

Chapter 3: Reflect

Resource # 6

Simple **Gratitude** Journal

Date: _____

“Today I am grateful for....”

Example: I am grateful for life opportunity, health, happiness, harmony, home, hope, faith, family, friend, food, freedom, peace, prosperity, eyes, hands, legs, love, peace, security, water, electricity, education and many uncountable blessings.

Date: _____

Today I am grateful for:

What If?

If you don't develop the attitude of gratitude, you will always feel absence of things. If you do, you will be able to focus on what is present and feel joy and peace inside. This is the simplest and most powerful thought shifting technique I have found. So, go ahead, start writing your gratitude journal today.