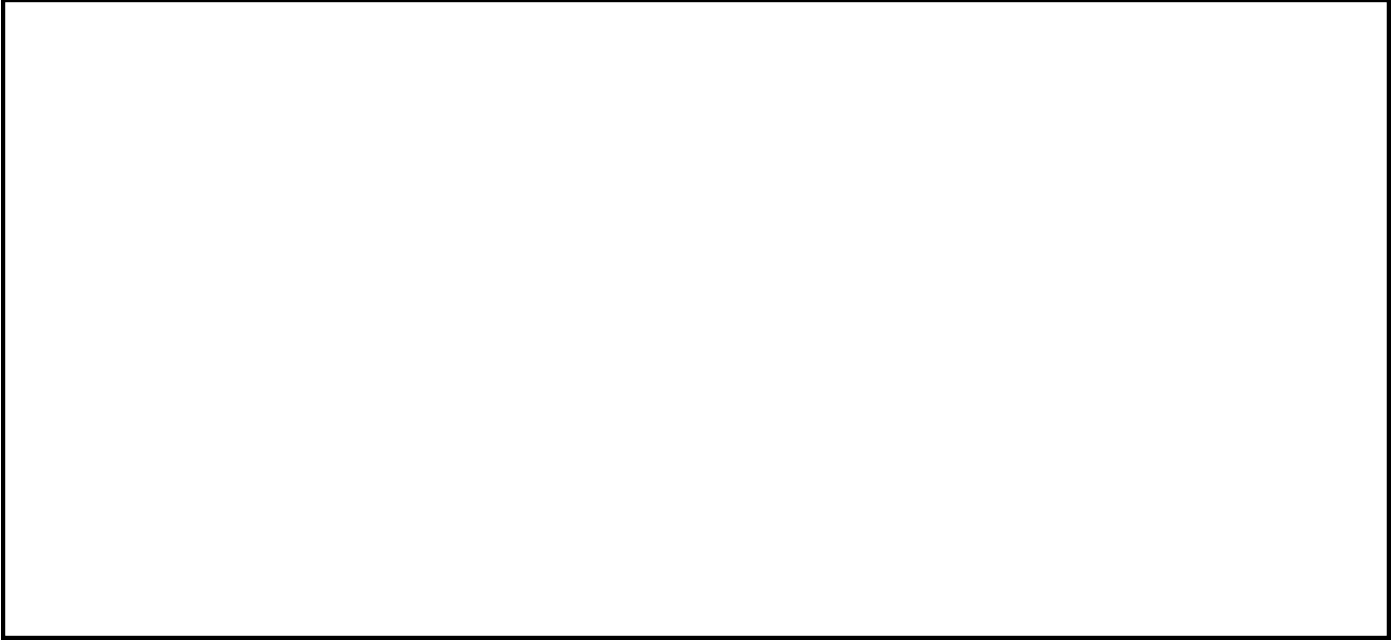

GRATITUDE

JOURNAL

GIVING THANKS FOR ALL THAT I HAVE

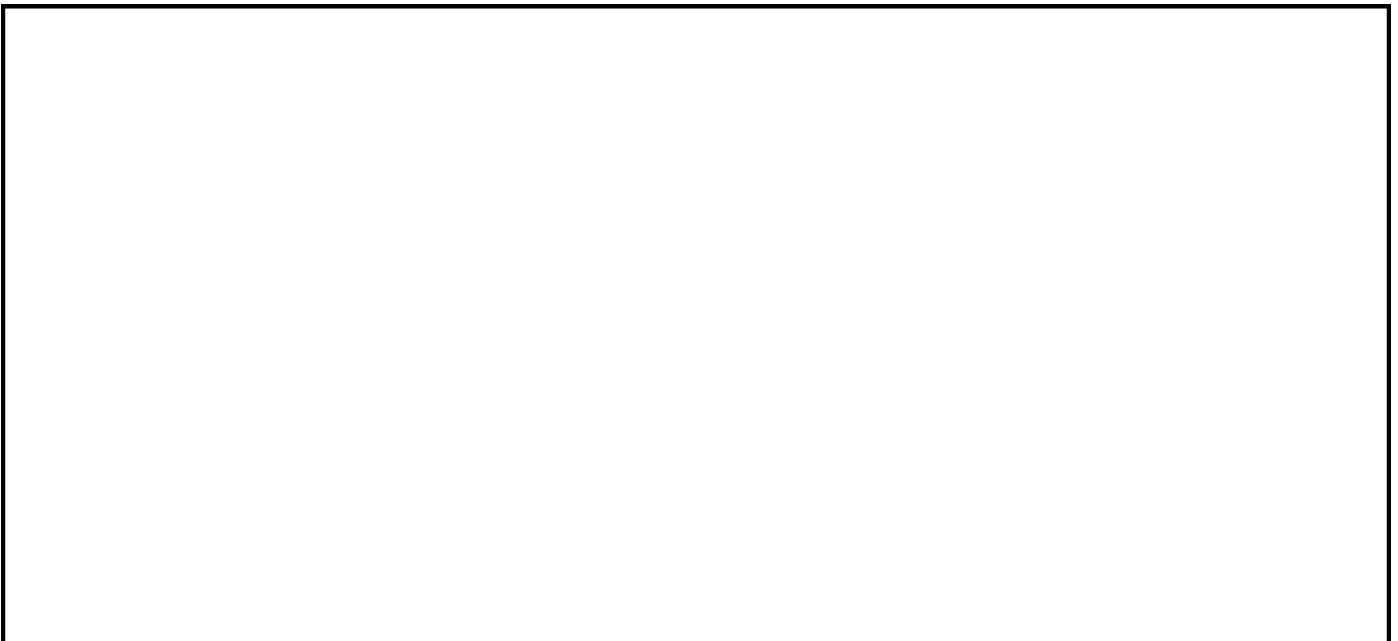
1. GRATITUDE FOR BREATH

Reflect on the simple act of breathing. Take a deep breath in, now exhale slowly. How does the gift of each breath make you feel, how does it make you grateful?



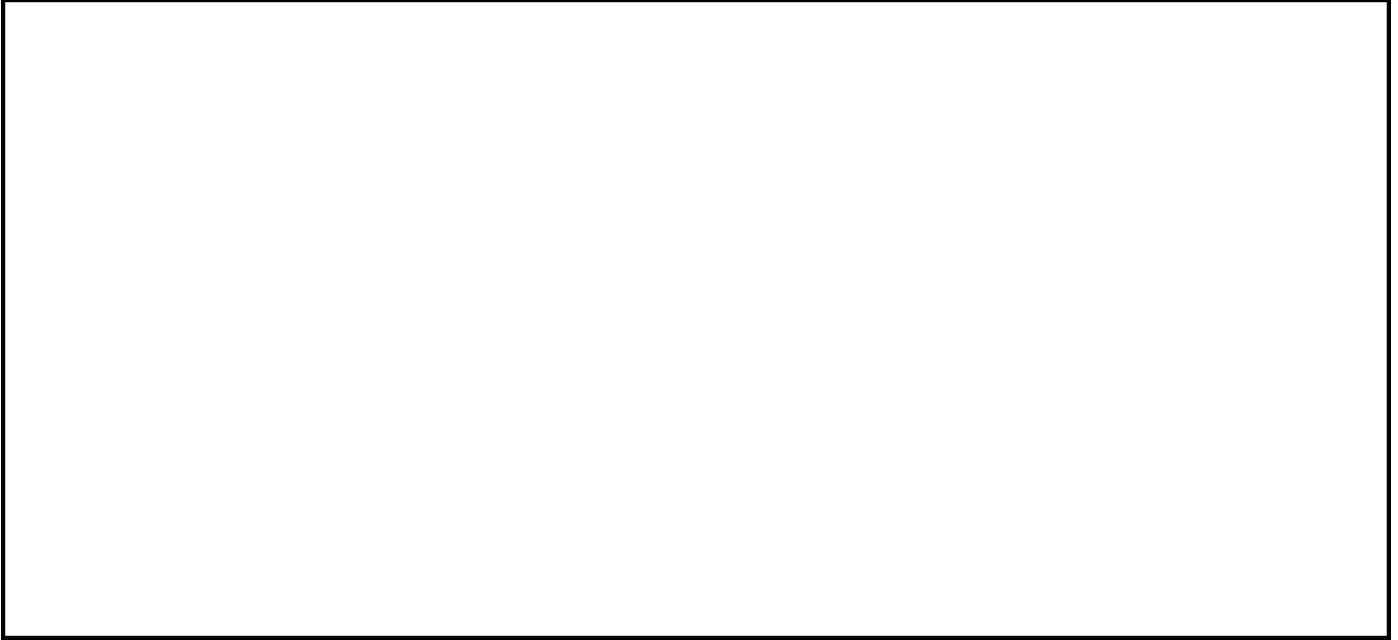
2. GRATITUDE FOR SHELTER

Consider the roof over your head. How does your home provide comfort and safety. What else about your home are you grateful for?



3. GRATITUDE FOR RELATIONSHIPS

Think about the people you love. How do your relationships enrich your life, and how might these connections be a reflection of God's love?

