

the

GRATITUDE
GROWTH
JOURNAL

A JOURNAL FOR PEOPLE
WANTING TO SHIFT THEIR
MINDSET WITH GRATITUDE

|

a journal for

IF ANY OF THIS SOUNDS LIKE YOU...

- You tend to feel lonely and disconnected
- You often feel anxious and out of control, almost like life is bouncing you around
- You would love to improve the quality of your relationships
- Your life seems filled with stress, frustration and problems
- Yes, you want to change things and you also have an idea of what you'd need to do to change, but you have a hard time finding motivation and staying consistent
- To be honest, you find most people and many situations annoying
- You're not as happy and joyful as you used to be and find yourself asking if what you've been experiencing over the last years really is all there is to life
- Depressed is a strong word but yes... Some days it feels like you a fit
- You want more and at the same time you don't really care

This journal is right for you!

There are many studies published on this topic and they support an association between gratitude and an individual's well-being.

THIS JOURNAL IS TO HELP YOU INCORPORATE MORE GRATITUDE INTO YOUR DAILY LIFE SO THAT YOU CAN:

- Boost your mood and happiness
- Attract more joyful, supportive and enthusiastic people into your life
- Feel more inspired and motivated on a daily basis
- Become more energized and reconnected with your true self so that you can start to show up consistently and build the life you desire
- Reclaim your power and handle life's challenges with more grace and ease
- Switch from feeling overwhelmed, exhausted and annoyed to lifting up and inspiring others with your good vibe
- Increase your sense of belonging
- Improve your relationships because gratitude makes you kinder, more supportive and feeling more connected. Gratitude helps us to see the best in people which is exactly what brings out the best of people.
- Feel more optimistic which makes you also feel more in control over life
- Benefit from all the other amazing benefits of practicing gratitude studies have reported: Better sleep, reduced stress, better cardiovascular and overall health, being inspired to do more things that are good for you like eating healthy and exercise, reaching your goals because you feel more motivated and become more creative.

AFFIRMATIONS

WEEKLY AFFIRMATIONS

AFFIRMATION WEEK 1

"I can find joy in the smallest things like a cup of coffee or tea. Because I am seeing more blessings, I call more blessings into my life."

AFFIRMATION WEEK 2

"I am open to and appreciative of all the opportunities that will come into my life today and will allow me to show up as my highest self and/or will spark positive change and growth."

AFFIRMATION WEEK 3

"I am thankful for my strength and resilience because I know I can confidently handle any adversity and challenge that comes my way."

AFFIRMATION WEEK 4

"I am a very grateful person. Abundance is a state of mind. That's why I practice gratitude on a daily basis."

WEEK 1

“I can find joy in the smallest things like a cup of coffee or tea.

Because I am seeing more blessings, I call more blessings into my life.”

day #1

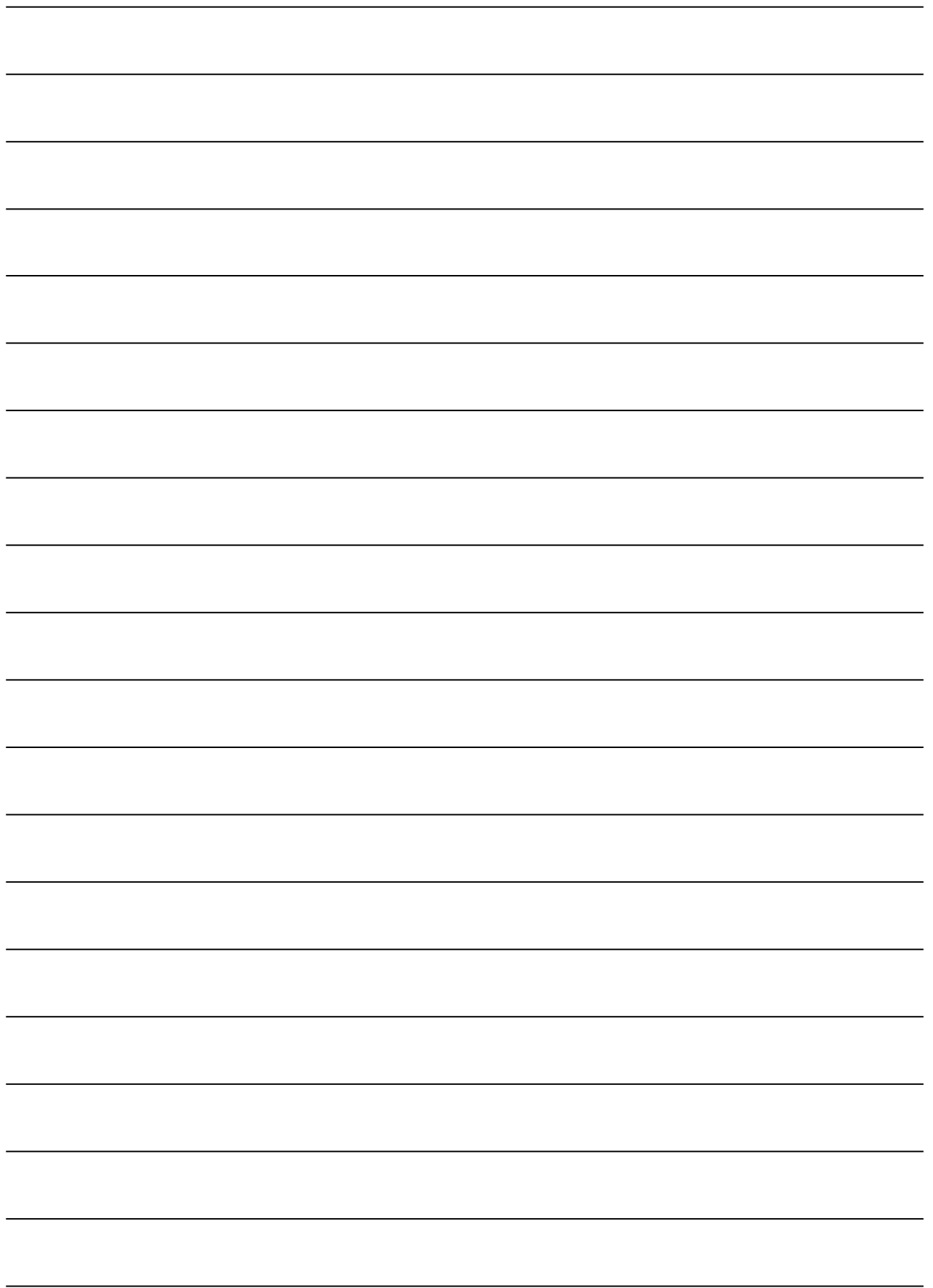
DAILY GRATITUDE

TODAY'S AFFIRMATION

"I can find joy in the smallest things like a cup of coffee or tea. Because I am seeing more blessings, I call more blessings into my life."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



day #2

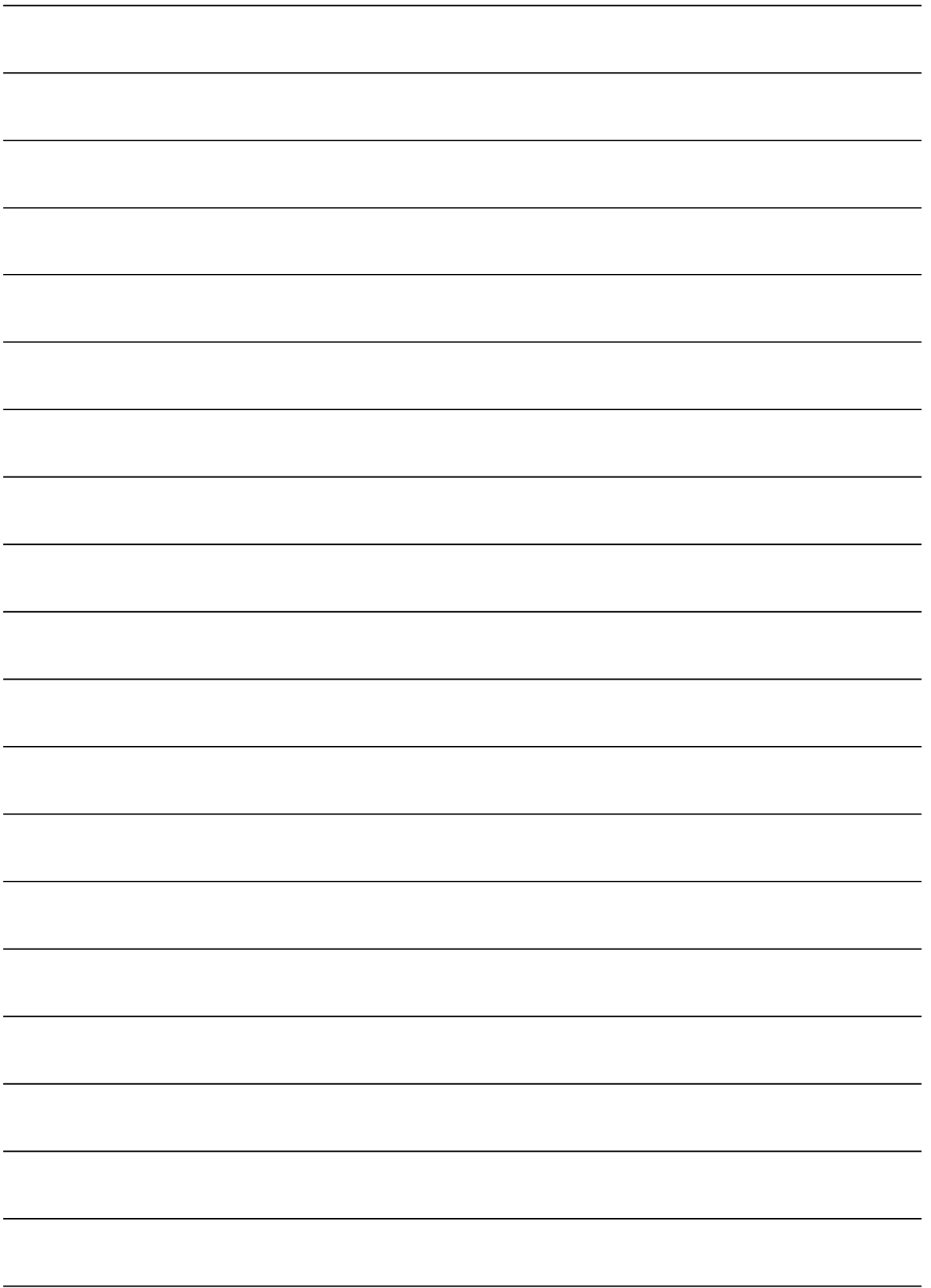
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day #3

