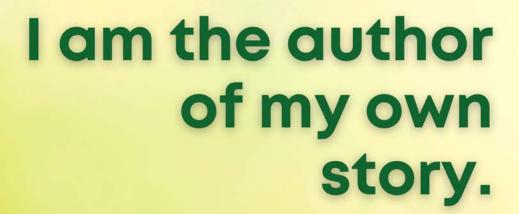
# 31 Days of Daybodils

My Gratitude Journal







This is what makes me strong.





- Select your daily affirmation and repeat it 3 times.
- Recall and repeat this mantra throughout the day.
- Harness positive energy by meditating 15 20 minutes.
- Visualize the life you desire.

From your life today, who are the top six people, places, or things for which you are most grateful?





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In your life today, who are you most grateful for and why?





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From your early life, who do you cherish the most and why?





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Think about a recent hardship. How did you learn from it?





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For what simple part of your life are you most grateful?





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Who did something recently to help or make your life easier?





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For which part or parts of nature are you most grateful?





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List the 10 top material things for which you are grateful.





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Write a thank you to the most influential person in your life - past or present.





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Think back to where you were 5 years ago. For what significant life changes are you most grateful?





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For what foods or beverages are you most grateful?





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What can you do to show someone you are grateful for them?





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"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

Do you agree? Why, or why not?





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What accomplishments have brought you the most joy and fulfillment?





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How difficult would your life be without your closest loved one?





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What was the last act of kindness you did?
Think of ways you can make 5 strangers
smile tomorrow.





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What is your favorite family tradition? Share what you like most about it.





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What is your favorite family tradition?

Share what you like most about it.





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Describe your ideal Sunday. How can you make today feel more like that day?





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As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. Do you agree? Why, or why not?





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What do you believe is one of "the little things" that is most under appreciated about you and why?





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Being thankful is the healthiest and gratifying ways to live. Do you agree or disagree and why?





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Reflect on your favorite childhood memory. What made it so wonderful and easy to remember?





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What was something beautiful or striking you saw today and why did it impress you so positively?





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What would you tell your best friend that you like most about them and why do you possess the quality as well?





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What is your favorite quote about gratitude? Why does it continue to resonate with you?





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What is your most embarrassing moment for which you are most grateful and how did you come to be grateful for it?





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What is your favorite song? When did you first hear it and what memories does it evoke for you?





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What was your favorite birthday like? How can you make more days in the year more like that day?





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What three compliments do you appreciate getting from someone? Why do you like those compliments?





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Who are the top few people, places, or things in your life that you are most grateful for today and list the reasons why.





# GRATITUDE QUOTE

As you open your eyes to each new sunrise, let your gratitude cup be full.