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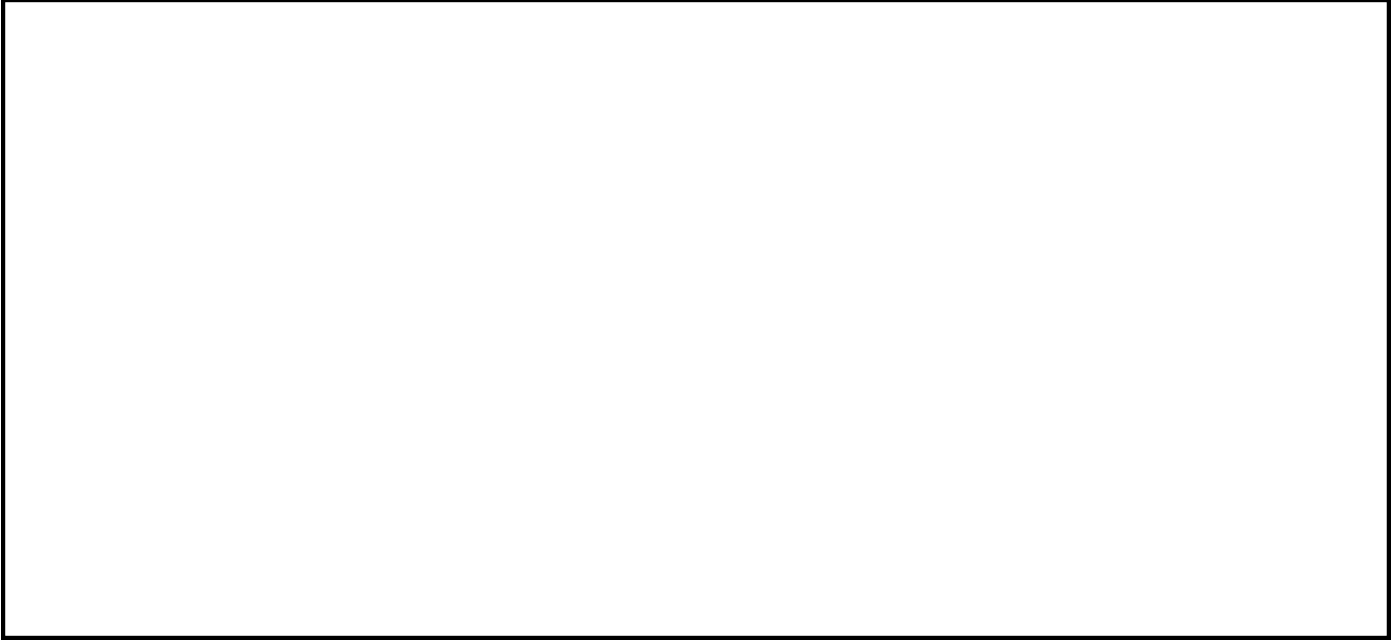
4. GRATITUDE FOR FAMILY:

Give thanks for your family members. How have they supported you in your faith journey?

A large, empty rectangular box with a black border, intended for the user to write their response to the question about gratitude for family.

5. GRATITUDE FOR FOOD:

What are your favorite meals or cuisines? How does enjoying good food enhance your quality of life?



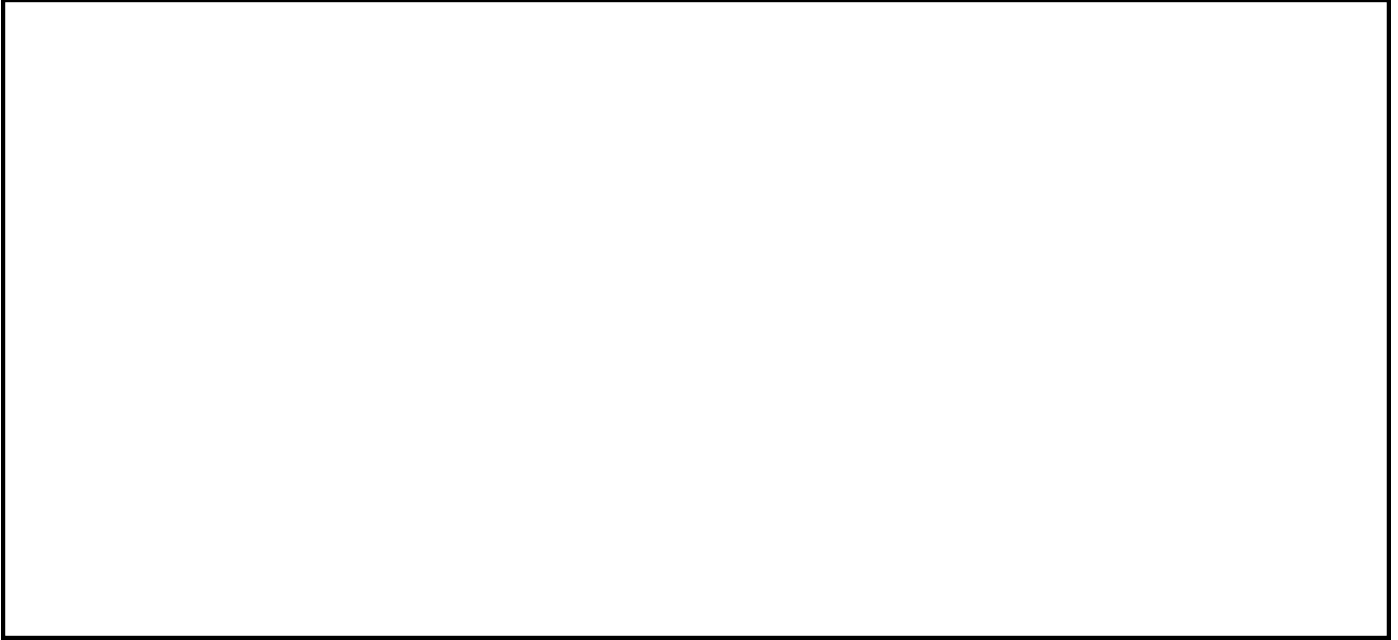
6. GRATITUDE FOR WORK:

Consider your job or daily activities. How does your work allow you to contribute to the world, reflecting your purpose in life.



