

Gratitude Log for Inner Peace + Positive Feelings



*Keep a positive outlook every day and
attract more goodness into your life.*



Gratitude for Inner Peace + Positive Feelings

Focusing on the good things in your life will bring happiness and feelings of inner peace, one way to do this is to write 1-3 things you are grateful for, everyday.

Being grateful lets you be happy with what you have right now and it stops you from going out to buy new things or seek new thrills to give you a temporary happiness boost that never lasts long.

Writing a gratitude list is difficult at first, but it gets easier with everyday practice. The key is to write one thing you GENUINELY feel grateful for.

Every day will present you with something big or small which brings you a bit or a lot of happiness and you will want to jot this down.

The trick is to be aware of your blessings and good things which come your way everyday and build a thankful attitude above all.

If you are genuinely happy to have a bright sunny day today, write that down! If you are grateful that your toddler woke up today in a good mood, that counts too. What makes you grateful and happy is entirely personal to YOU!

For 31 days, look for little moments or actions every day which bring you happiness or, you can create those happy moments yourself!

Self Love Sister!



My 31-Day Gratitude List

MONTH OF:

DATE	I'm thankful for...
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	

My 31-Day Gratitude List

MONTH OF:

DATE	I'm thankful for...
17	
18	
19	
20	
21	
22	
23	
24	
25	
26	
27	
28	
29	
30	
31	

"Refine yourself and refine your life to a brand new you. Reign righteous emotionally, mentally and physically". - Stacy Grace