



Gratitude Journal: A Daily Appreciation

Brenda Nathan

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This gratitude journal is filled with inspirational quotes and lined pages for you to write your thoughts of gratitude. Gratitude is appreciation for every moment in your life—a feeling of abundance. It is saying thank you to the Universe for what you have right now. Your gratitude should be directed towards everything that you are creating in this life. It is the foundation of your life and is integral to all your experiences. It is a state of mind that you need to feel before your desires can manifest into your reality. Making a daily ritual of recording things you are grateful for will slowly transform your life. There is a section in this journal to keep a monthly log of transformations in your life. When you review past entries from your daily gratitude journal and this monthly transformations log, you will see a pattern to your life's journey.

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