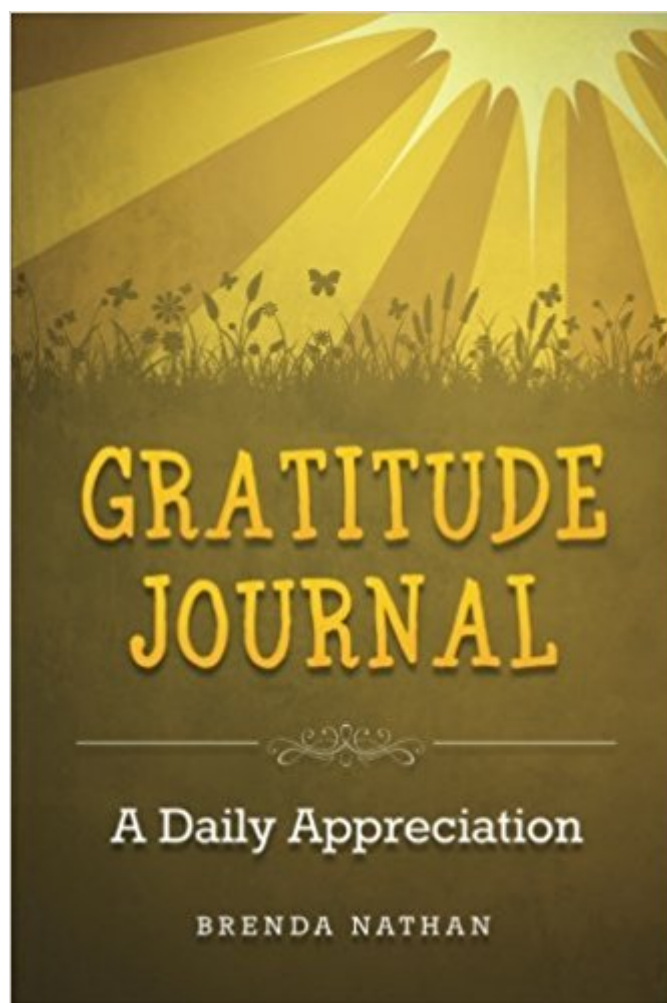


The book was found

# Gratitude Journal: A Daily Appreciation



## Synopsis

This gratitude journal is filled with inspirational quotes and lined pages for you to write your thoughts of gratitude. Gratitude is appreciation for every moment in your life--a feeling of abundance. It is saying thank you to the Universe for what you have right now. Your gratitude should be directed towards everything that you are creating in this life. It is the foundation of your life and is integral to all your experiences. It is a state of mind that you need to feel before your desires can manifest into your reality. Making a daily ritual of recording things you are grateful for will slowly transform your life. There is a section in this journal to keep a monthly log of transformations in your life. When you review past entries from your daily gratitude journal and this monthly transformations log, you will see a pattern to your life's journey.

## Book Information

Journal: 148 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (July 19, 2015)

Language: English

ISBN-10: 1514818027

ISBN-13: 978-1514818022

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (35 customer reviews)

Best Sellers Rank: #110,942 in Books (See Top 100 in Books) #5 in Â Books > Health, Fitness & Dieting > Psychology & Counseling > Medicine & Psychology #8 in Â Books > Self-Help > Handwriting Analysis #52 in Â Books > Self-Help > Journal Writing

## Customer Reviews

This is my first gratitude journal. I really like the layout of this book. There is room to add entries for every day of the year. There are also pages in the back for you to summarize your reflections for each month. Interspersed throughout the book are inspirational quotes from notable people. There were several times when a quote would jog thoughts that I could then commit to words. If you're looking for a structured yet relaxed way to jot down your daily thoughts of gratitude, then I recommend this journal!

This book offers little more than blank lines on a page. I had expected there to be more prompts and structure. Instead, the dates are printed on each entry, meaning that unless you're starting on

January 1st you're starting in the middle of the book. Each entry is just a date followed by a half dozen blank lines. There's a quote tossed in once a week or so. Would rather just use a blank journal. Useless.

I like this journal! I have never made a review before for any book before. I read the intro inside this book especially when you wrote "Gratitude should be directed towards everything you created in this life" it's really important. Keep up the great work and be inspired!

This is a great one year daily gratitude book. There is enough space between the lines to write. Lots of nice inspirational quotes. I particularly like the Transformation section at the end of the book where I can also write monthly list of transformations. This is great for review of the year. I also like the butterfly illustration showing transformation. The introduction is very uplifting. I read this before my daily gratitude entry. This is a very inspirational book.

Hey Brenda, Your book has nice graphics and layout. It reminds me of the excellent books I got by Judy Shafarman on journal writing, My Book of Appreciation and Journal 365+. What great inspirations for daily journaling and daily being grateful. Have a great 2016

I have an appreciation for gratitude and know the role that it plays in enlarging one's inner life. Like meditation, the effects of gratitude are magnified when practiced on a daily basis. This journal is a good way of keeping gratitude a daily practice. I particularly appreciate the ability to summarize one's daily practice on a monthly basis and love the quotes!

Easy to use, and makes a daily gratitude journal entry seem less cumbersome and more fun and relaxing.

Something you should really buy in print. Basically some quotes on gratitude and lots of date numbered pages for you to use to write in your thoughts and gratitude.

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Gratitude Journal: A Daily Appreciation Five Minute Gratitude Journal: 5 Short Minutes A Day To Develop An Attitude of Gratitude (Five Minute Journals) (Volume 1) Journal Daily: inside Tree

Design, Lined Blank Journal Book, 150 Pages, 6" x 9" (15.24 x 22.86 cm), blank journal pages, writing journal 21 Prayers of Gratitude: Overcoming Negativity Through the Power of Prayer and God's Word - A Life of Gratitude 365 Journal Writing Ideas: A year of daily journal writing prompts, questions & actions to fill your journal with memories, self-reflection, creativity & direction Diabetes Journal Log Book: Portable 6in x 9in Diabetes, Blood Sugar Log. Daily Readings For 53 weeks. Before & After for Breakfast, Lunch, Dinner, Snacks. Bedtime. With Daily Notes (Fitness) Life's Daily Blessings: Inspiring Reflections on Gratitude and Joy for Every Day, Based on Jewish Wisdom Journal Daily: British flag 1776, Lined Blank Journal Book, 6 x 9, 200 Pages, notebook, for writing The Gratitude Journal: A Mother's Day Gift (Special Occasion Gift Edition) Instant Happy Journal: 365 Days of Inspiration, Gratitude, and Joy The Book Lover's Journal (Reading Journal, Book Journal, Organizer) Journal Your Life's Journey: Tree Vector Journal, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: Water Color Paint Journal, Lined Journal, 6 x 9, 100 Pages Alice in Wonderland Chalkboard Journal - We're All Mad Here: 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, ... Chalkboard Notebook Journals) (Volume 5) Chalkboard Journal - Be Still & Know (Yellow): 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, Lined Notebook, ... Journals - Yellow Collection) (Volume 3) Chalkboard Journal - Be Still & Know: 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, Lined Notebook, Blank Diary (Chalkboard Notebook Journals) (Volume 3) Daily Reading Comprehension (Daily Practice Books, Grade 5) Daily Reading Comprehension, Grade 3 (Daily Reading Comprehension) The Everything Calorie Counting Cookbook: Calculate your daily caloric intake--and fat, carbs, and daily fiber--with these 300 delicious recipes (Everything®)

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