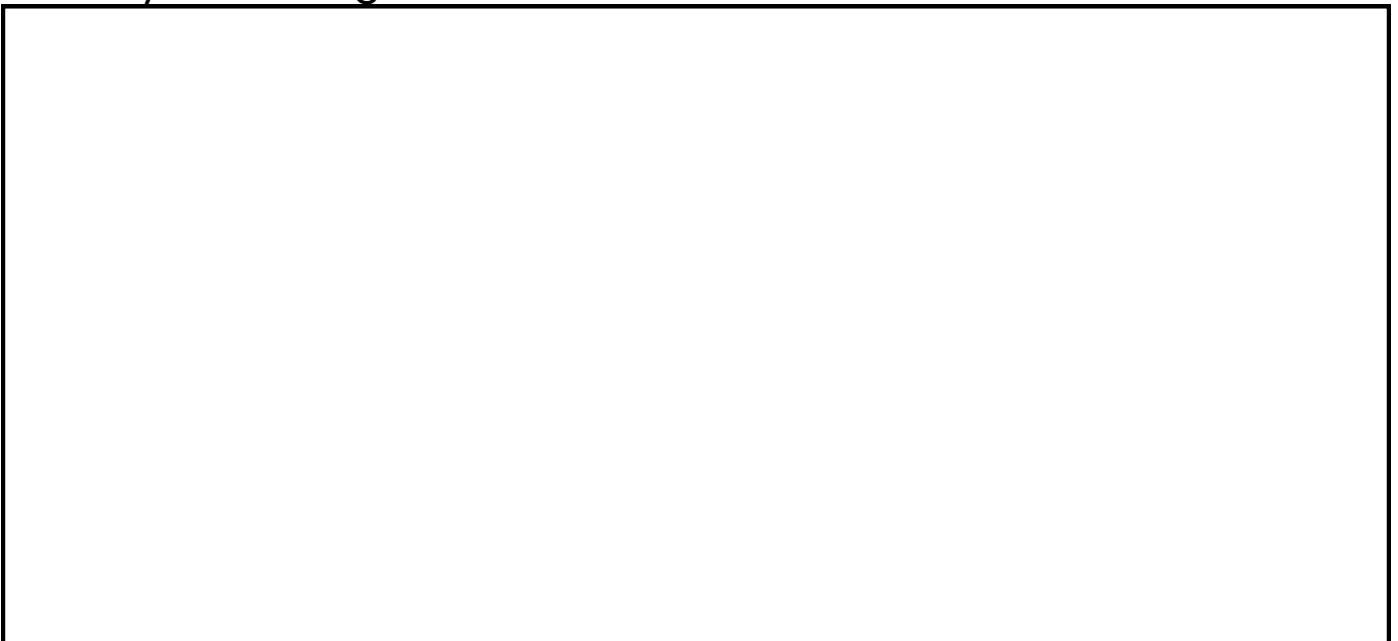
7. GRATITUDE FOR NATURE:

Reflect on the beauty of the natural world. How do elements like trees, flowers, or the sky make you feel. What place in nature are you most grateful for? Why?



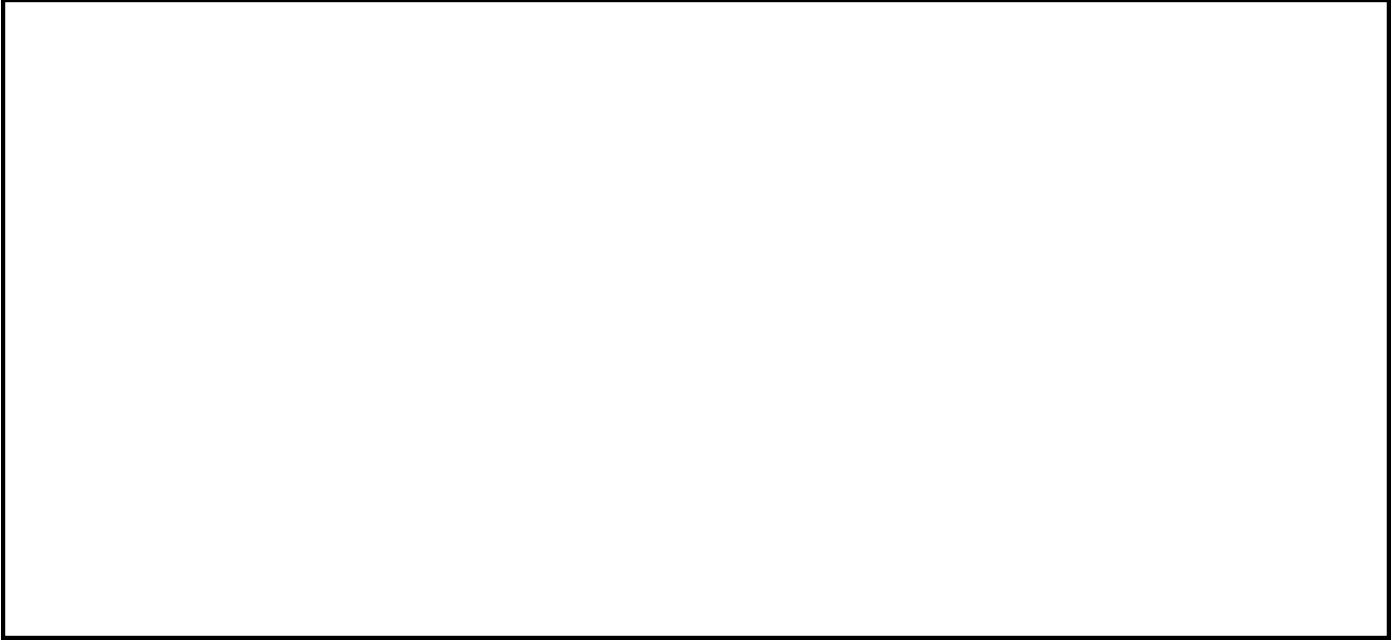
8. GRATITUDE FOR CHALLENGES:

Think about a recent challenge you faced. How did overcoming it make you stronger? What has going through this challenge made you more grateful for?



