

“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

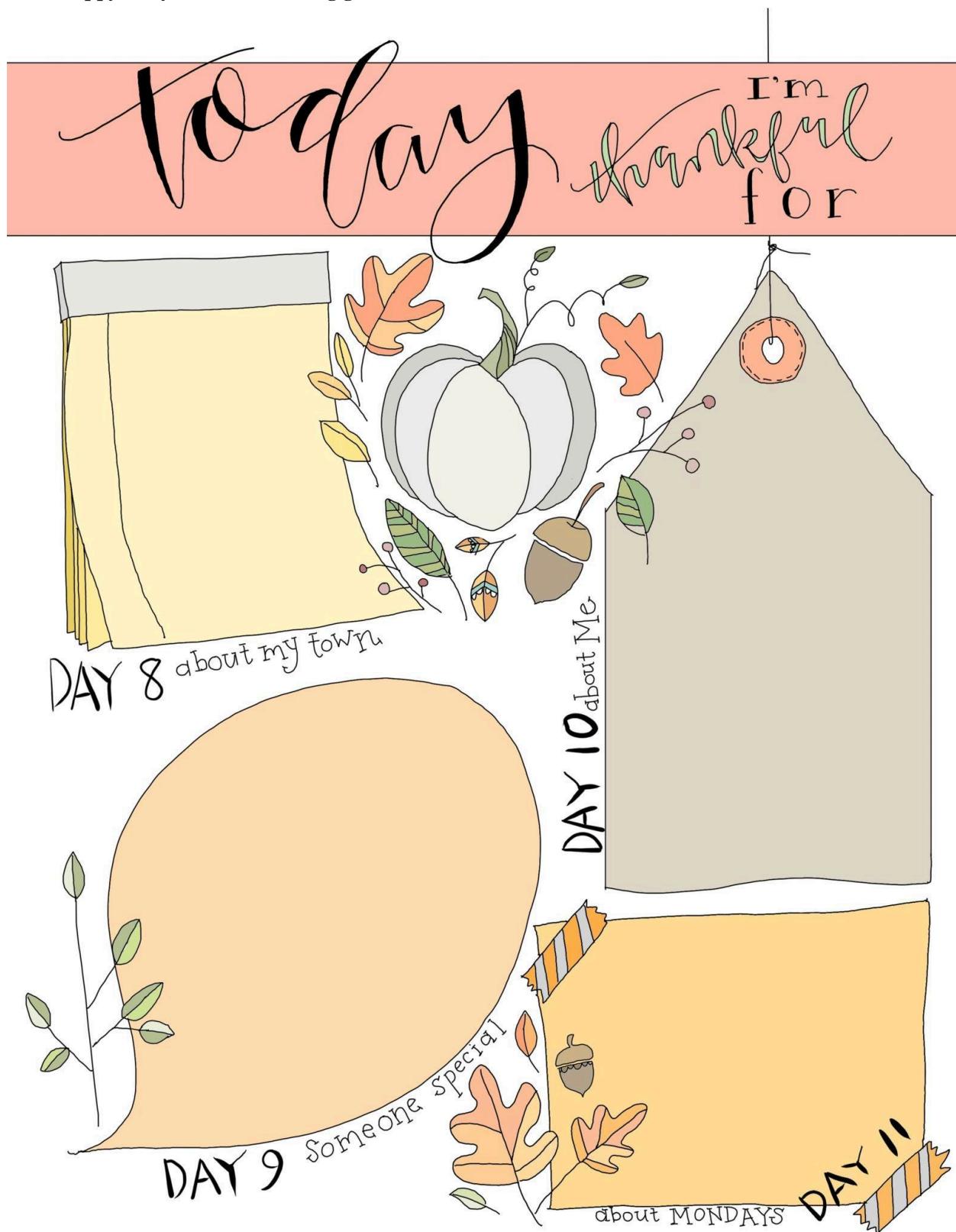


Bottle up your blessings for a time of need with these Daily Prompts:

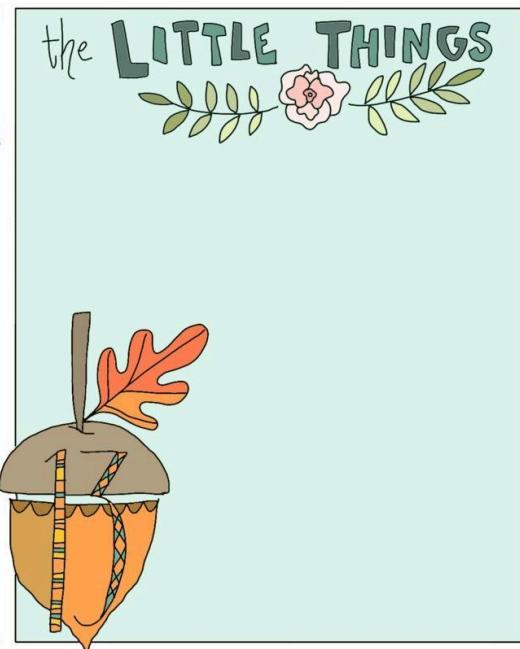


Day 1: Things in Nature Day 2: Daily Comforts Day 3: Intangible Blessings Day 4: People past and present
Day 5: Things people do for you Day 6: Your abilities Day 7: Unexpected Blessings

