



30 Day Gratitude

journal

www.neilthrussell.com



Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

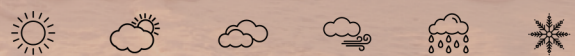
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

		
1L	2L	3L

Weather



Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.
Zig Ziglar

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

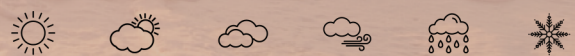
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

		
1L	2L	3L

Weather



Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

Melody Beattie

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

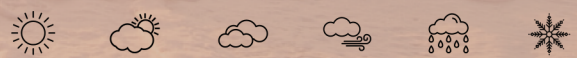
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

		
1L	2L	3L

Weather



Gratitude is the memory of the heart.

Jean Baptiste Massieu

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

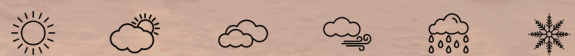
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

		
1L	2L	3L

Weather



The more grateful I am, the more beauty I see.

Mary Davis

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

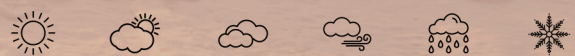
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

		
1L	2L	3L

Weather



Gratitude is the most exquisite form of courtesy.

Jacques Maritain

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

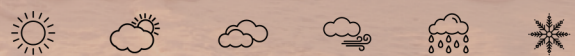
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

🍷🍷🍷🍷 🍷🍷🍷🍷 🍷🍷🍷🍷
1L 2L 3L

Weather



Gratitude is not only the greatest of virtues, but the parent of all the others.

Cicero

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

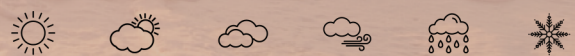
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

		
1L	2L	3L

Weather



Gratitude is the fairest blossom
which springs from the soul.

Henry Ward Beecher

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺

1L 2L 3L

Weather



Gratitude is the light of the soul.

G.K Chesterton

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

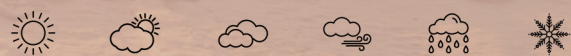
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker



Weather



Gratitude is the key to a happy life that we hold in our hands, because if we are not grateful, then no matter how much we have we will not be happy—because we will always want to

Brother David Steindl
have something else or

something more.

L. Neil Thrussell

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

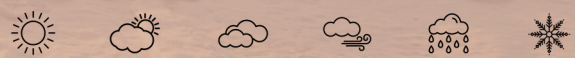
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

		
1L	2L	3L

Weather



Gratitude is the most exquisite form of courtesy.

Jacques Maritain

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

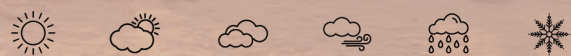
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

		
1L	2L	3L

Weather



Gratitude is the heart's memory.

French Proverb

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

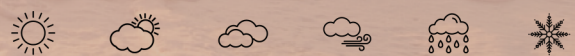
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

		
1L	2L	3L

Weather



Gratitude is the sign of noble souls.

Aesop

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

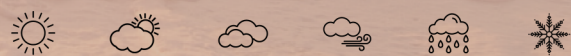
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

		
1L	2L	3L

Weather



Gratitude is the heart's memory.

French Proverb

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

		
1L	2L	3L

Weather



Gratitude is the fairest blossom
which springs from the soul.

Henry Ward Beecher

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

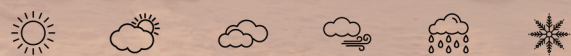
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

		
1L	2L	3L

Weather



Gratitude is not only the greatest of virtues but the parent of all the others.

Cicero

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

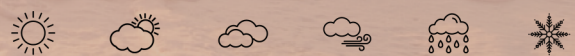
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

		
1L	2L	3L

Weather



Gratitude is the memory of the heart.

Jean Baptiste Massieu

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

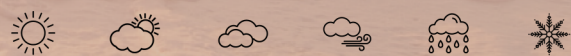
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

		
1L	2L	3L

Weather



Gratitude is the best medicine.

Anonymous

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

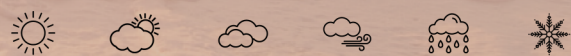
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker



Weather



Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.
Zig Ziglar

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

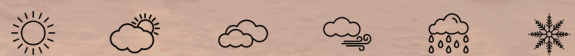
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker



Weather



Gratitude is the sweetest thing in a seekers life – in all human life. If there is gratitude in your heart, then there will be tremendous sweetness in your eyes.
Sri Chinmoy

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

		
1L	2L	3L

Weather



Gratitude is the single most important ingredient to living a successful and fulfilled life.

Jack Canfield

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

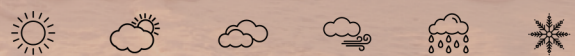
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

		
1L	2L	3L

Weather



Gratitude turns what we have
into enough

Anonymous

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

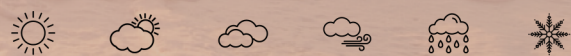
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker



Weather



Gratitude is a powerful process for shifting your energy and bringing more of what you want into your life. Be grateful for what you already have and you will attract more good things.

Rhonda Byrne

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

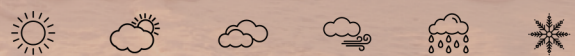
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

		
1L	2L	3L

Weather



Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

Melody Beattie

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

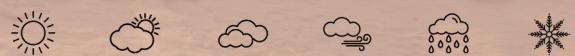
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker



Weather



Gratitude is when memory is stored in the heart and not in the mind.

Lionel Hampton

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺
1L 2L 3L

Weather



Two kinds of gratitude: The sudden kind we feel for what we take; the larger kind we feel for what we give.

Edwin Arlington Robinson

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

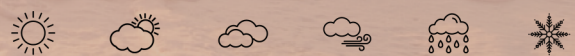
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

		
1L	2L	3L

Weather



When you are grateful, fear disappears and abundance appears.

Tony Robbins

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

🍷🍷🍷🍷 🍷🍷🍷🍷 🍷🍷🍷🍷
1L 2L 3L

Weather



He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.

Epictetus

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker



Weather



As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

John F. Kennedy

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

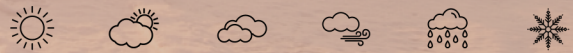
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

		
1L	2L	3L

Weather



Wear gratitude like a cloak, and
it will feed every corner of your
life.

Rumi

Tomorrow I look forward to

- _____
- _____
- _____
- _____

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for

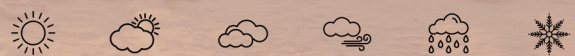
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes / reminders:

Water Tracker

		
1L	2L	3L

Weather



If the only prayer you said was
thank you, that would be
enough.

Meister Eckhart

Tomorrow I look forward to

- _____
- _____
- _____
- _____