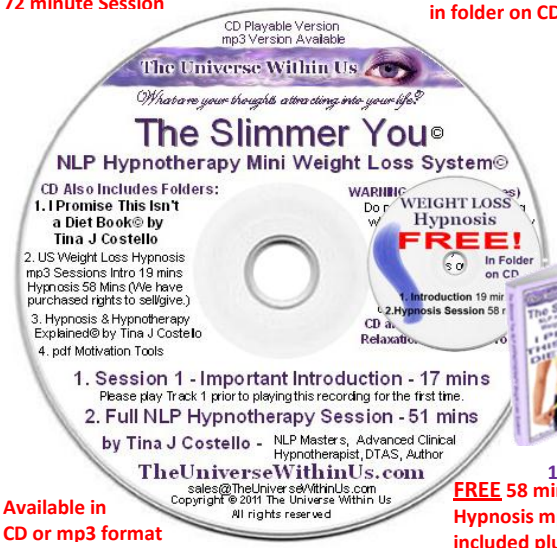
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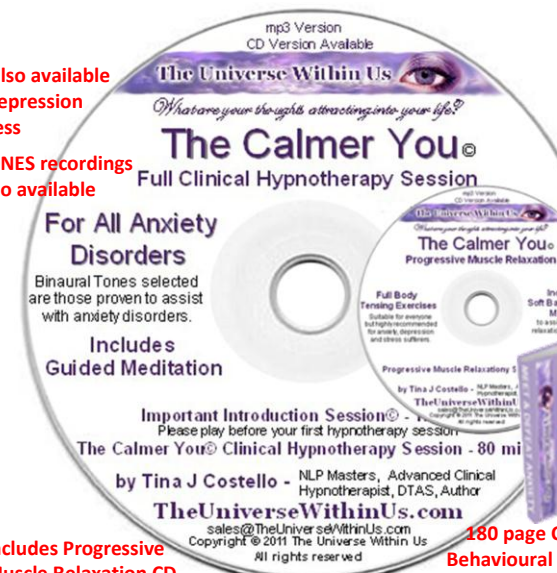
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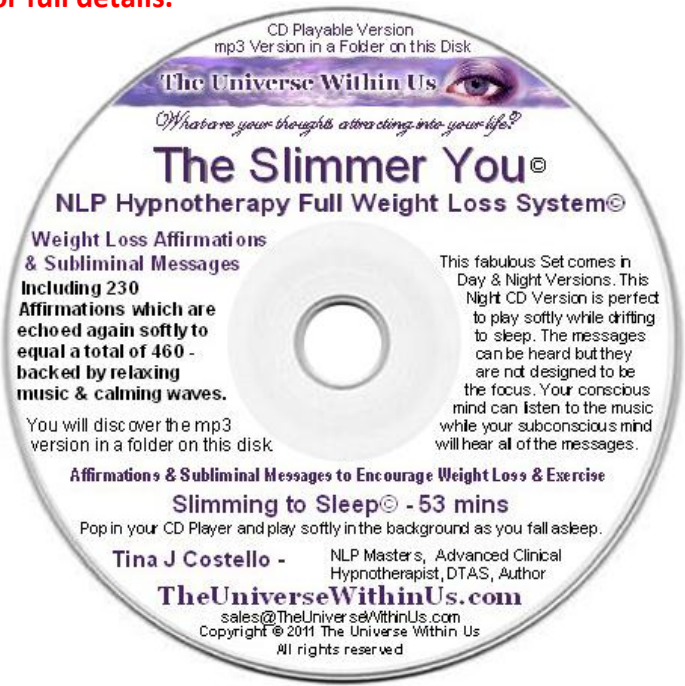
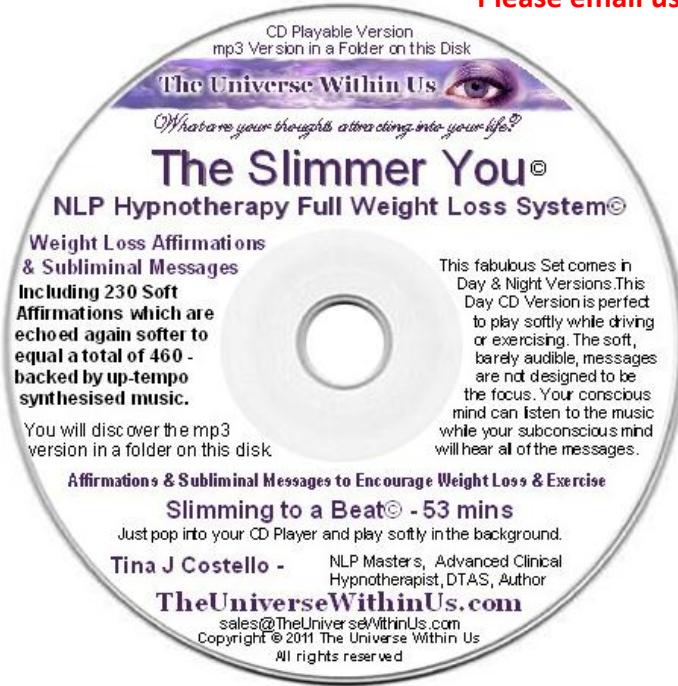
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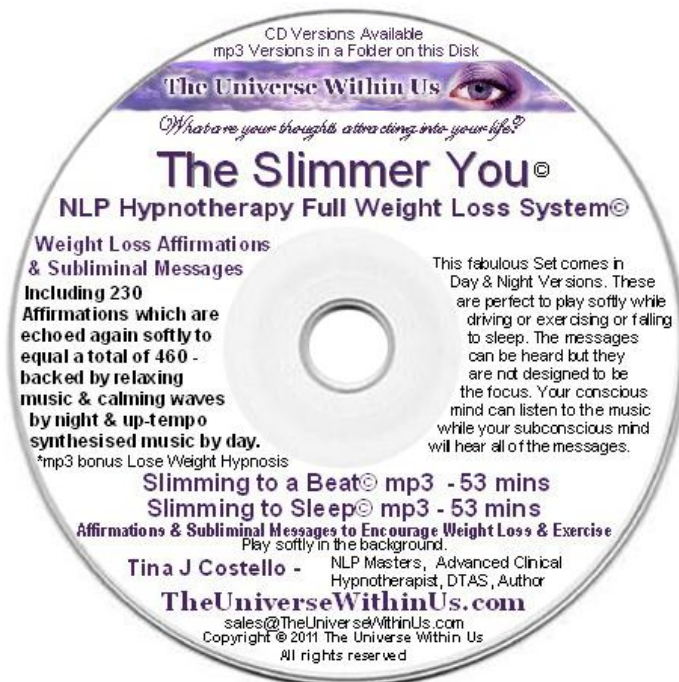
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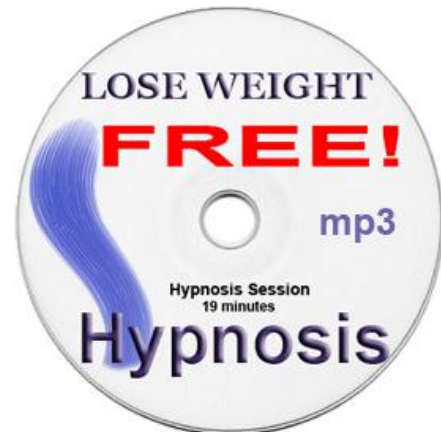
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Simple Music Box Tones by Tina J Costello

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The third element

to this recording is a mother's heartbeat. Also lovingly included is the subtle sounds your baby will remember from sleeping in the womb.

31 minute - Continuous Track Set Track to Repeat

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Carols, Nature, & a Mother's Heartbeat with Sounds from the Womb

Features quality Christmas Carol music digitally produced

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As you hear the carols play, enjoy the sounds of gentle tropical waves caressing the shore and the happy beach creatures laughing and playing.

by Tina J Costello

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to this recording is a mother's heartbeat. Also lovingly included is the subtle sounds your baby will remember from being safely in the womb.

15 minute Continuous Track - Set Track to Repeat

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