

**"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." — William Arthur Ward**

As you begin your 21 Day Gratitude Journal keep in mind these weekly challenges.

As Wilfred Peterson said

*"The art of Thanksgiving is thanks-living".*



# Weekly CHALLENGES

## WEEK 1

Write 2 Thank You Notes

## WEEK 2

Perform 4 Acts of Secret Service

## WEEK 3

Make & Deliver a Treat



**Bottle up your blessings for a time of need with these Daily Prompts:**



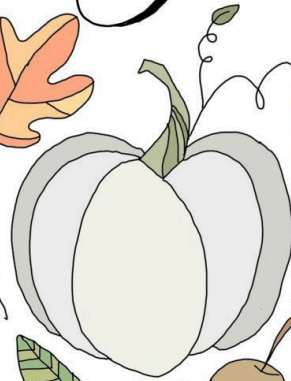
Day 1: Things in Nature   Day 2: Daily Comforts   Day 3: Intangible Blessings   Day 4: People past and present  
Day 5: Things people do for you   Day 6: Your abilities   Day 7: Unexpected Blessings

**List Your Blessings about these Subjects** Remember “Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.” – Marcel Proust

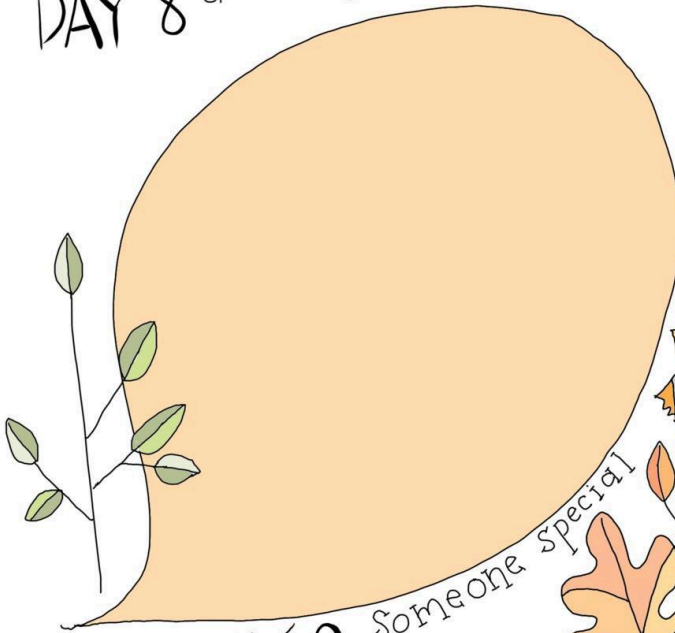
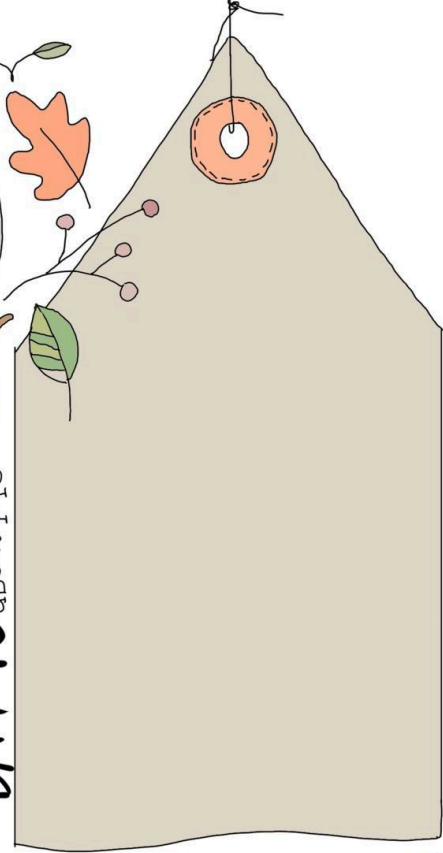
Today I'm thankful for