9. GRATITUDE FOR MUSIC:

How has music brought you joy? What songs do you turn to during certain times of your life? What music are you most grateful for?



10. GRATITUDE FOR LEARNING:

Consider the knowledge you have acquired. What have you learned in your life, that fills you with gratitude? Why?



11. GRATITUDE FOR PROVISION:

Give thanks for the provisions in your life, mentally, physically and spiritually? What provisions are you most grateful for?



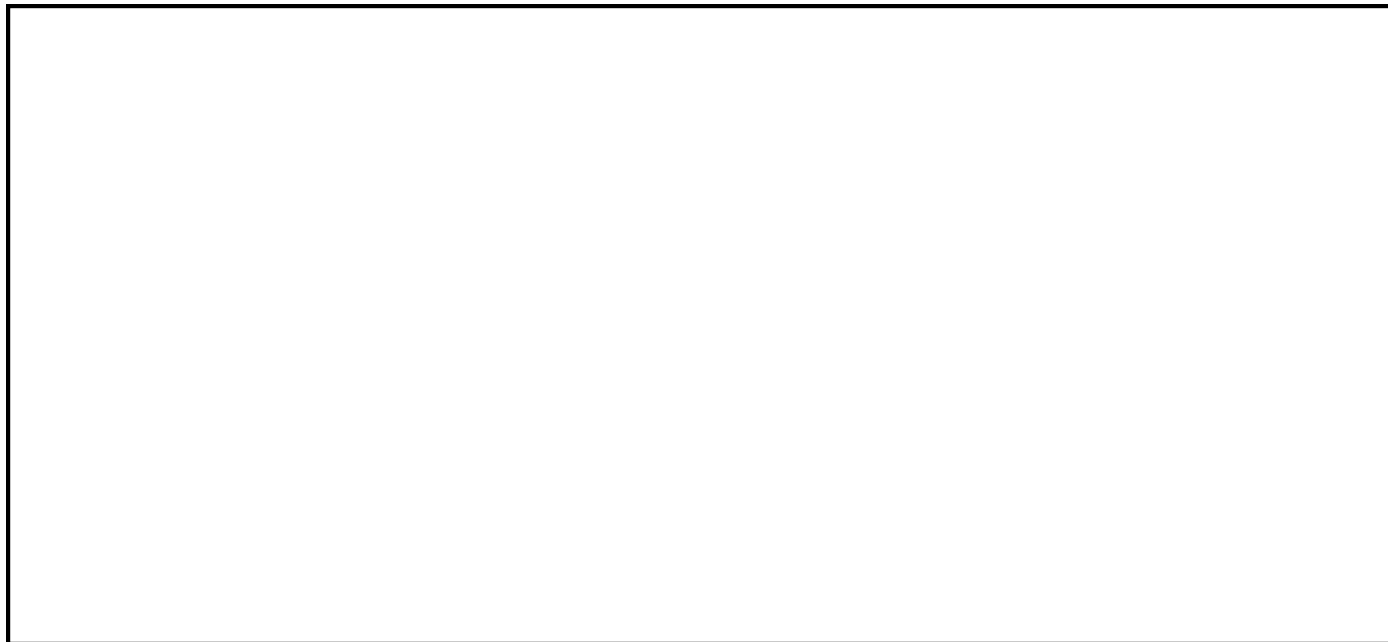
12. GRATITUDE FOR REST:

Think about moments of rest and relaxation. How do these moments rejuvenate your body and soul, allowing you to continue to live out your purpose?



13. GRATITUDE FOR MEMORIES:

Reflect on cherished memories. How do they make you feel? What memory are you most grateful for? Why?

A large, empty rectangular box with a black border, intended for the student to write their reflections on cherished memories.