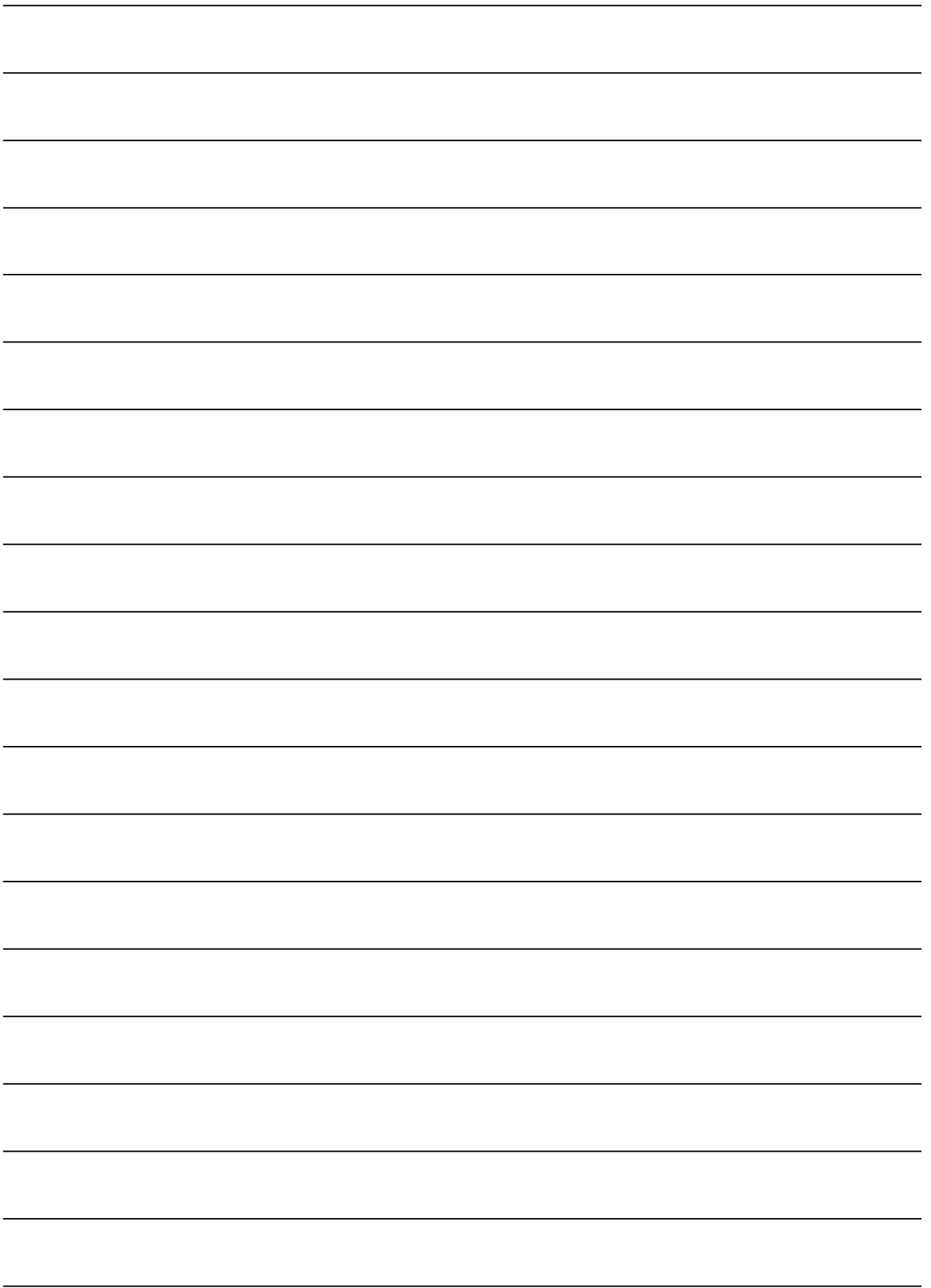
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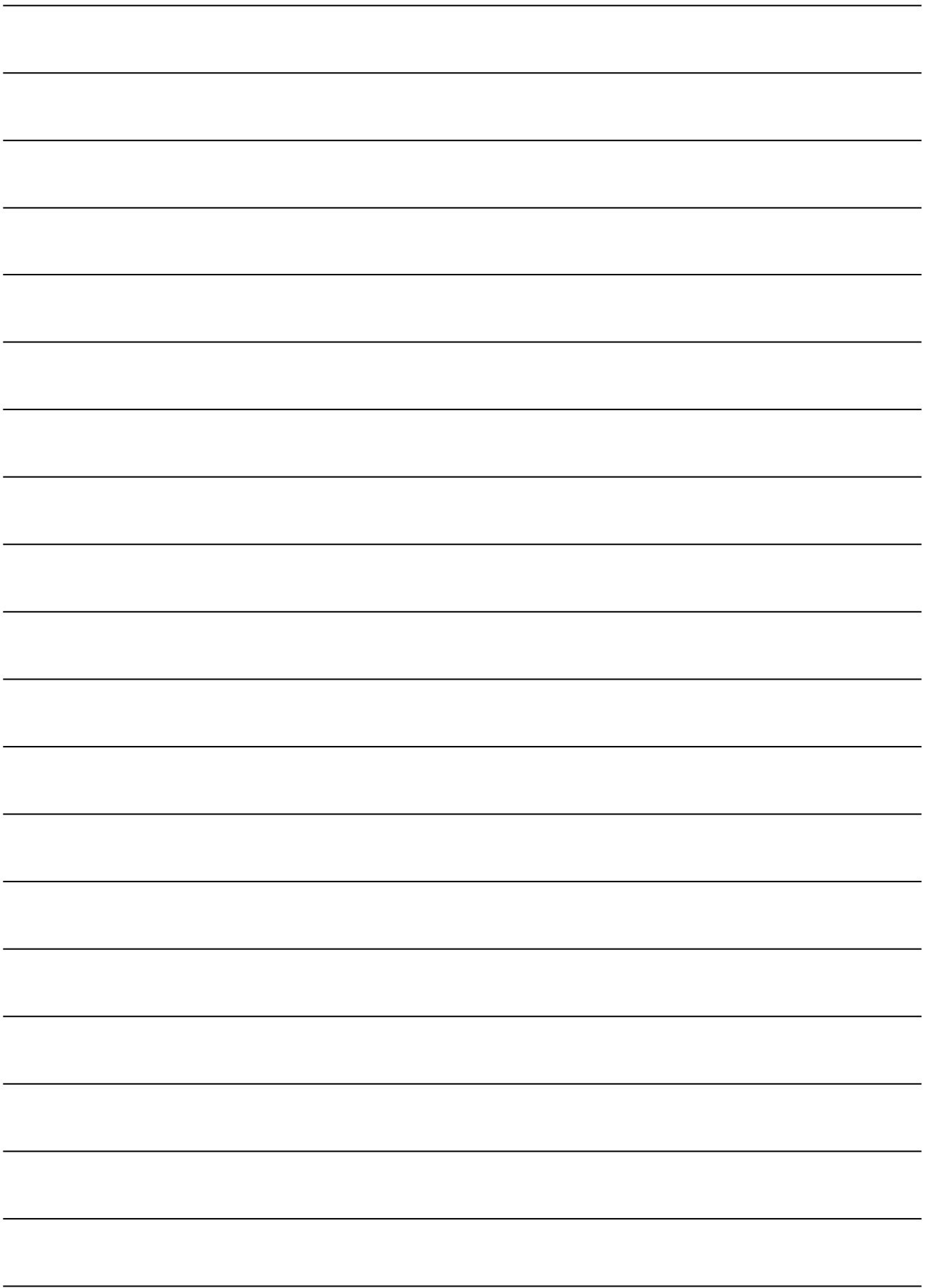
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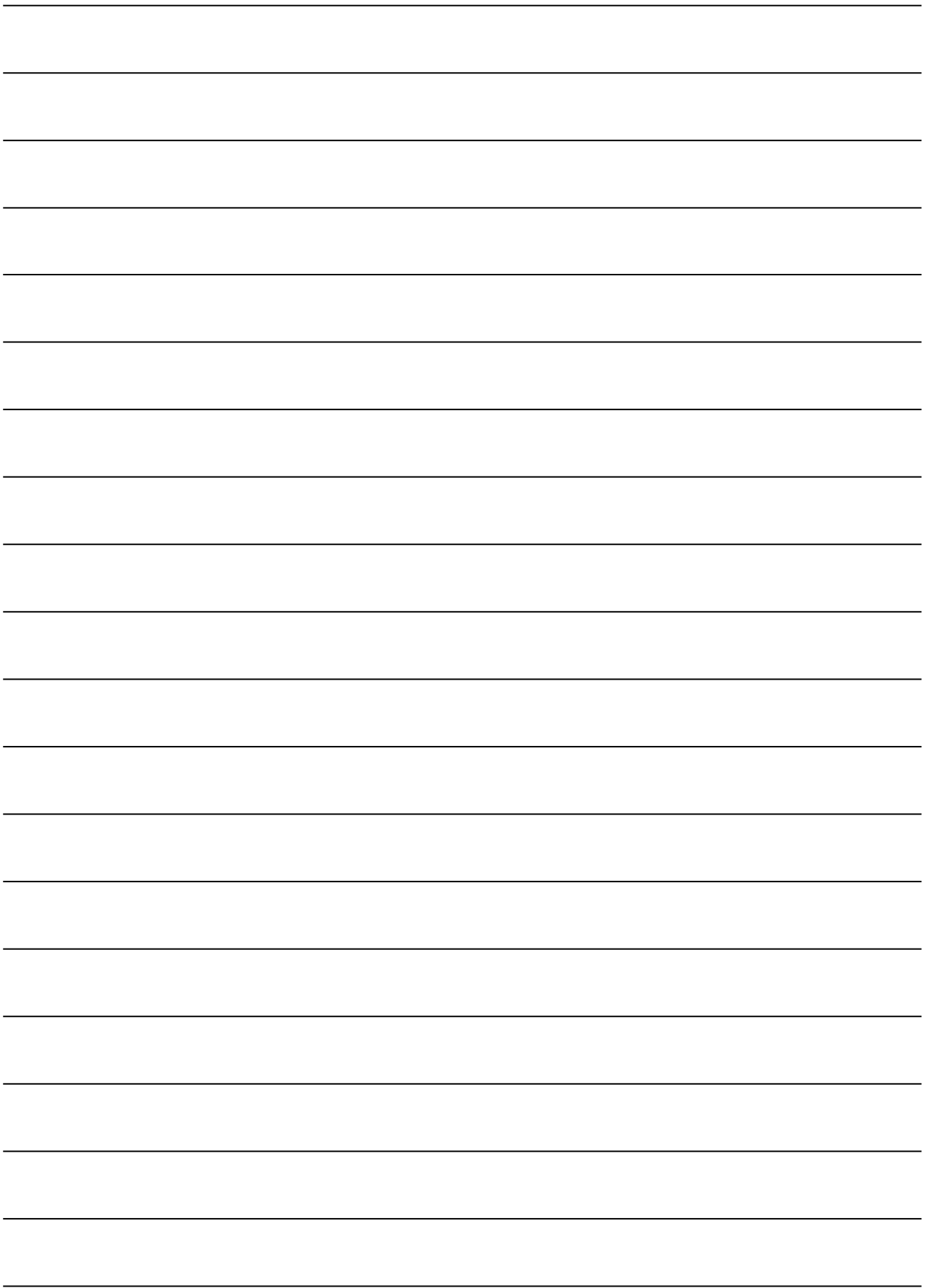
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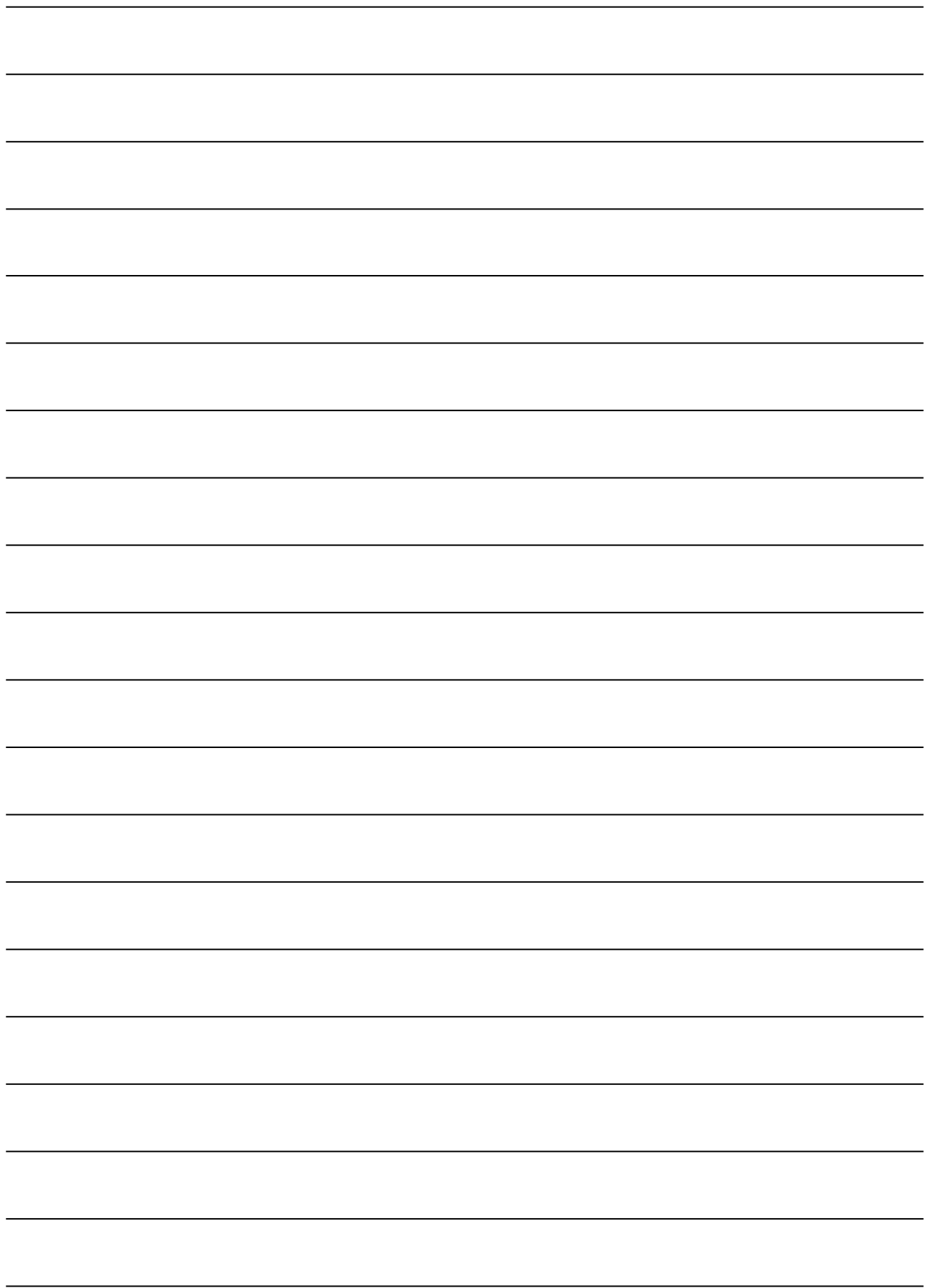
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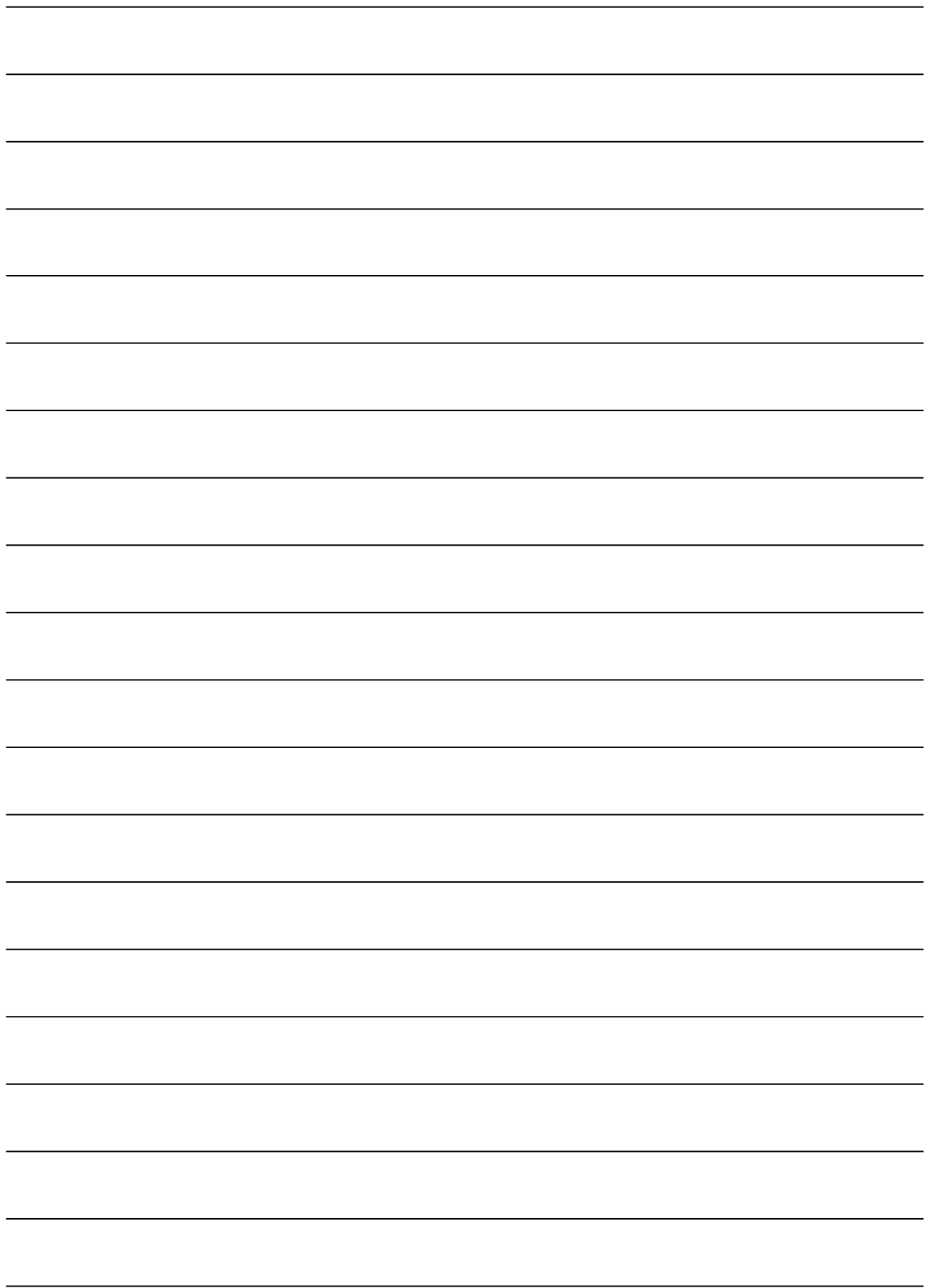
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day #8

