

"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".



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

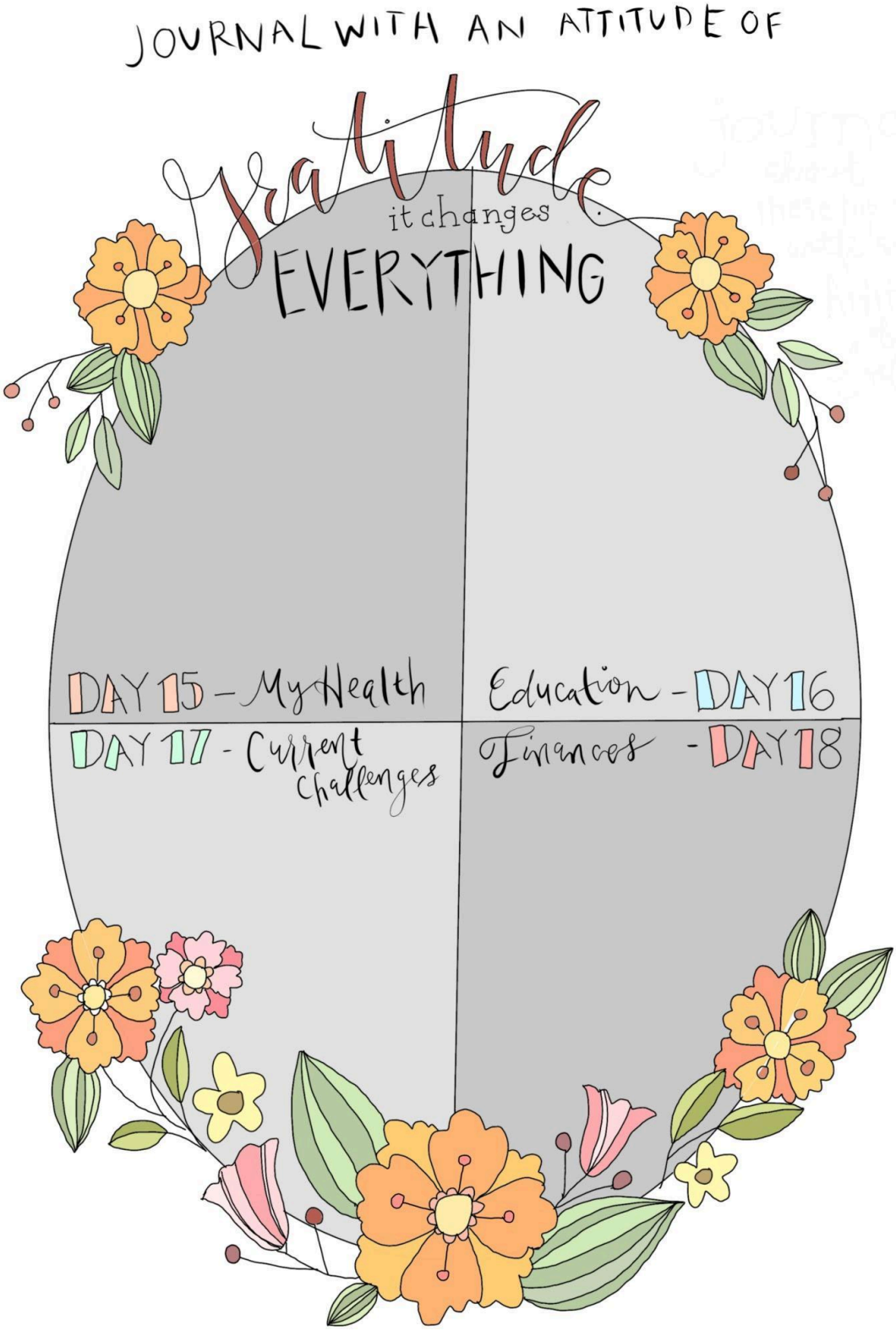
List Your Blessings about these Subjects Remember "Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom." — **Marcel Proust**



