

GRATITUDE JOURNAL



30 Days of Gratitude

1.

16.

2.

17.

3.

18.

4.

19.

5.

20.

6.

21.

7.

22.

8.

23.

9.

24.

10.

25.

11.

26.

12.

27.

13.

28.

14.

29.

15.

30.

People I am Grateful For

*

*

*

*

*Things that Make Me
Laugh*

IF YOU
WANT
HAPPINESS,
FIND
GRATITUDE

Steve Maraboli

Stop Now. Enjoy
the Moment. It's
Now or Never.

-MAXIME LAGACE

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

THIS IS A
WONDERFUL
DAY. I HAVE
NEVER SEEN
THIS ONE
BEFORE.

-Maya Angelou



**[www.mindfulwith
melissa.com](http://www.mindfulwithmelissa.com)**