



*Everyday*  
**GRATITUDE JOURNAL**

HAPPY FIT YOU

# Gratitude Journal

*Start every day/ night with a gratitude heart. They say a gratitude heart is a magnet for miracles. Basically a gratitude journal helps you reflect & makes you appreciate what you have . Gratitude unlocks the fullness of life. Writing a gratitude journal with your full heart raises your vibration and Universe starts attracting good things back to your life. Law of attraction tunes in to your frequency & serves you in abundance for which you are grateful for.*

## How to write a Gratitude Journal

- 1) Start writing the Journal on the new moon
- 2) Get in to good mood/ do clapping exercise for 5 mins ( energy /vibe should be high )
- 3) Write 3 things every morning/ before going to bed for which you are grateful for. Spend 5 mins, appreciating what you writing.
- 4) Use a green pen to write.
- 5) Lit a Candle/diya (if you want)
- 6) Inhale deeply & while exhalation of breath speak the grateful sentences, feel it in your body, in each and every cell, feel the vibration.
- 7) After every sentence write "Thank you Universe". Visualize you are thanking the whole universe for all the blessing by bowing down.

It doesn't matter  
if the glass is half  
empty or half full.  
Be grateful that  
you have a glass,  
and there is  
something in it.



Empowered People don't look  
at the glass **half-empty**.

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Empowered People  
don't look at the  
glass **half-full**.

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Empowered People  
are too busy **filling it!**

1) I am Grateful for


2) I am grateful for


3) I am grateful for


Three pearl of Wisdom /things you learned today

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3 things you did away with -small- small steps

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Three pearl of Wisdom /things you learned today

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1) Month reflection of Gratitude


2) Month Reflection of Gratitude


3) Month Reflection of Gratitude


Month pearl of Wisdom /things you learned

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Month reflection habit tracker you did away with -small- small steps

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