

AWAKEN

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MELI

MONTHLY GRATITUDE JOURNAL

Practice Gratitude

if found, return to...



MONTHLY GOALS



MIND GOALS







BODY GOALS







WORK GOALS







DAILY AFFIRMATION



1ST

Act with kindness but do not expect gratitude -Confucius

2ND

Be mindful. Be grateful. Be positive. Be true. Be kind. -Roy T Bennett

3RD

Strong people don't put others down...they lift them up. -Michael P Watson

4TH

Every day of our lives we are given opportunities to show love and kindness to those around us. -Thomas S Monson

5TH

Kindness is more than deeds. It is attitude, an expression, a look, a touch. It is anything that lifts another person. -Plato

6TH

A part of kindness consists of loving people more than they deserve. -Joseph Joubert

7TH

How beautiful a day can be when kindness touches it. -George Elliston

MY AFFIRMATIONS



8TH

You cannot do kindness too soon, for you never know how soon it will be too late.
-Ralph Waldo Emerson

9TH

Kindness should become the natural way of live, not the exception. -Buddha

10TH

The way to develop the best that is in a person is by appreciation and encouragement. -Charles Schwab

11TH

Unexpected kindness is the most powerful, least costly, and most underrated agent of human change -Bob Kerrey

12TH

Kindness is a passport that opens doors and fashions friends. It softens hearts and molds relationships that can last lifetimes. -Joseph B Wirthlin

13TH

The single greatest thing you can do to change your life today would be to start being grateful for what you have right now. -Oprah Winfrey

14TH

We must find time to stop and thank the people who make a difference in our lives -John F Kennedy

MY AFFIRMATIONS



15TH

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

16TH

Whatever you appreciate and give thanks for will increase in your life -Sanaya Roman

17TH

Gratitude unlocks the fullness in live. It turns what we have into enough and more. -Melodie Beattie

18TH

The miracle of gratitude is that it shifts your perception to such an extent that it changes the world you see. -Dr. Robert Holden

19TH

Showing gratitude is one of the simplest yet most powerful things humans can do for each other -Randy Pausch

20TH

Gratitude is our ability to see the grace of God, morning by morning, no matter what else greets us in the course of the day. -Craig Barnes

21ST

Among the things you can give and still keep are your word, a smile and a grateful heart. -Zig Ziglar

MY AFFIRMATIONS



22ND

Gratitude opens the door to the power, the wisdom, the creativity of the universe. You open the door through gratitude. -Deepak Chopra

23RD

Gratitude is the fairest blossom which springs from the soul. -Henry Ward Beecher

24TH

Gratitude drives happiness. Happiness boosts productivity. Productivity reveals mastery. And mastery inspired the world. -Robin S Sharma

25TH

Gratitude is an essential part of being present. When you go deeply into the present, gratitude arises spontaneously. -Eckhart Tolle

26TH

Gratitude can transform common days into thanksgiving, turn routine jobs into joy, and change ordinary opportunities into blessing. -William Arthur Ward

27TH

To live a life fulfilled reflects on the things you have with gratitude.
-Jaren Davis

28TH

Feeling gratitude and not expressing it is like wrapping a present and not giving it. -William Arthur Ward

MY AFFIRMATIONS



29TH

When you have attitude of gratitude you wake up saying thank you. -Maya Angelou

30TH

Joy is really the simplest form of gratitude. -Karl Barth

31ST

When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in. -Kristin Armstrong

DAILY GRATITUDE



Today I'm grateful for...

Date:

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ACCOMPLISHMENTS



MIND GOALS







BODY GOALS







WORK GOALS