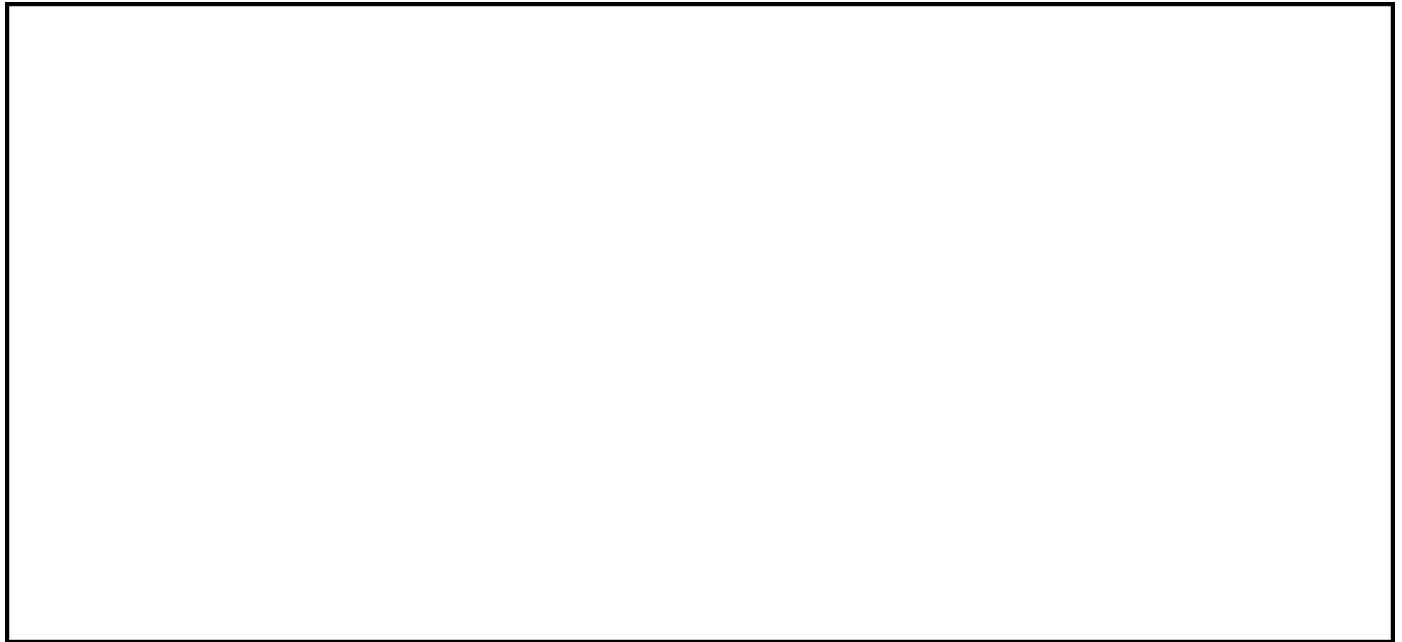
14. GRATITUDE FOR TECHNOLOGY:

Consider the technology you use. How does it impact your life? What aspects of technology are you most grateful for?

A large, empty rectangular box with a black border, intended for the student to write their reflections on technology.

15. GRATITUDE FOR YOUR BODY:

What physical abilities or qualities do you love about your body?
How do you take care of your health and fitness?



16. GRATITUDE FOR LITERATURE:

Reflect on literature that has impacted your life. Which piece are you most grateful for and why?



17. GRATITUDE FOR FRIENDS:

Consider the people in your life that you call your friends. In what ways have they impacted your life? What are you most grateful for in your friendships?

18. GRATITUDE FOR LAUGHTER:

Think about a recent moment that made you laugh heartily. How does laughter bring joy into your life. What recent moments of laughter are you most grateful for?

19. GRATITUDE FOR TRAVEL:

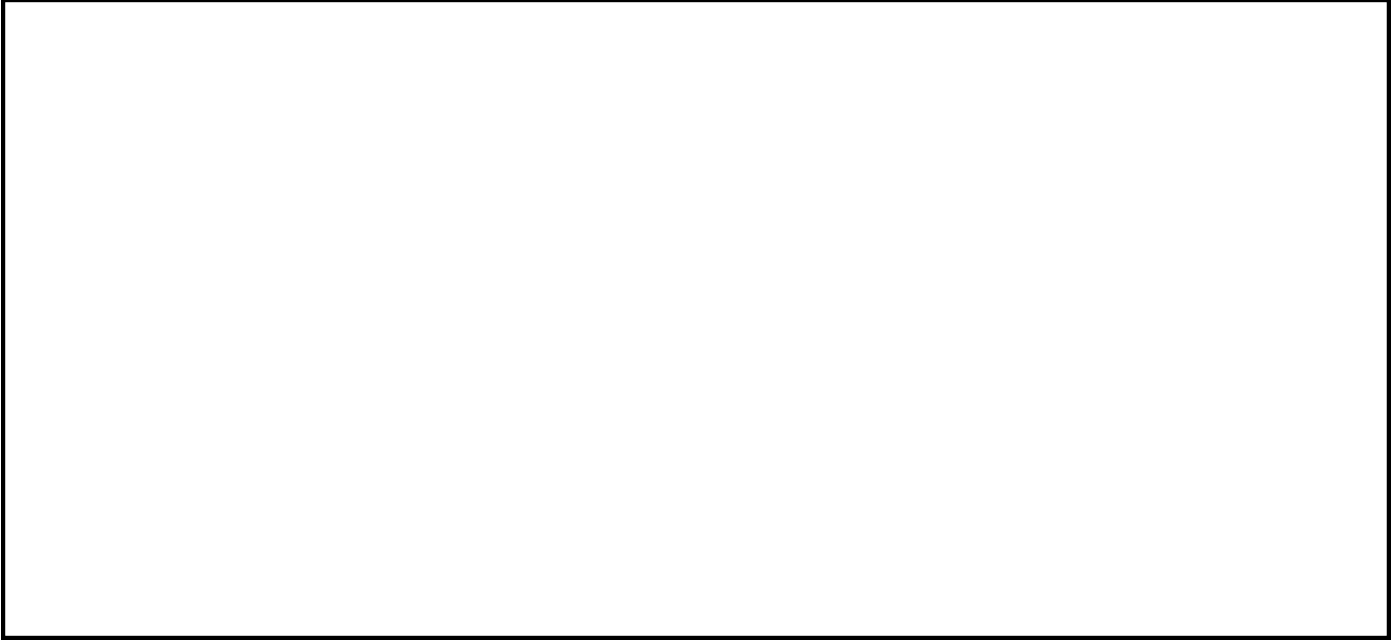
Reflect on a memorable trip you took. What cultural experiences or new perspectives did you gain? What part of your trip were you most thankful for?