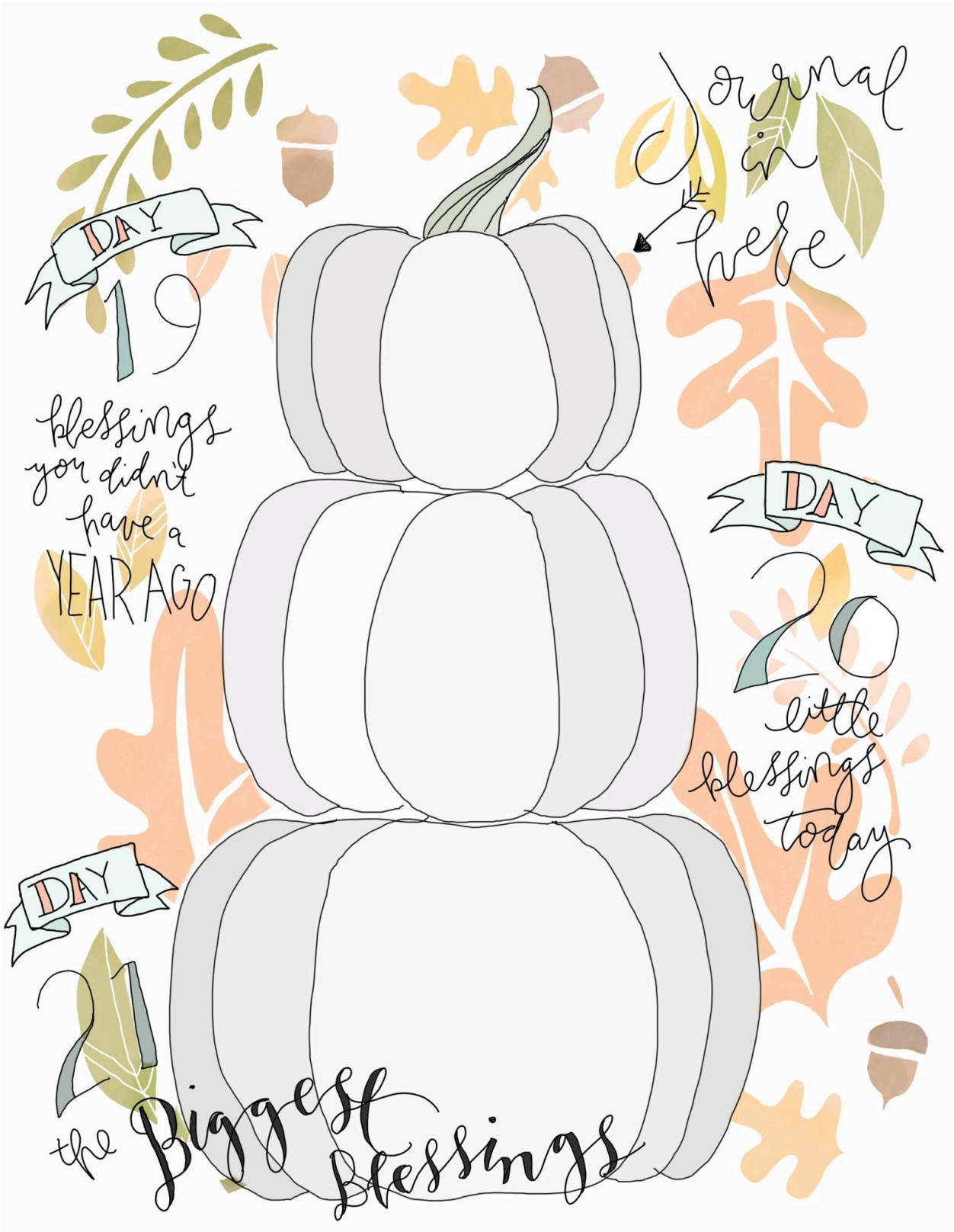
Write a few sentences in gratitude for...



"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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Thanksgiving Day Thoughts

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

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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