

Gratitude Journal

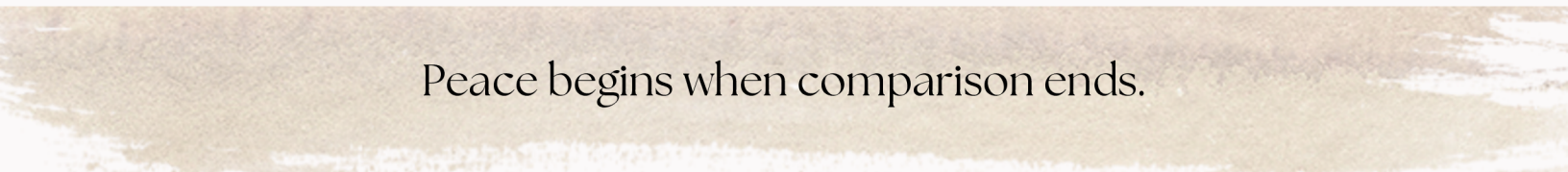
WHAT ARE YOU GRATEFUL FOR TODAY?

DATE _____

WHAT ABOUT OTHER PEOPLE’S LIVES DISTRACT YOU?

WHAT ABOUT YOUR OWN LIFE IS WONDERFUL?

WHAT CAN YOU APPRECIATE FROM IT?



Peace begins when comparison ends.