

INNER PEACE INSIGHT JOURNAL

Effortless Gratitude - week one

TODAY'S INSPIRATION

"Be thankful for what you have, and you'll end up having more;
concentrate on what you don't have, and you'll never have enough."

- Oprah Winfrey

MORNING

My overall *feeling* goal for the day is...

Three things I am grateful for today...

1. _____

2. _____

3. _____

Three places I plan to practice my gratitude
N.O.T.E. Experiment...

1. _____

2. _____

3. _____

Today, I will create gratitude & positivity by...

- | | |
|-----------------------------------|--------------------------------------|
| <input type="checkbox"/> Focusing | <input type="checkbox"/> Visualizing |
| <input type="checkbox"/> Seeking | <input type="checkbox"/> Remembering |

Today, I'm looking forward to....

EVENING

Three unexpected blessings that happened
to me today...

1. _____

2. _____

3. _____

My biggest success with gratitude today
was...

My biggest challenge with gratitude today
was...

How I will do better tomorrow...

Tomorrow will be tremendous because...