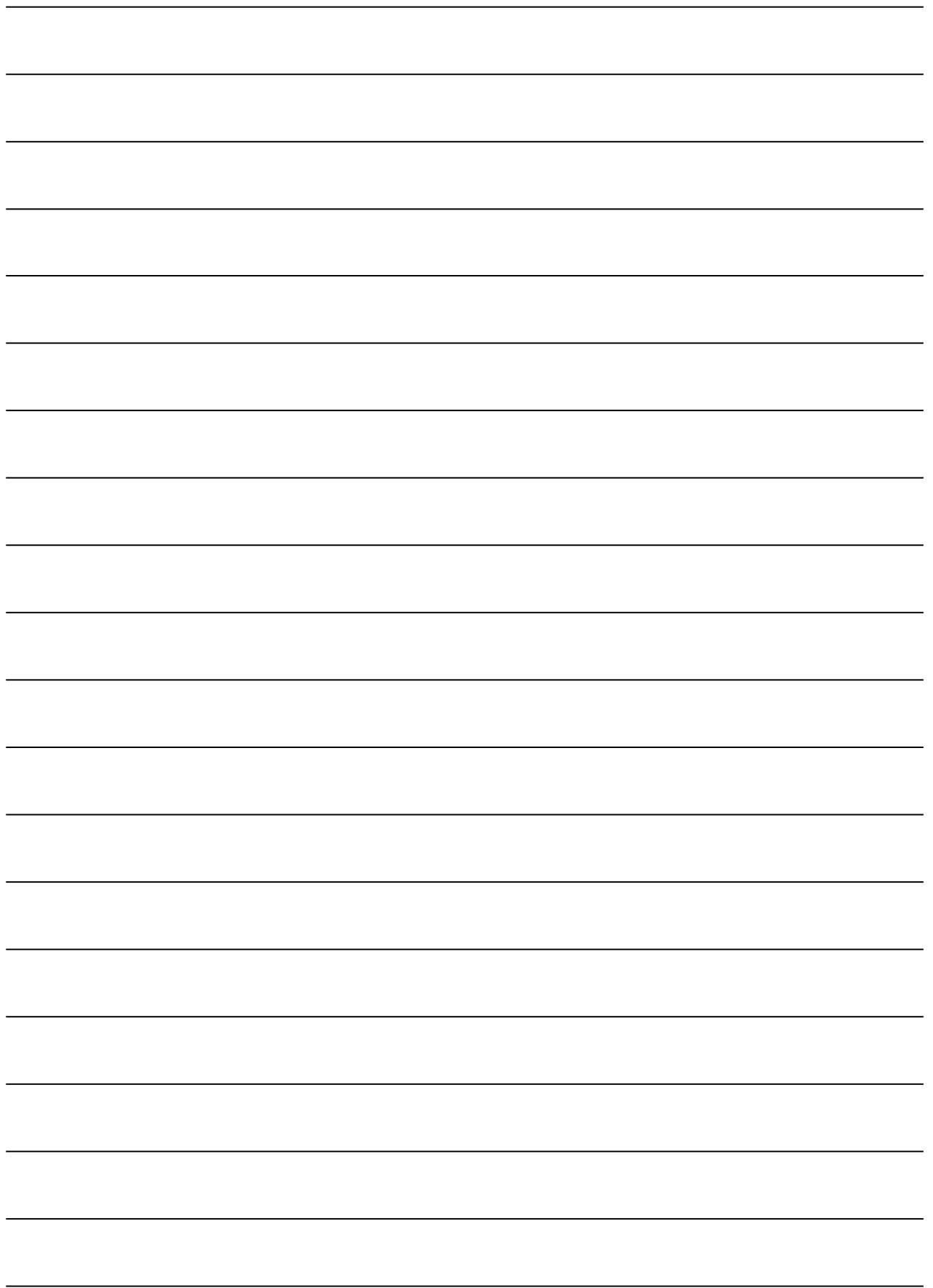
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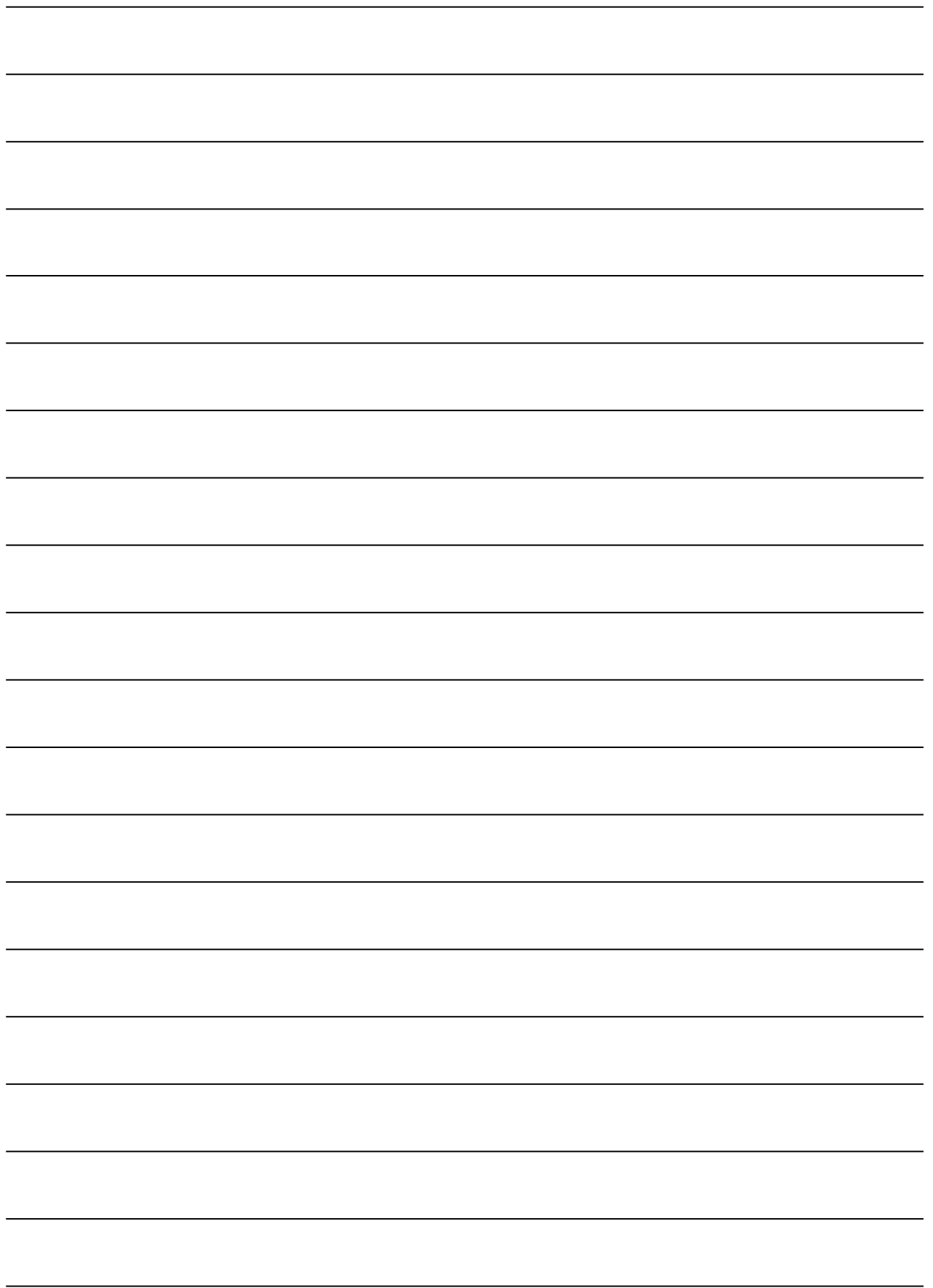
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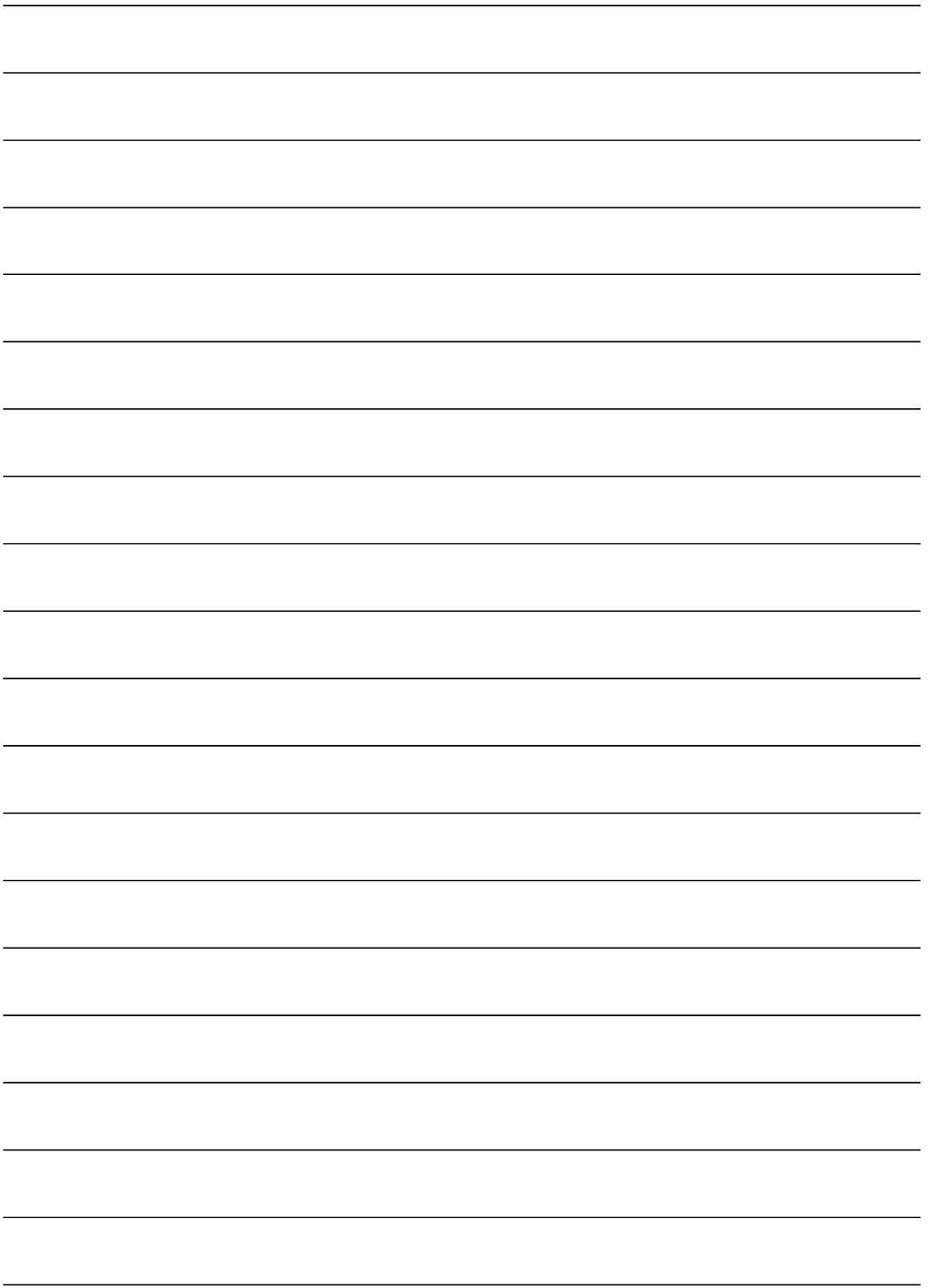
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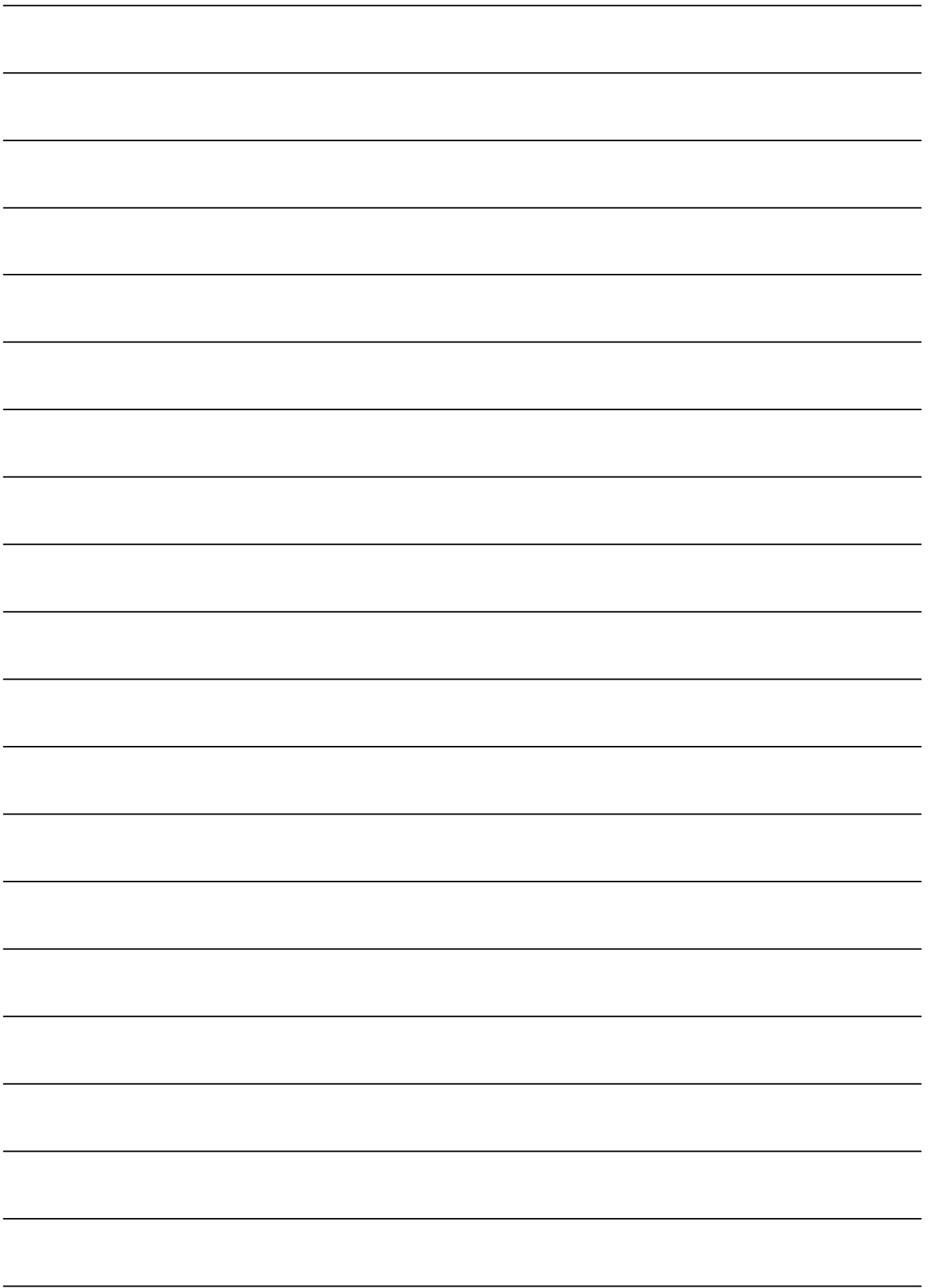