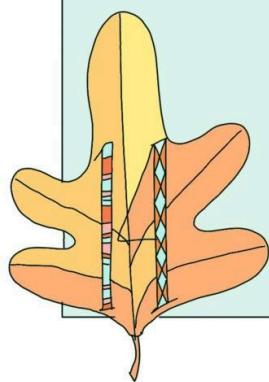
List Your Blessings about these Subjects Remember "Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom." – Marcel Proust



Write a few sentences in gratitude for...



Grateful for
LESSONS learned



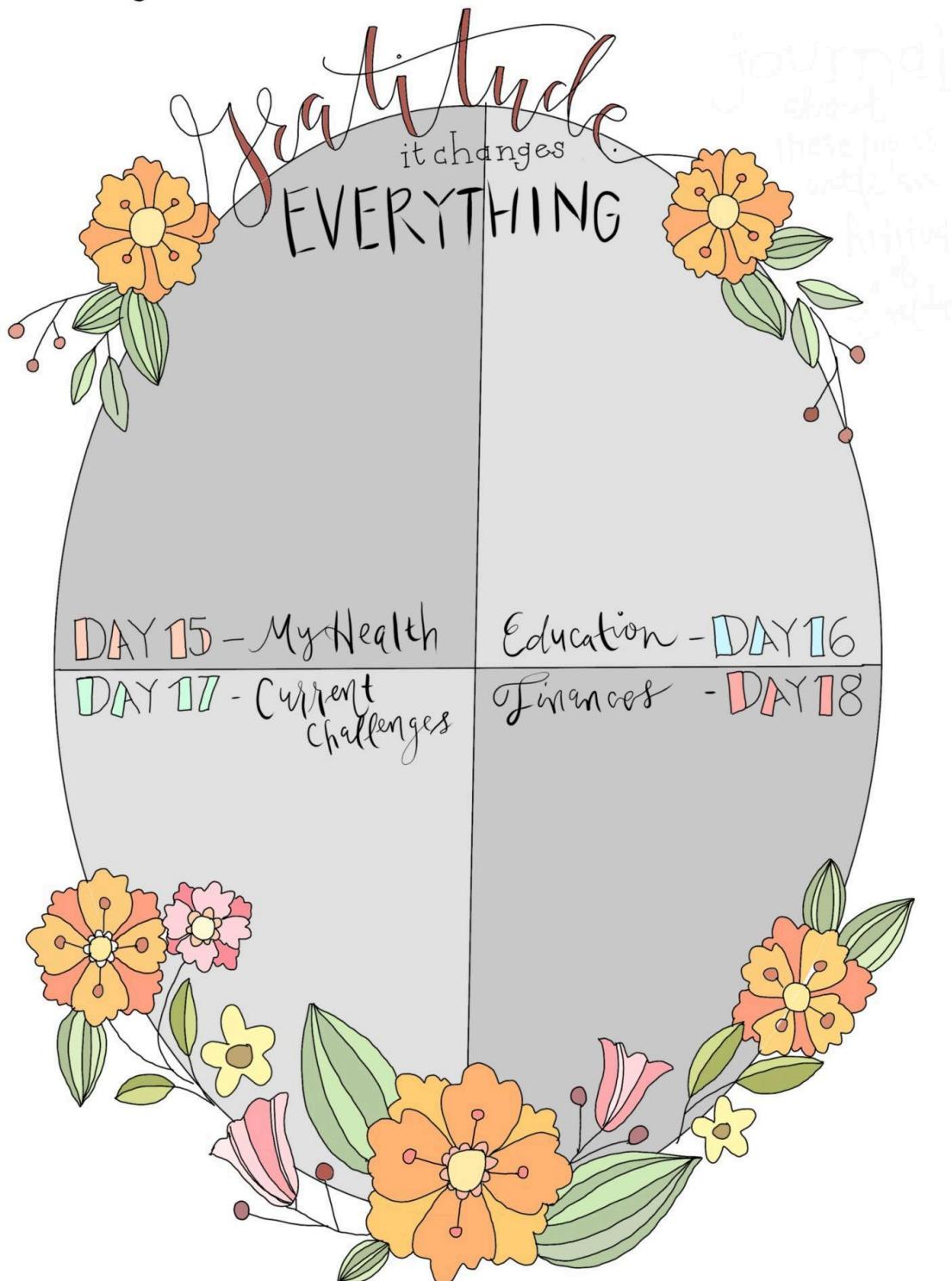
The BEST part
of my DAY



"Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude."