20. GRATITUDE FOR KINDNESS:

Reflect on acts of kindness you have seen or have experienced yourself. How did you feel in this situations? What kindness are you most grateful for?

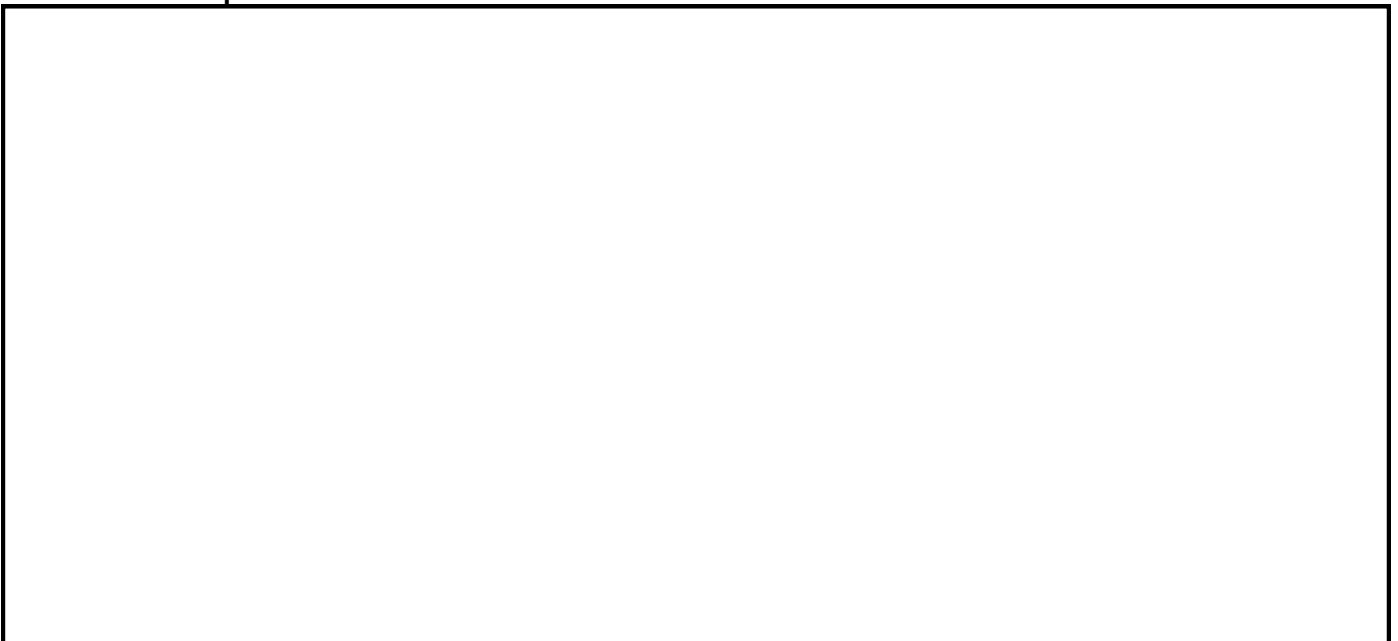
21. GRATITUDE FOR SENSES:

Consider the senses of smell, taste, touch, sight, and hearing. Reflect on how each sense enriches your experiences and brings depth to your memories.




22. GRATITUDE FOR PERSONAL GROWTH:

Reflect on a specific area of personal growth you've experienced. How has this growth positively influenced your life and relationships?



21. GRATITUDE FOR LOCAL COMMUNITY:

Reflect on the positive aspects of your local community. How does the sense of belonging and support enrich your daily life?



