



GLOWLIVING



GRATITUDE JOURNAL

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Each page represents one of the elements Earth, Air, Fire, Water, Space & Metal. Enjoy!

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THE HIGHEST
LEVEL OF
GRATITUDE IS
THE GRATITUDE
FOR EXISTENCE
ITSELF.
DEEPAK CHOPRA



I'm Grateful For What Nourishes Me...



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WHAT WE FOCUS
ON EXPANDS. TRAIN
YOUR BRAIN TO
FOCUS ON WHAT
YOU HAVE THOUGHT,
SAID, AND DONE
THAT YOU ARE
THANKFUL FOR.
MARY J. LORE

I'm Grateful For These Things
I've Taken For Granted...



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WHEN I STARTED
COUNTING MY
BLESSINGS, MY
WHOLE LIFE
TURNED AROUND.
WILLIE NELSON

I'm Grateful For My Teachers...



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I'm Grateful For Trips I've Taken...

AS WE EXPRESS
GRATITUDE, WE
MUST NEVER
FORGET THAT
THE HIGHEST
APPRECIATION IS
NOT TO UTTER
WORDS BUT TO
LIVE BY THEM.
JOHN F. KENNEDY



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GRATITUDE
ALLOWS YOU
TO BECOME IN
FULL HARMONY
WITH THE
UNIVERSE.

I'm Grateful For My Favorite Songs...



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I'm Grateful For The Things In My Home...

"ENOUGH"
IS A
FEAST.
BUDDHIST PROVERB



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LET THE BEAUTY
OF WHAT YOU
LOVE BE WHAT
YOU DO.

I'm Grateful For My Most
Beautiful Attributes...



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THE MORE
GRATITUDE YOU
HAVE, THE MORE
YOU OPEN
YOURSELF UP TO
ABUNDANCE.

I'm Grateful For Things
That Make Me Laugh...



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GRATITUDE IS
THE ANTIDOTE
FOR DEPRESSION
& ANGER.



I'm Grateful For The People
Who Have Helped Me...



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I'm Grateful For The
Animals I Have Loved...

WHEN YOU
EXPRESS GRATITUDE,
YOU ARE GIVING
A GIFT.



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I'm Grateful For
My Favorite Technology...

THE MORE YOU
EXPRESS GRATITUDE
FOR WHAT YOU
HAVE, THE MORE
LIKELY YOU WILL
HAVE EVEN MORE
TO EXPRESS
GRATITUDE FOR.
ZIG ZIEGLER



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**'THANK YOU' IS
THE BEST PRAYER
THAT ANYONE
COULD SAY. I SAY
THAT ONE A
LOT. THANK YOU
EXPRESSES
EXTREME
GRATITUDE,
HUMILITY, AND
UNDERSTANDING.**

ALICE WALKER

I'm Grateful For People
Who Have Hired Me...



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I'm Grateful For
These People Who Inspire Me...

SILENT
GRATITUDE ISN'T
VERY MUCH
TO ANYONE.
GERTRUDE STEIN



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I'm Grateful For My
Best Character Traits...

I DON'T HAVE
TO CHASE
EXTRAORDINARY
MOMENTS TO FIND
HAPPINESS - ITS
RIGHT IN FRONT
OF ME IF I'M
PAYING ATTENTION
AND PRACTICING
GRATITUDE.
BRENE BROWN



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GRATITUDE
GROWS THE
MORE YOU
USE IT.

I'm Grateful For My Most
Intimate Moments...

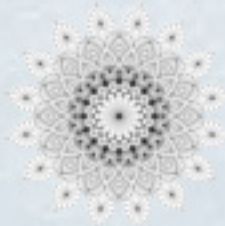


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THERE IS ALWAYS
SOMETHING TO BE
GRATEFUL FOR.



I'm Grateful For Simple Pleasures...



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I'm Grateful For
The Opportunities I've Had...

IF YOU'RE NOT
GRATEFUL FOR
WHAT YOU HAVE,
WHY SHOULD YOU
GET ANY MORE?



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GRATITUDE,
LIKE FAITH, IS
A MUSCLE.
THE MORE
YOU USE IT,
THE MORE
POWER YOU
HAVE TO
USE IT ON
YOUR BEHALF.

ALAN COHEN

I'm Grateful For The Challenges That
Strengthened My Self Confidence...