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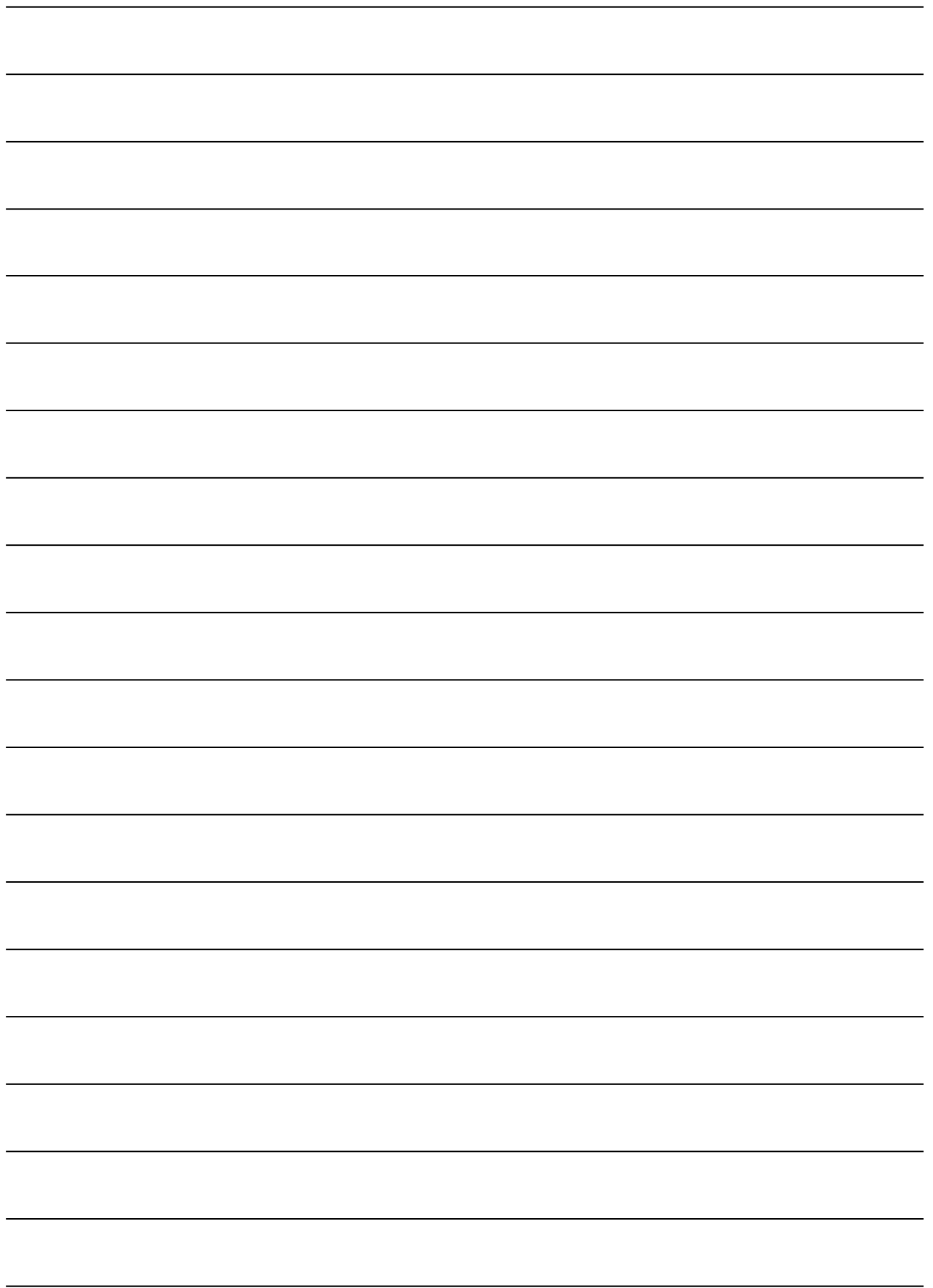
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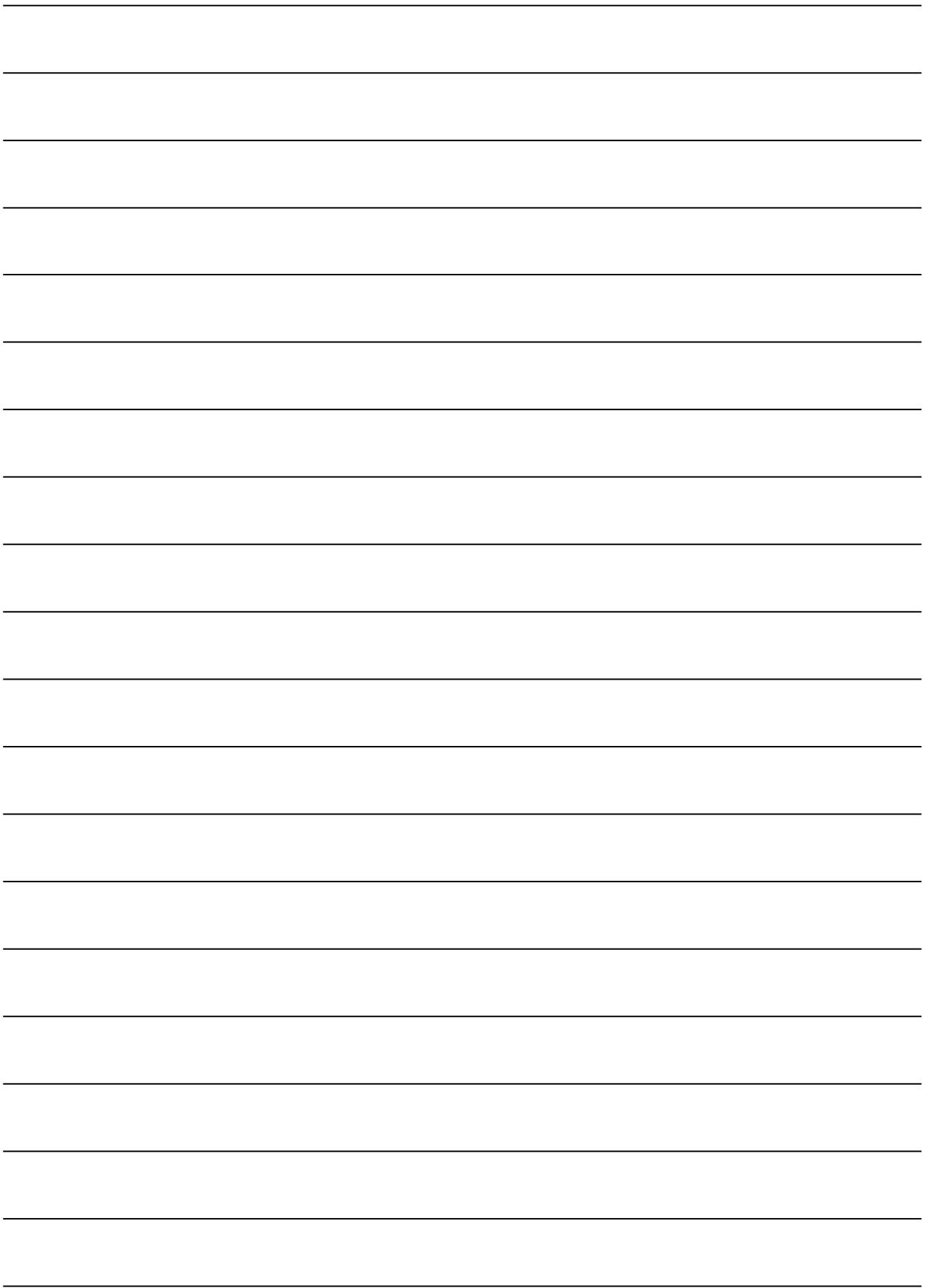
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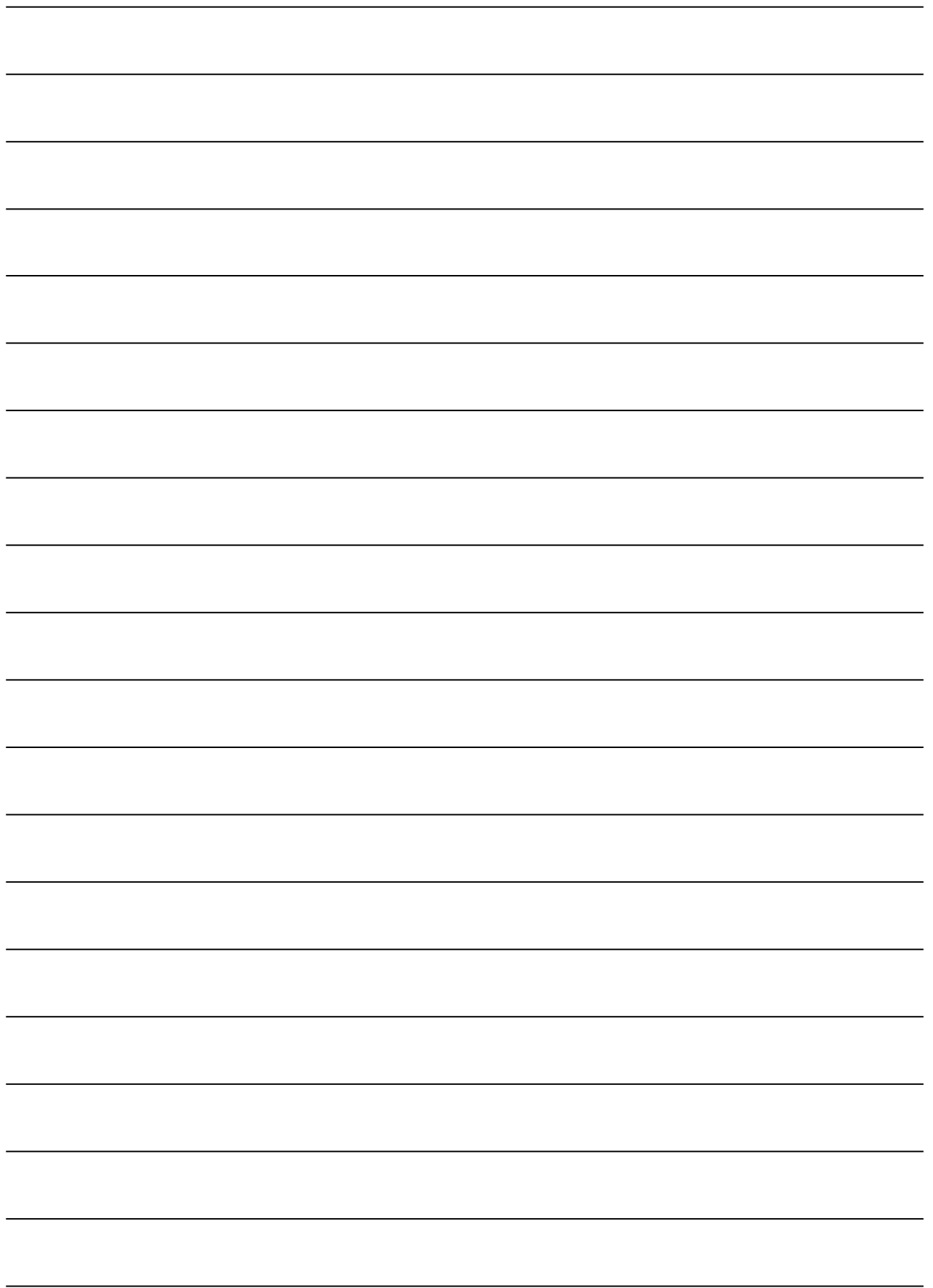
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WEEK 3