DAY 8 about my town



DAY 10 about Me



DAY 9 Someone special

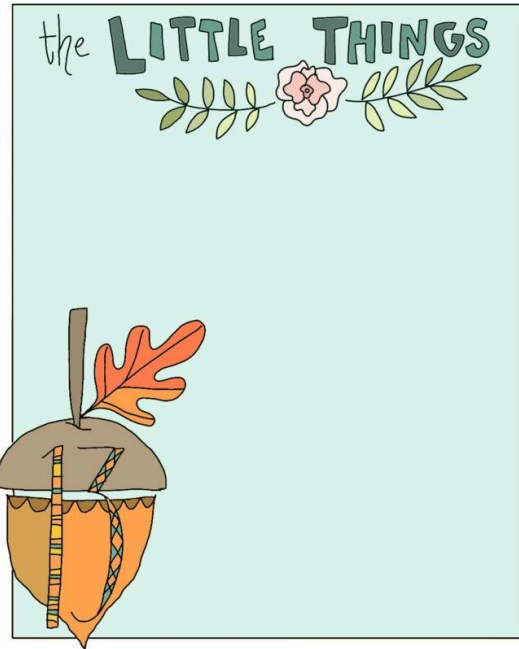


about MONDAYS

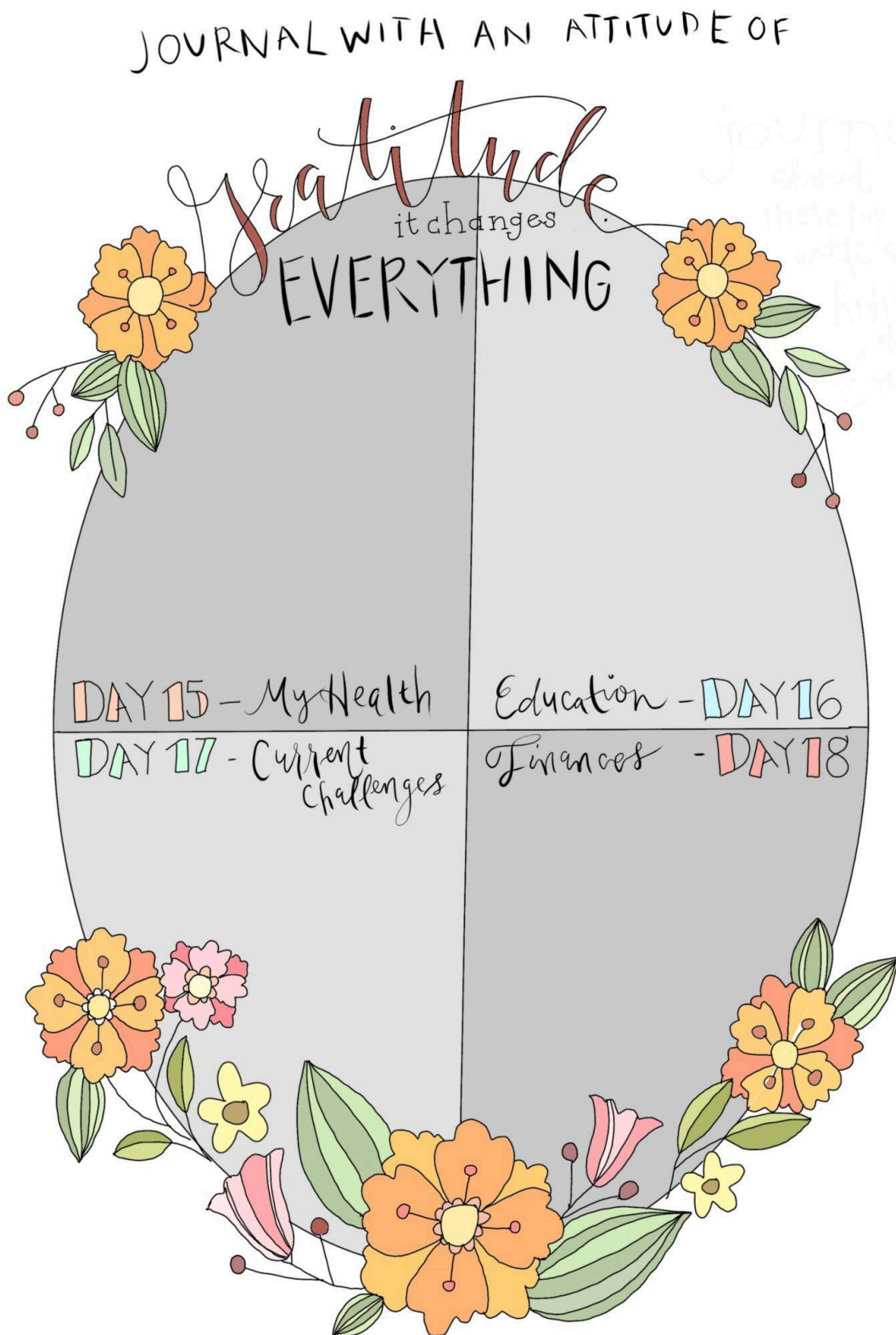
DAY 11



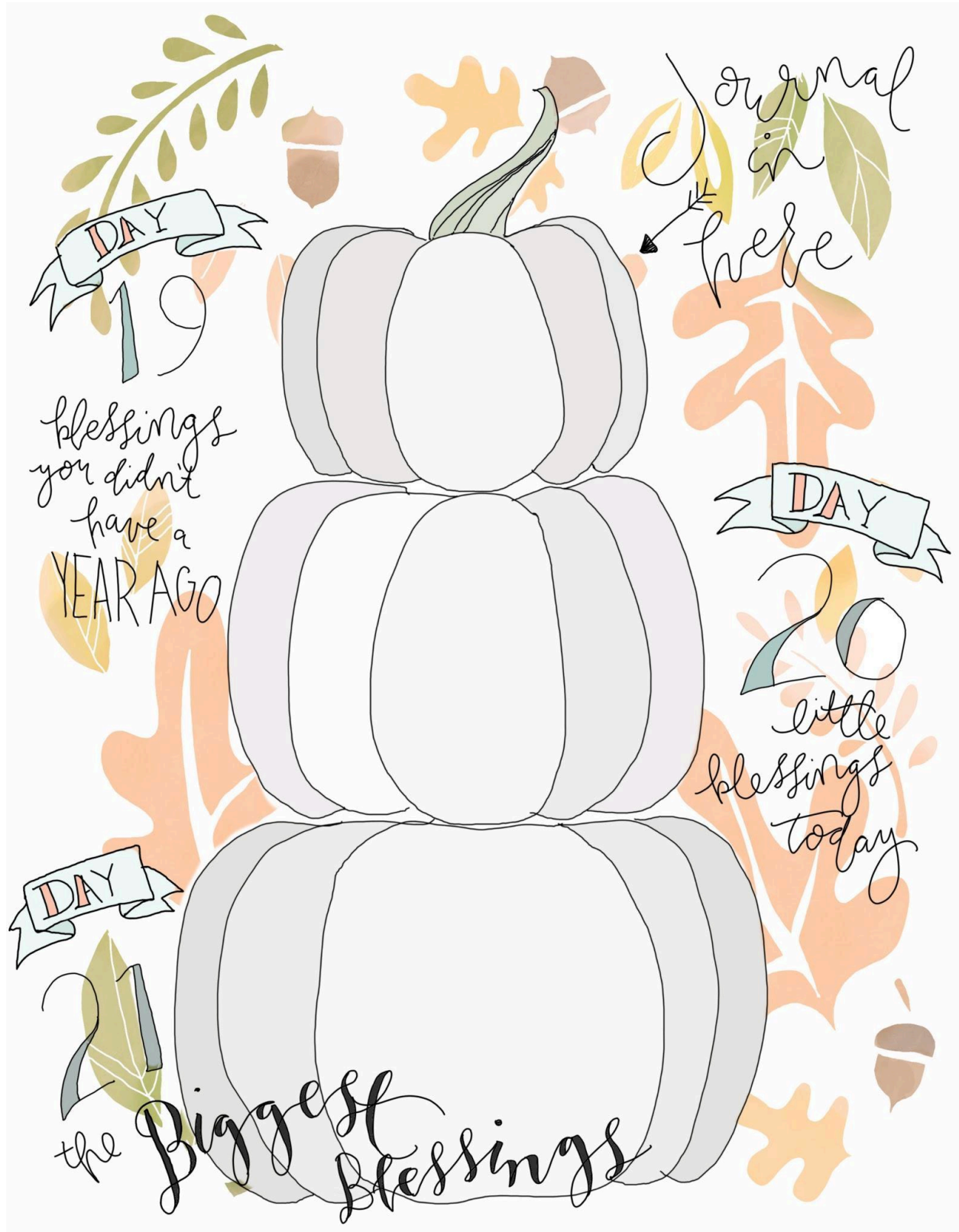
Write a few sentences in gratitude for...



"Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude."  
— A.A. Milne, Winnie-the-Pooh



**"We should certainly count our blessings, but we should also make our blessings count."  
— Neal A. Maxwell**

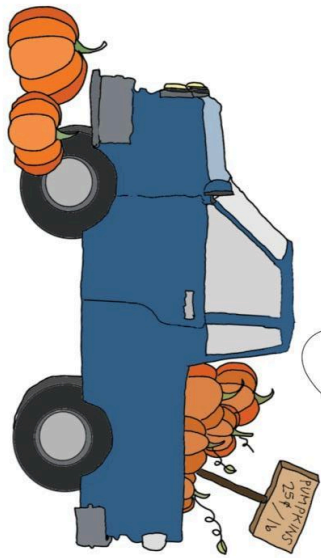


**Cut these out and use them to help you with your Weekly Challenges**



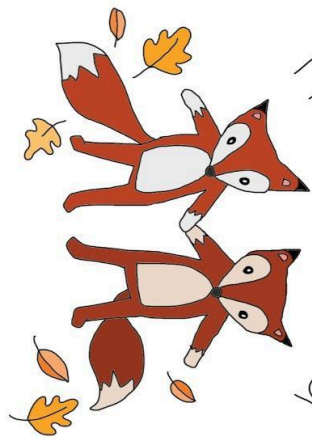
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Thank You

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THANK-YOU

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# Thanksgiving Day Thoughts

## What I've Learned & Felt about Gratitude during this 21 Day Gratitude Journaling Project

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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**“Not what we say about our blessings, but how we use them,  
is the true measure of our thanksgiving.” – W.T. Purkiser**