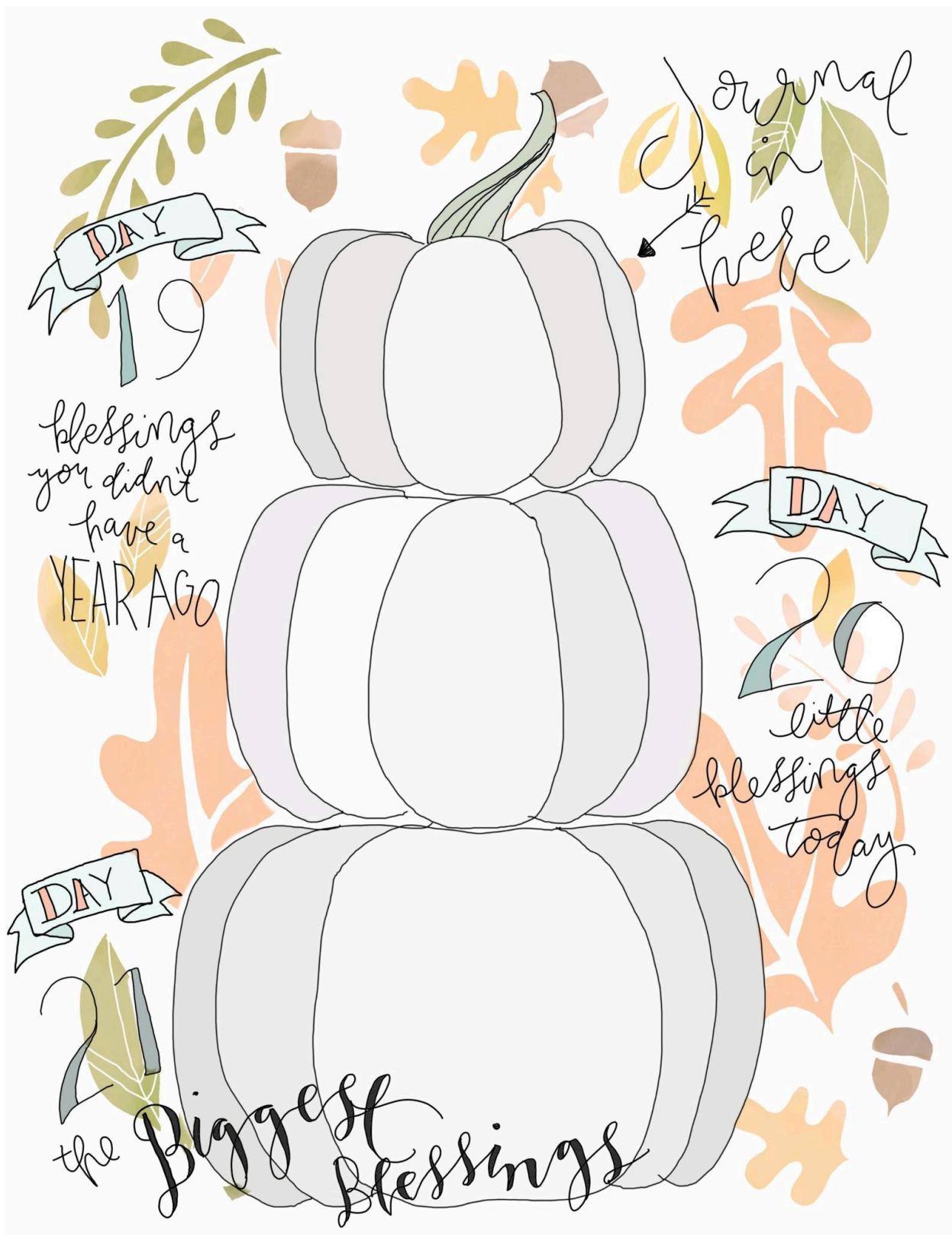
— A.A. Milne, Winnie-the-Pooh

JOURNAL WITH AN ATTITUDE OF



"We should certainly count our blessings, but we should also make our blessings count."

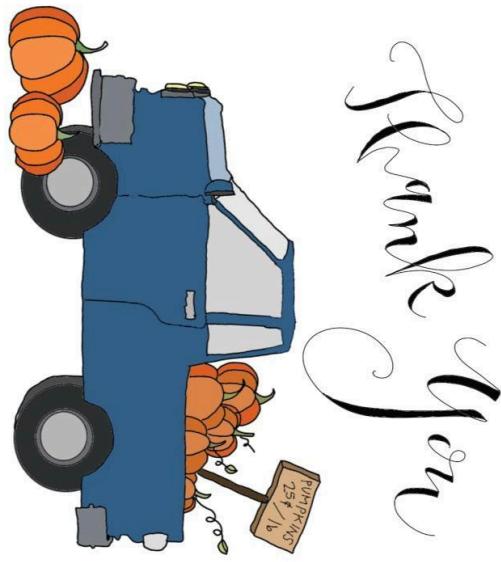
— Neal A. Maxwell



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



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Thank You



THANK YOU

Thanksgiving Day Thoughts

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



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