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day #15

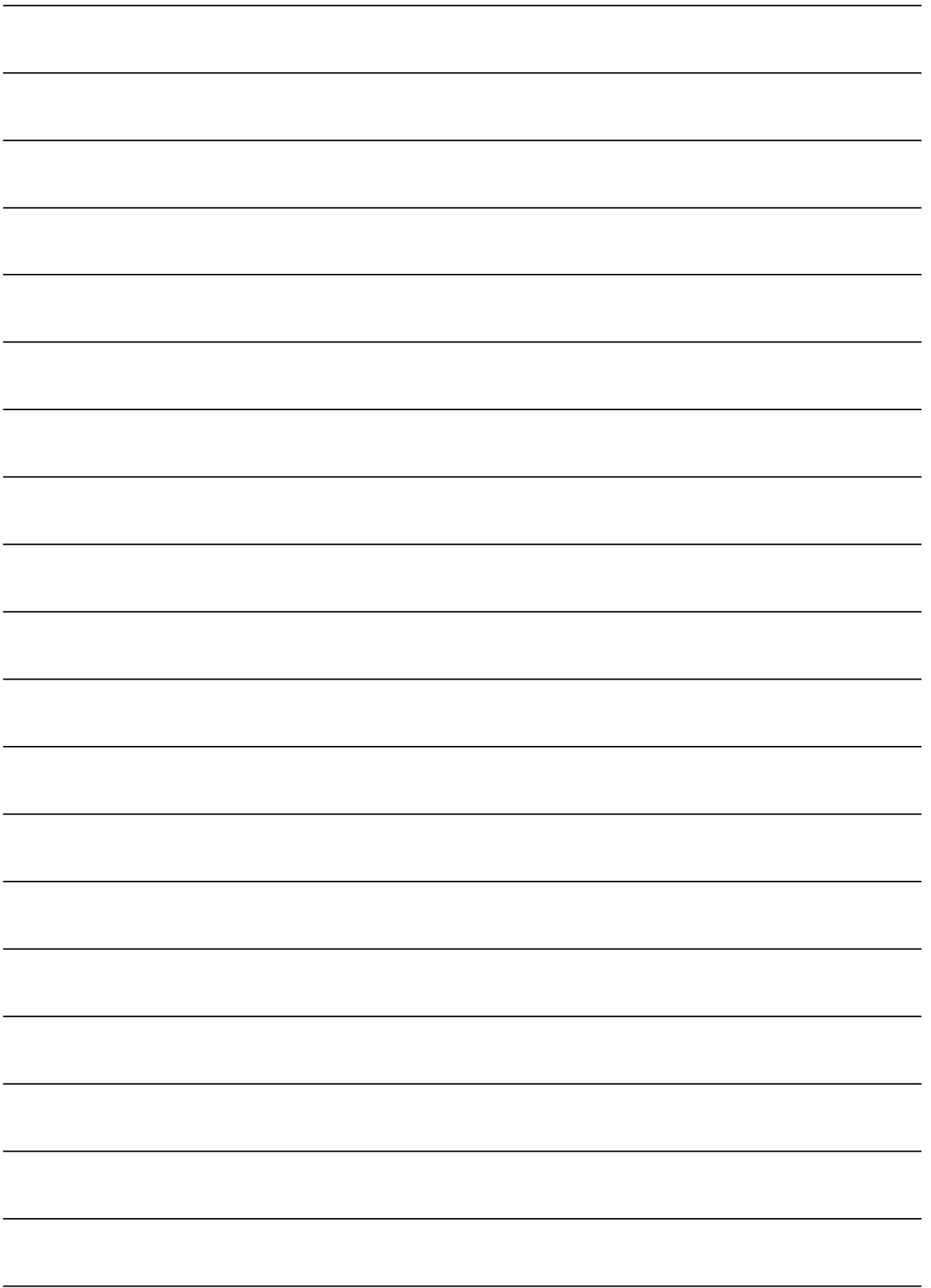
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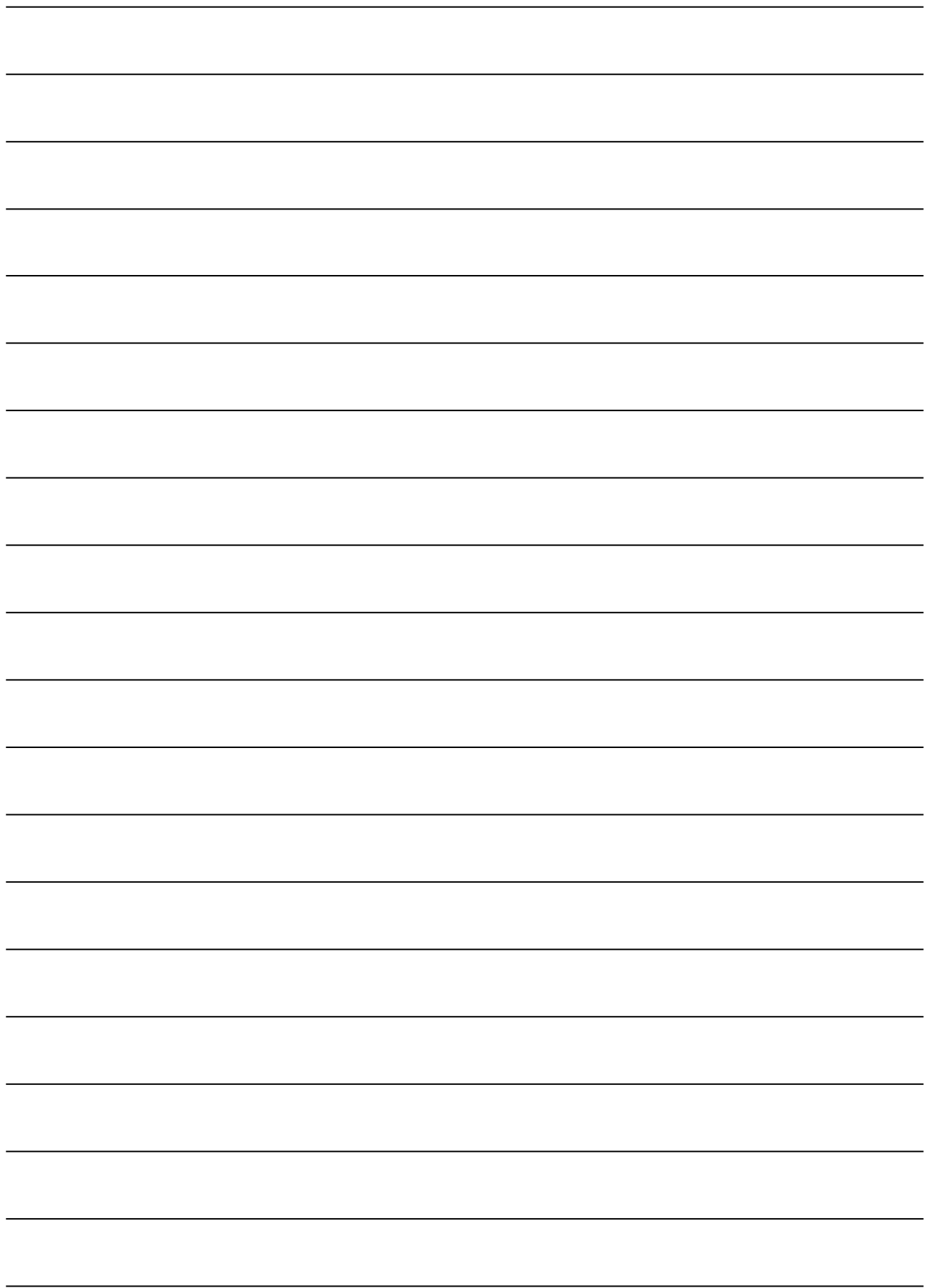
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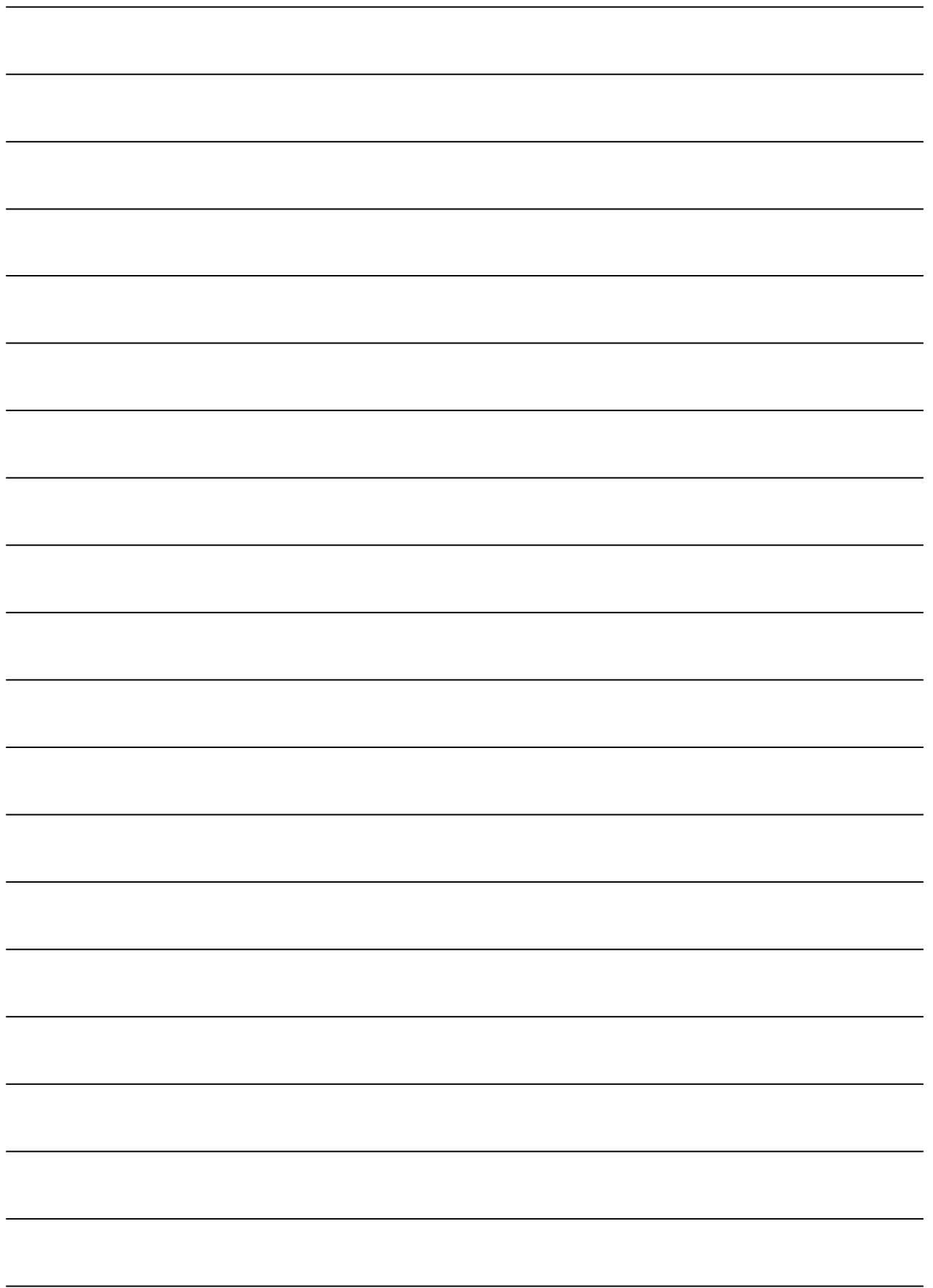
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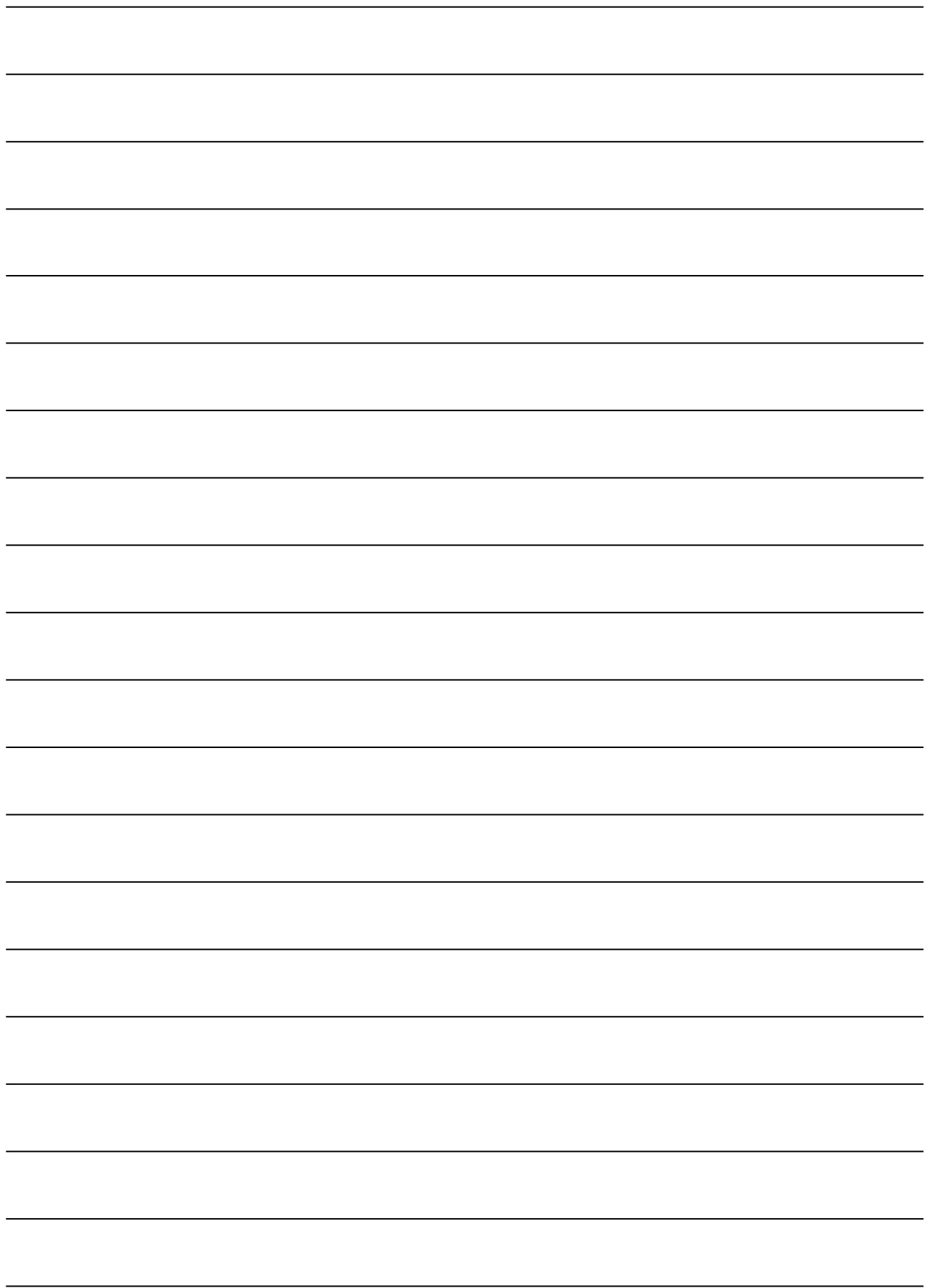
