









MY GRATITUDE JOURNAL

A grateful life.

For some it's a known value, for others a new understanding.

A place for everything you're thankful for, both big and small. Capture your gratitude in a word, a sentence or a full story. Add photographs and drawings that will take you back to a special moment.

Gratefulness helps you stay rooted in life. It helps you become consciously aware of what's happening around you. When you feel the purpose of things, you experience happiness. It allows you to live in the moment and stop focussing on everything that should or could be.

When you live mindfully, and regularly write down positive thoughts, you'll experience more joy and contentment in your life. You'll even discover it's possible to feel those things under any kind of circumstances.

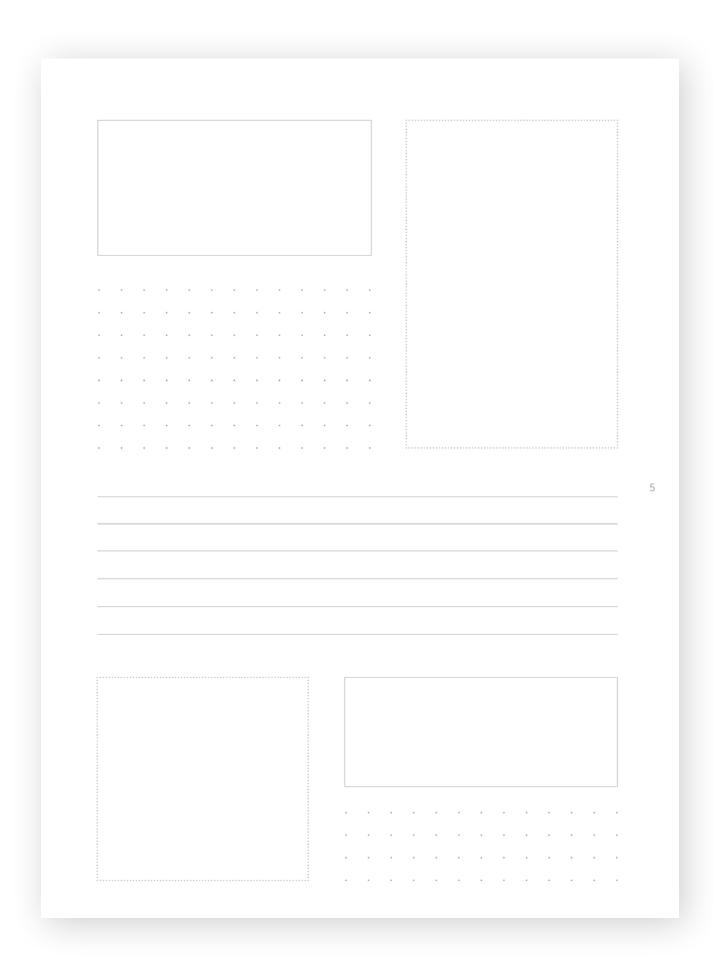
A grateful life also helps you to focus a little less on yourself, and a little more on others. If you live gratefully, you'll be able to make positive changes in your life – and that also effects the lives of the people around you.

Live a grateful life

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