

THE  
GRATITUDE | ATTITUDE  
JOURNAL



CREATE YOUR OWN REALITY

**LET'S CONNECT**

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## FIVE REASONS YOU'LL LOVE THE GRATITUDE ATTITUDE JOURNAL

### 1. IT'S ABOUT YOU

This is your space to manifest gratitude in and for your life, free from digital distractions. It's about you, your gratitude, joy and happiness. Not what you think you should be grateful for or what someone else is telling you that you should be grateful for. Just you, your journey and where you are now.

### 2. ELEGANT SIMPLICITY

There are no Jedi mind tricks here. Just proven intentional focus on gratitude to increase appreciation for what you have, to look forward to your day (and tomorrow) and decrease comparison (which really is the thief of joy!). Stop saying 'I'll be happy when'. Focus on the now. Be present daily.

**'If you concentrate on what you have, you'll always have more.  
If you concentrate on what you don't have, you'll never have  
enough' - LEWIS HOWES**

### 3. INTENTIONAL FOCUS ON GRATITUDE

The structure of the daily gratitude page is easy, focused and efficient to complete. It prompts you along your gratitude journey. No more staring at blank pages wondering what to write. There is also an inspirational quote on every daily gratitude page to help develop a gratitude habit daily. In a few short minutes a day, you can start practicing a new habit and develop an attitude of gratitude daily.

### 4. YOU'LL BUILD MOMENTUM

Reflecting daily on the things we are grateful for creates appreciation for our lives. And this ultimately brings joy and happiness. With consistent expression of gratitude every day you create the change from within and build momentum to love the life you live today.

### 5. GRATITUDE ALLOWS US TO FORGET OUR OWN SELF IMPORTANCE

Gratitude allows us to forget our own self-importance, even temporarily, and look outward to uplift those around us who, in turn, often uplift those around them. And it's contagious.

There's no time like the present. Let's get started.

## AN ATTITUDE OF GRATITUDE

Gratitude is the simplest way to start your day happy.

You have about 60,000 thoughts a day. Make sure that 59,999 are not negative, limited thinking. How you start your day, often sets the tone for the rest of your day and how you show up. So, starting your day with a positive, happy thought based in gratitude sets the right tone. And it's contagious.

I know that when I intentionally focus on what I am grateful for, I tend to let go of all the negativity and comparison causing stress in my life. Building a daily habit of gratitude also helps us focus less on our own self-importance and think about others and what we can do for them.

Taking some time daily to focus on the things that are going well, what I'm doing right and that I am grateful for always brings me a sense of appreciation. I like to focus on what I have, not on what I don't. Scarcity is not a strategy for our lives. Abundance is.

Focus on the good in every day. Change your life!

Gratitude is the best attitude.



FOUNDER, INSPIRED | CHANGE



'Gratitude unlocks all that's  
blocking us from really feeling  
truthful, really feeling authentic  
and vulnerable and happy'

- GABRIELLE BERNSTEIN

# YOUR JOURNAL JOURNEY: MY ATTITUDE OF GRATITUDE

Undated so you move at a pace that works for you

## MY ATTITUDE OF GRATITUDE

/ / 20

 I am grateful for

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Because gratitude is an attitude! Acknowledge what you have and are thankful for

An inspirational nugget for today

'Gratitude opens the door to the power, the wisdom, the creativity of the universe. You open the door through gratitude.'  
DEEPAK CHOPRA

What would make today a great day?

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That one thing you can't get out of your mind that would really make your day

I am \_\_\_\_\_

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Space for daily affirmations. These are short, powerful, yet simple statements designed to manifest a specific goal. Adopt a mindset of growth.

 Amazing things that happened today

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What made you smile? What did you 'knock out of the park' today? Celebrate the small things in life.

What I am looking forward to tomorrow


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Build excitement, anticipation and front load gratitude into tomorrow by already looking forward to something small (or big) tomorrow!

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 I am grateful for

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**'Gratitude doesn't change the scenery. It merely washes clean the glass you look through so you can clearly see the colours.'**  
RICHELLE E. GOODRICH

What would make today a great day?

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I am \_\_\_\_\_  
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 Amazing things that happened today

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What I am looking forward to tomorrow

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# MY ATTITUDE OF GRATITUDE

/ / 20

 I am grateful for

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**'Gratitude is riches. Complaint is poverty.'**  
DORIS DAY

What would make today a great day?

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I am \_\_\_\_\_  
\_\_\_\_\_

 Amazing things that happened today

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/ /20

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**'Appreciation can make a day—even change a life. Your willingness to put it into words is all that is necessary.'**  
MARGARET COUSINS


What would make today a great day?

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I am \_\_\_\_\_

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 Amazing things that happened today

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What I am looking forward to tomorrow

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# MY ATTITUDE OF GRATITUDE

/ /20

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**'When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in.'**  
KRISTIN ARMSTRONG


What would make today a great day?

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I am \_\_\_\_\_

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 Amazing things that happened today

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What I am looking forward to tomorrow

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