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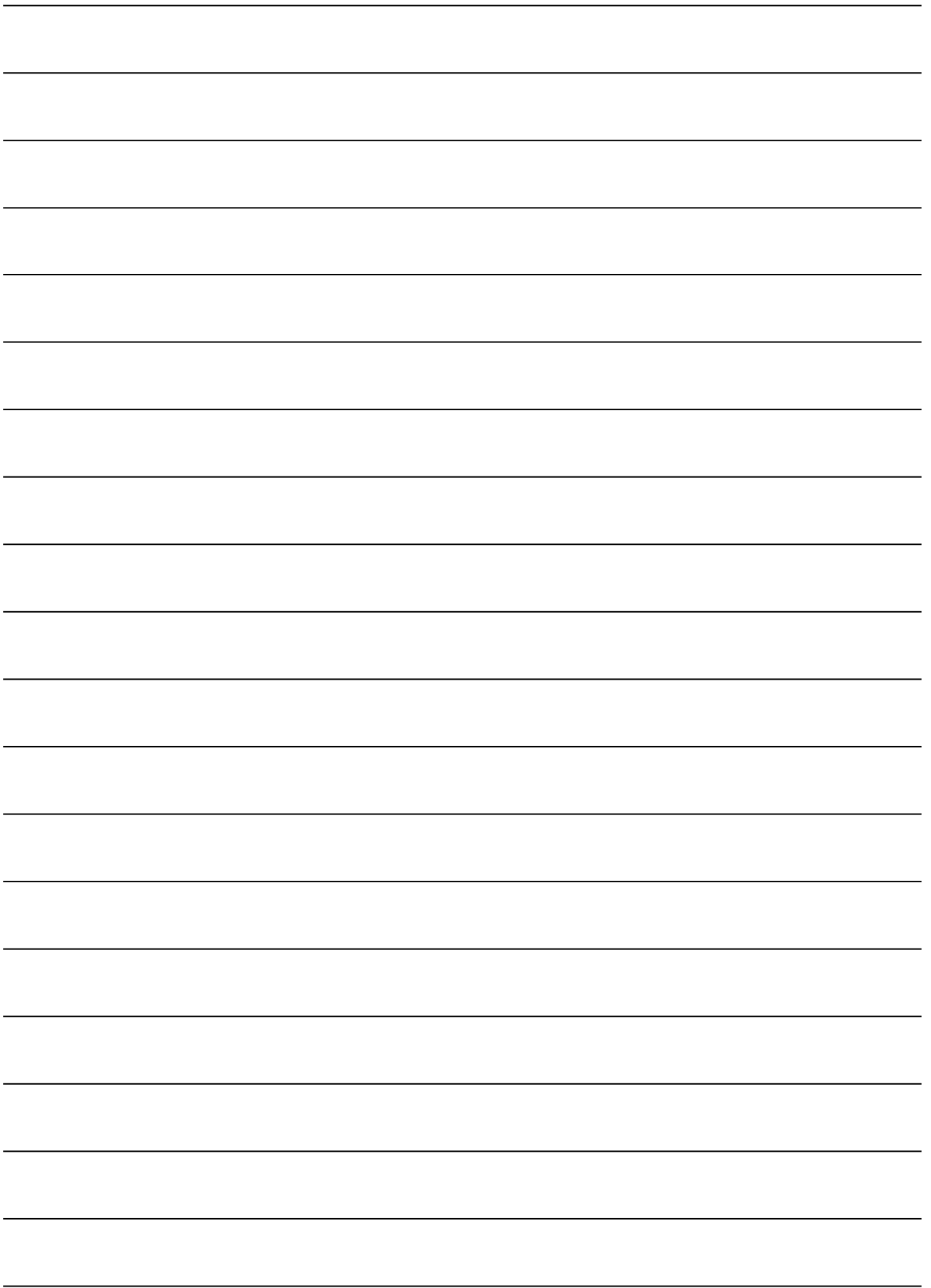
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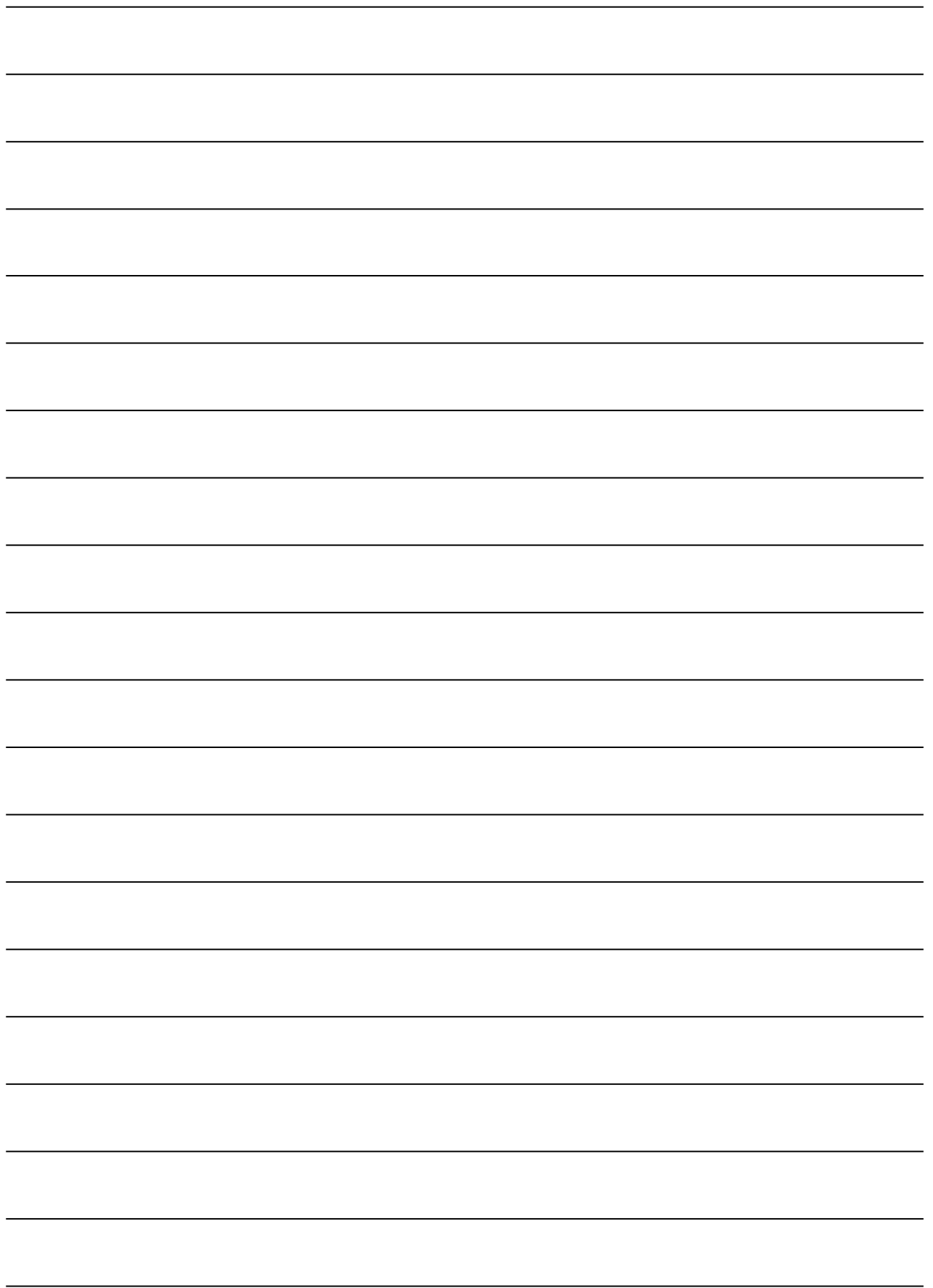
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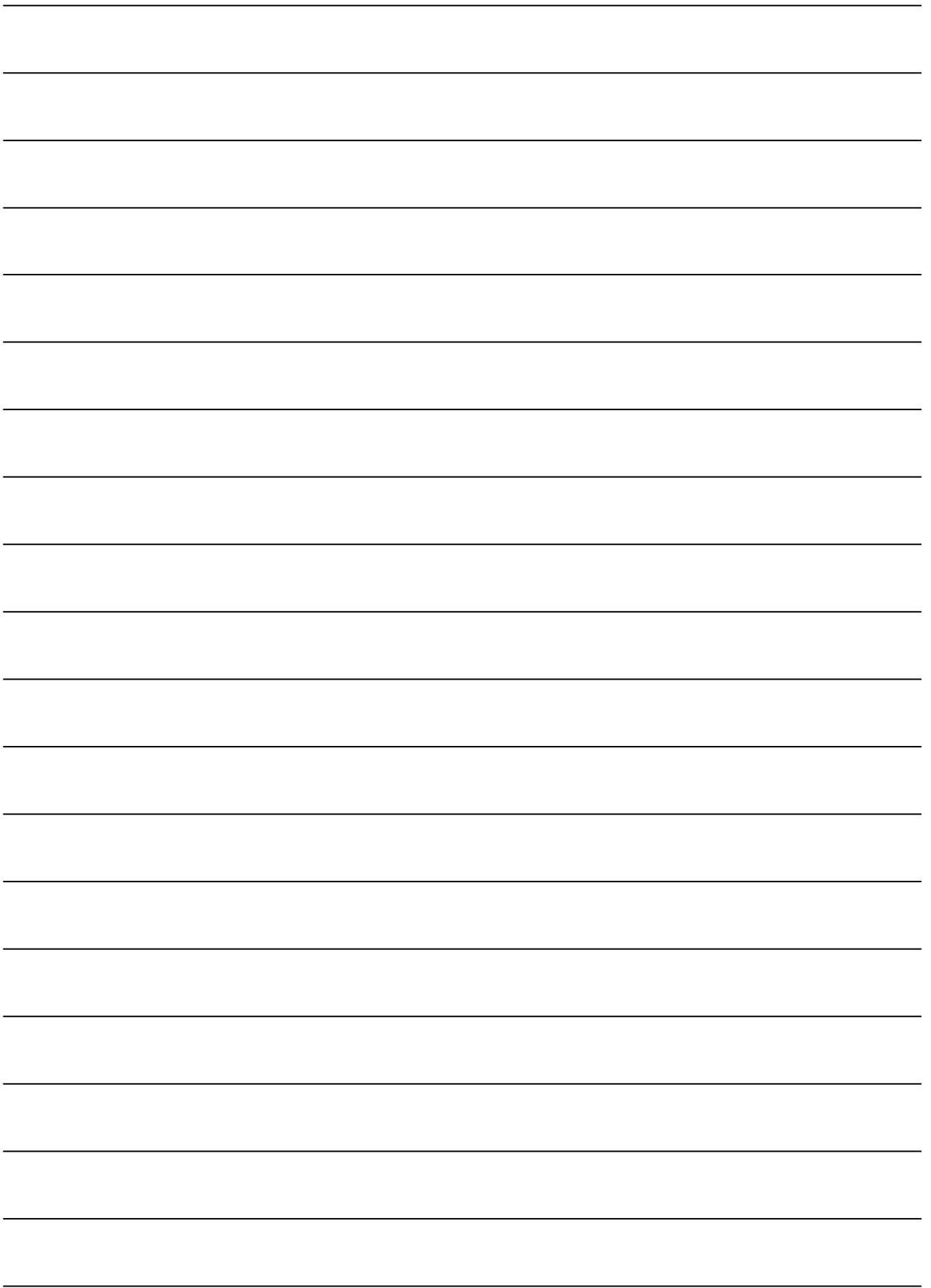
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day #22