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I'm Grateful For These
Life Lessons I've Learned...

ACKNOWLEDGING
THE GOOD
THAT YOU
ALREADY HAVE
IN YOUR LIFE IS
THE FOUNDATION
FOR ALL
ABUNDANCE.

ECKHART TOLLE



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I'm Grateful For The Generosity I've Received...

THE REAL
GIFT OF
GRATITUDE IS
THAT THE
MORE
GRATEFUL YOU
ARE, THE
MORE PRESENT
YOU'LL
BECOME.
ROBERT HOLDEN



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I'm Grateful For The People
& Things That Ignite My Passion...

IT'S NOT HAPPY
PEOPLE WHO
ARE THANKFUL.
IT'S THANKFUL
PEOPLE WHO
ARE HAPPY.



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I'm Grateful For The Skills I've Built...

EACH DAY I AM
GRATEFUL FOR
NIGHTS THAT
TURNED INTO
MORNINGS, FRIENDS
THAT TURNED
INTO FAMILY,
DREAMS THAT
TURNED INTO
REALITY, AND LIKES
THAT TURNED
INTO LOVE.



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I'm Grateful For The Things
That Spark My Imagination...

ENJOY THE LITTLE
THINGS, FOR ONE
DAY YOU'LL LOOK
BACK AND REALIZE
THEY WERE BIG
THINGS.
ROBERT BRAULT



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I'm Grateful For The People Who Pushed Me...

THANK YOU
FOR HOLDING
ME TO HIGH
STANDARDS.
YOU MADE ME
BETTER &
STRONGER.



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I'm Grateful For The Things That
Give Me Certainty & Security...

THE ROOT
OF JOY IS
GRATEFULNESS.



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THIS IS A
WONDERFUL DAY.
I'VE NEVER SEEN
THIS ONE BEFORE.
MAYA ANGELOU

I'm Grateful For My Favorite
Things In Nature...



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INHALE LOVE.
EXHALE
GRATITUDE.

I'm Grateful For How My Parental
Figures Have Cared For Me...



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I'm Grateful For
The People Who Love Me...

THANK YOU
FOR LOVING
ME. YOU MADE
MY HEART
GROW FONDER.



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I'm Grateful For These Luxuries I Love...

GRATITUDE CAN
STOP NEGATIVE
THOUGHT
PATTERNS, AND
INCREASE AND
SUSTAIN POSITIVE
EMOTIONS.



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I'm Grateful ForThe Challenges That
Strengthened My Self Confidence...

I
AM
ENOUGH.



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I'm Grateful For Those Who Are Gone...

**I AM GRATEFUL
FOR THOSE WHO
ENTERED MY LIFE
AND FOR THOSE
THAT LEFT. YOU
SHOWED ME TO
VALUE WHAT I
HAVE BECAUSE IT
MAY NOT LAST
FOREVER.**



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I'm Grateful For My Best Friends...

THANK YOU FOR
CONTRIBUTING GREATLY
TO MY LIFE.
YOU SHOWED ME
TRUE FRIENDSHIP.



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I'm Grateful For
These Great Listeners...

I AM GRATEFUL
FOR THOSE
WHO HAVE
REALLY LISTENED
TO ME. YOU'VE
MADE ME FEEL
IMPORTANT.



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I'm Grateful For
These Fond Memories...

BE THANKFUL FOR
WHAT YOU HAVE;
YOU'LL END UP
HAVING MORE. IF
YOU CONCENTRATE
ON WHAT YOU
DON'T HAVE, YOU
WILL NEVER, EVER
HAVE ENOUGH.

OPRAH WINFREY



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I'm Grateful For My Trust In
Something Bigger Than Me...

TODAY I GIVE
THANKS TO
EVERYONE &
EVERYTHING THAT
HAS BEEN PART
OF MY LIFE'S
JOURNEY.



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I'm Grateful For The Books
That Help Me Grow...

GRATITUDE HELPS
ME DEVELOP A
FUNDAMENTAL
BELIEF THAT THE
WORLD IS
GOOD.



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If I make no other statement to you and the Universe, it's how deeply grateful that I am to be alive and connected to you and so many other inspiring souls. Thank you with all my heart for participating with me on this journey, and expressing love and gratitude for all its gifts.

Gratefully Yours,

Chandra Lyn

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