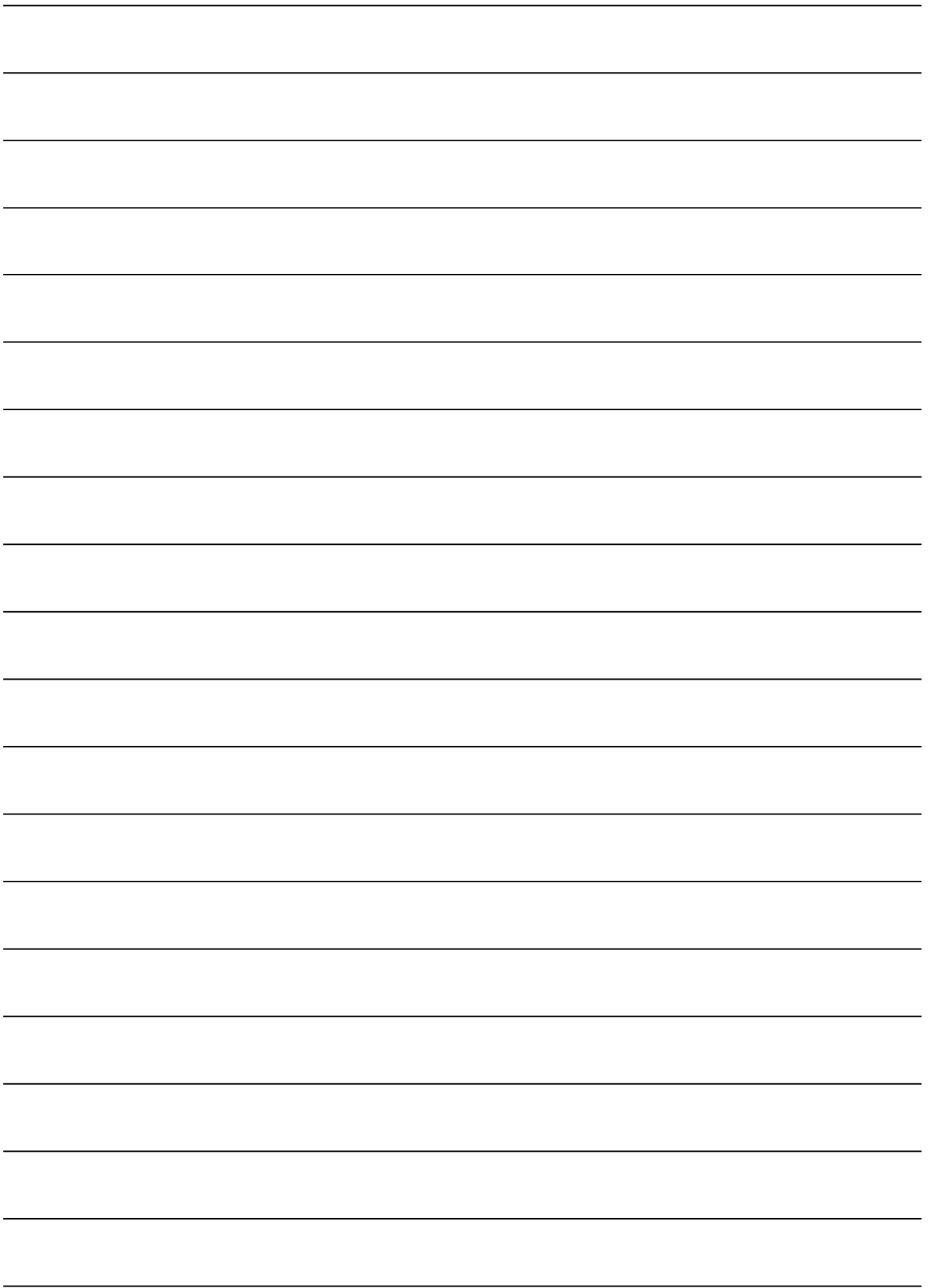
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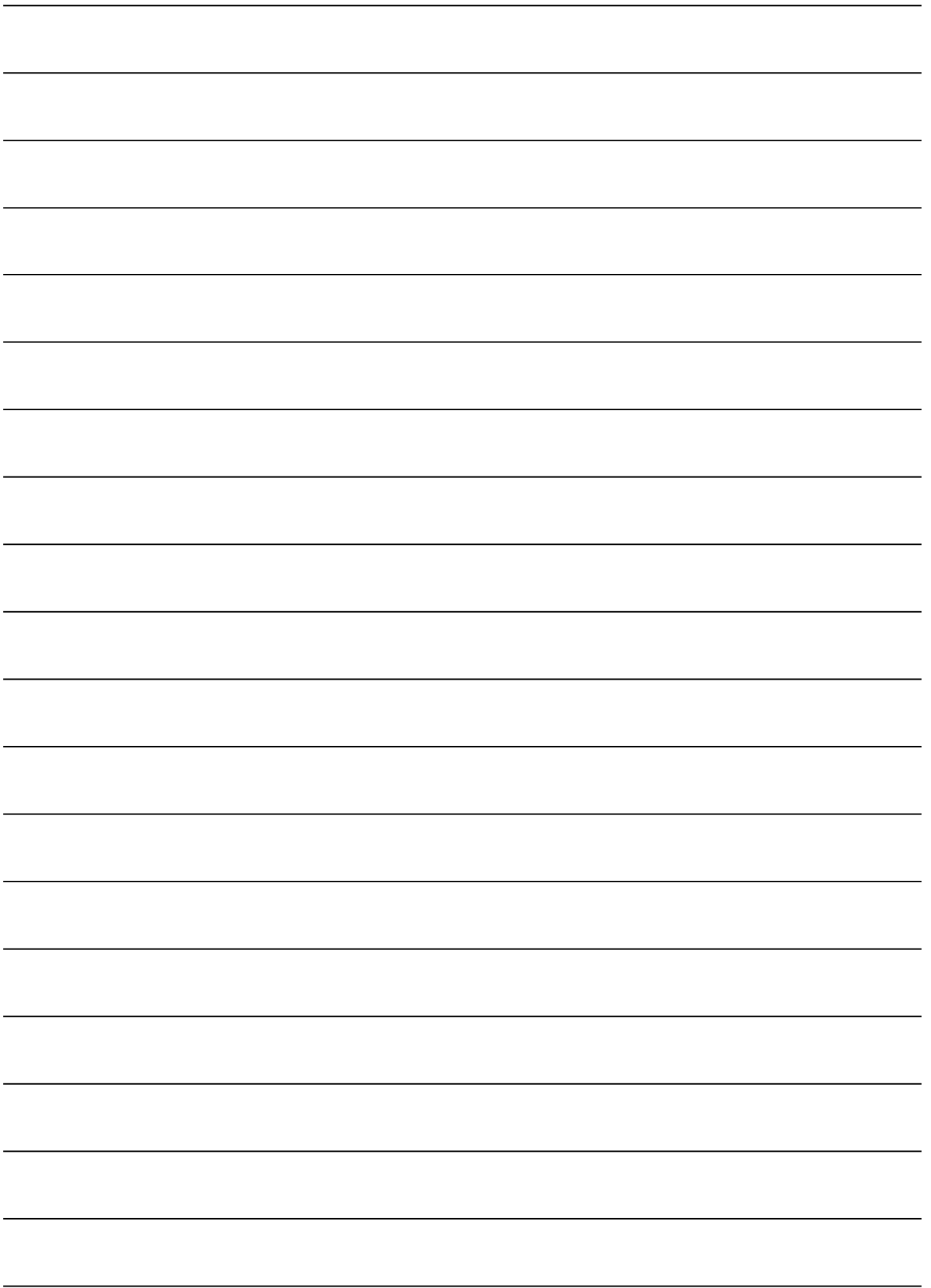
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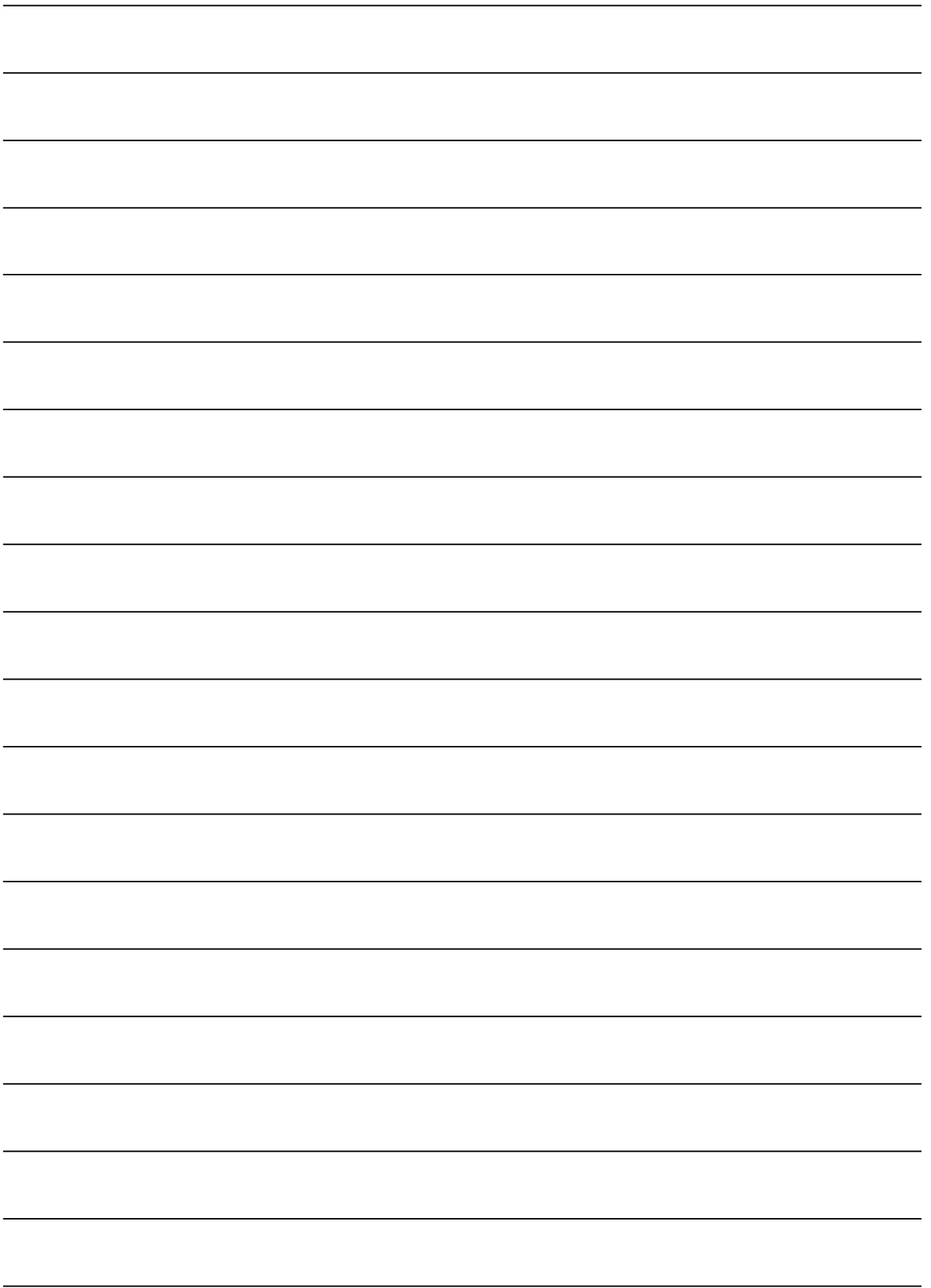
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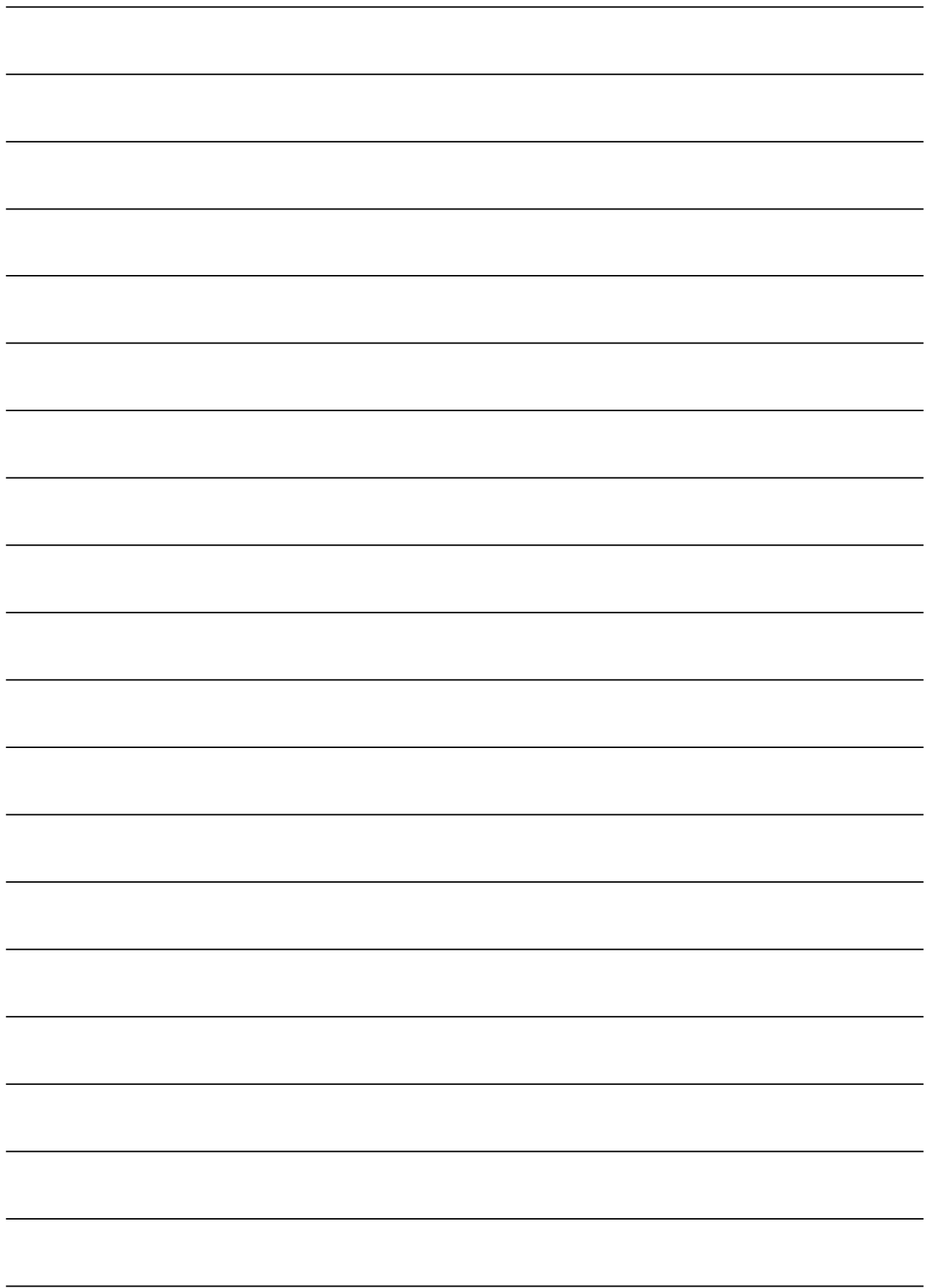
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day #26

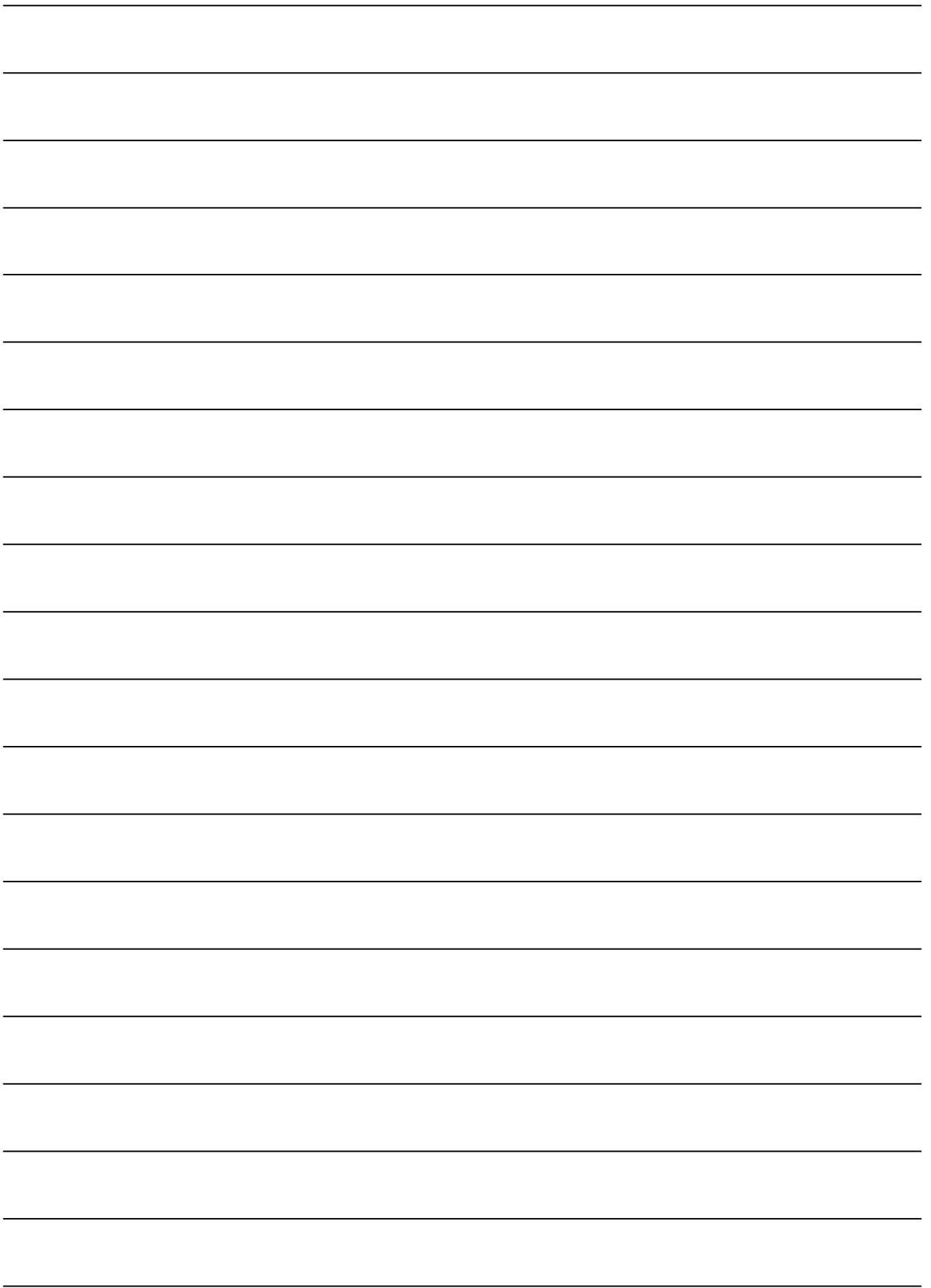
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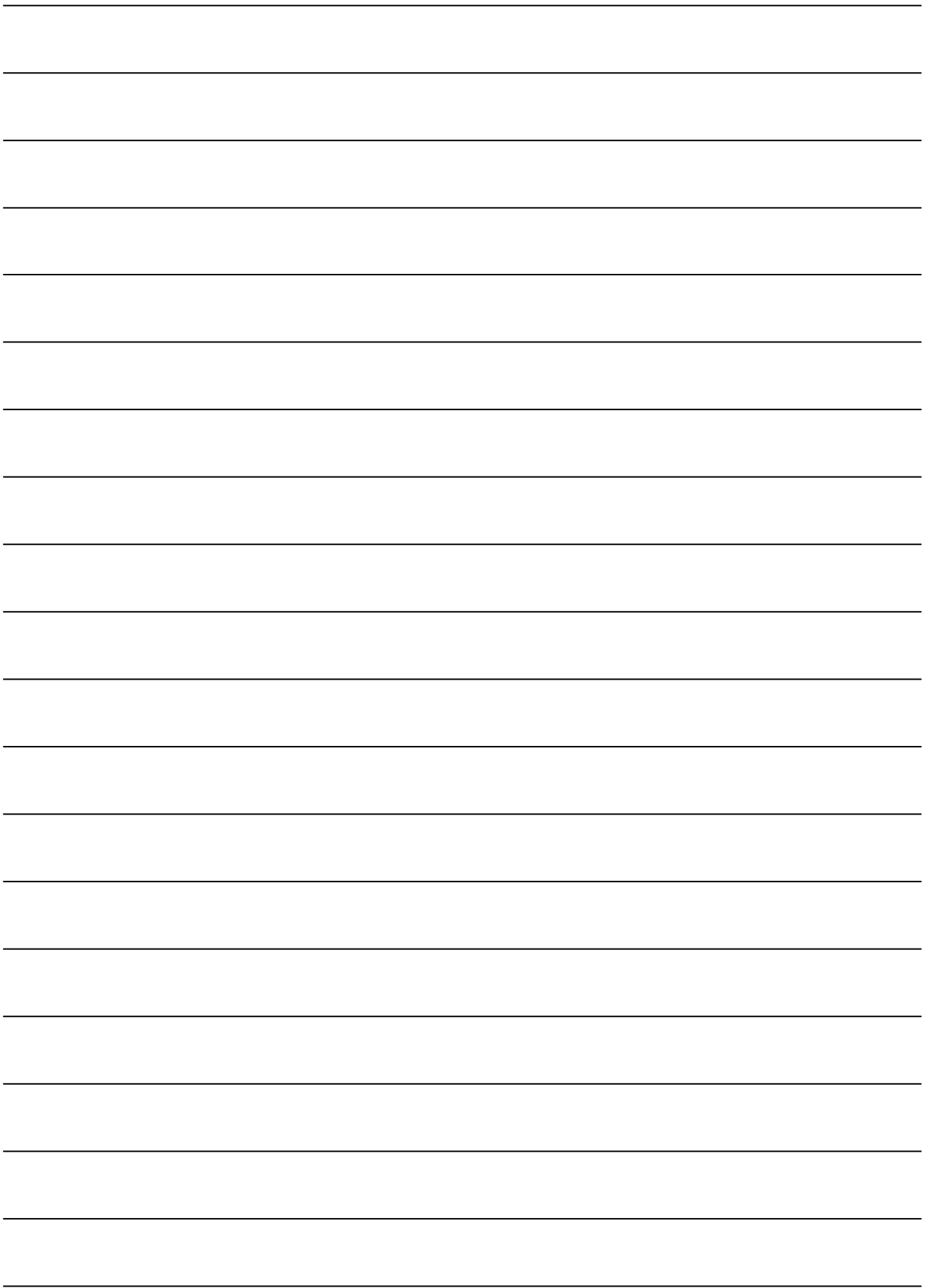
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