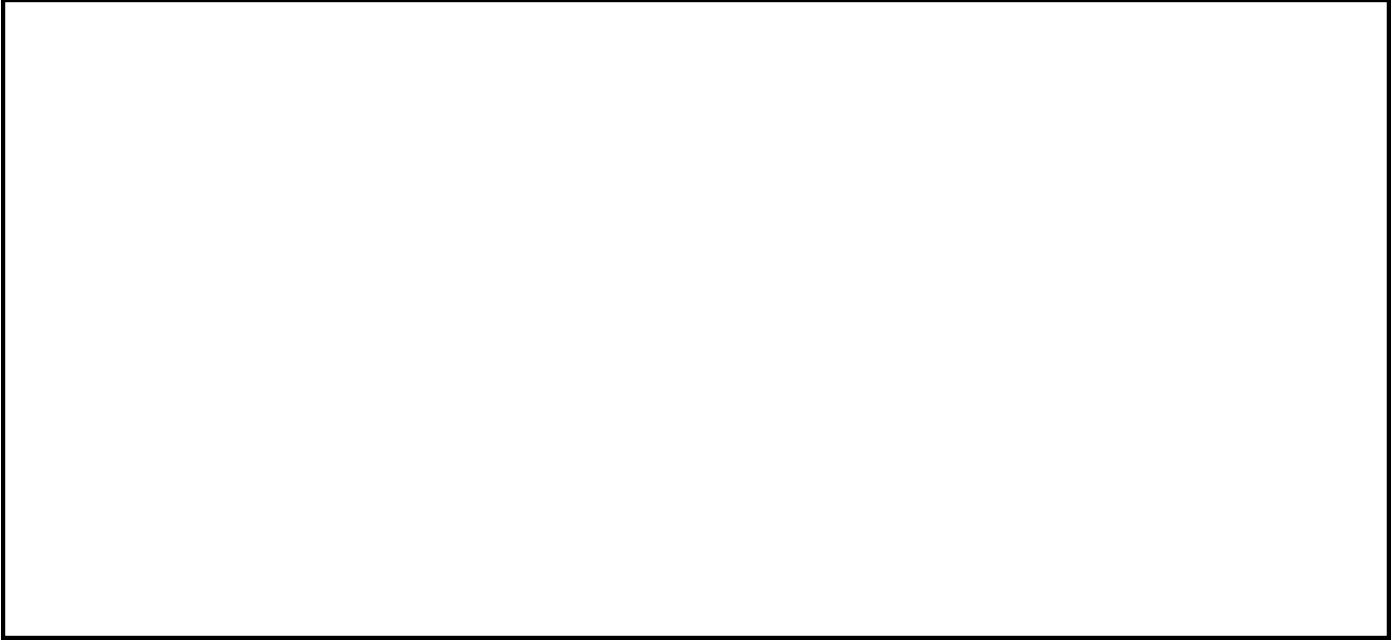
22. GRATITUDE FOR ENDINGS:

Think about a recent ending or closure in your life. How did this ending pave the way for new beginnings, and what lessons did it offer?



23. GRATITUDE FOR ORDINARY MOMENTS:

Consider the beauty in mundane, everyday activities. How does finding joy in the ordinary enrich your life?

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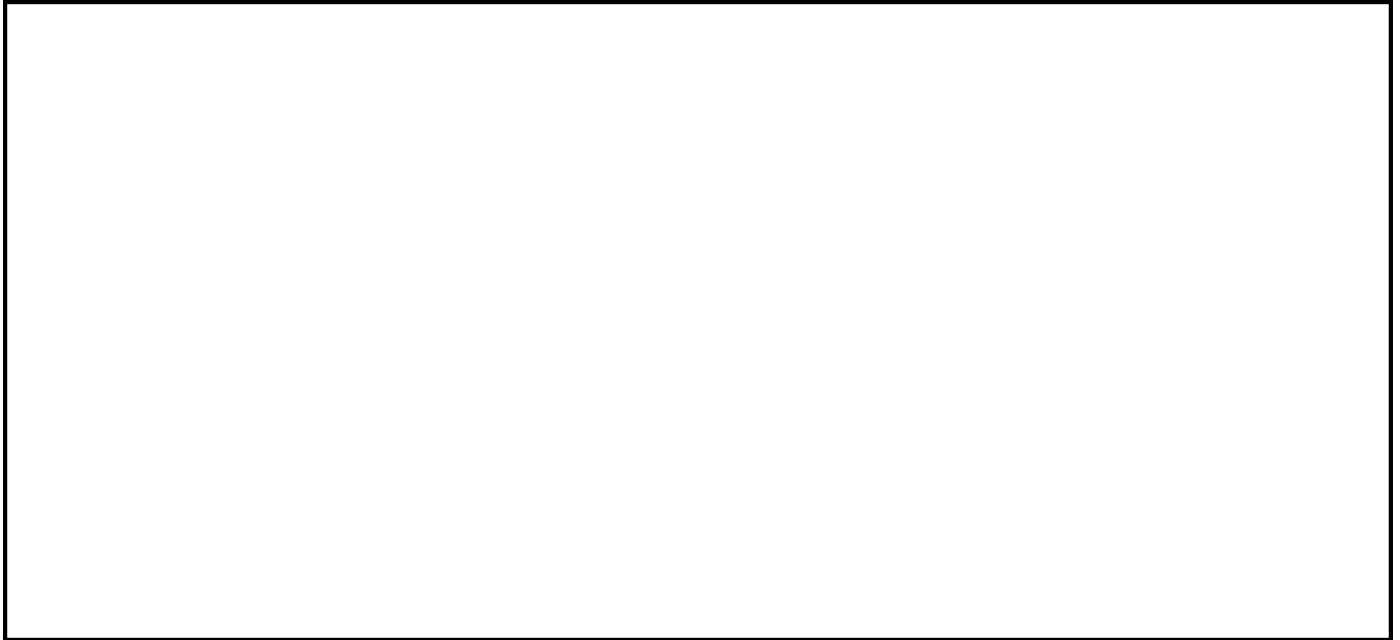
24. GRATITUDE FOR SILENCE:

Reflect on moments of silence in your day. How does the absence of noise bring peace and allow you to hear your own thoughts?

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

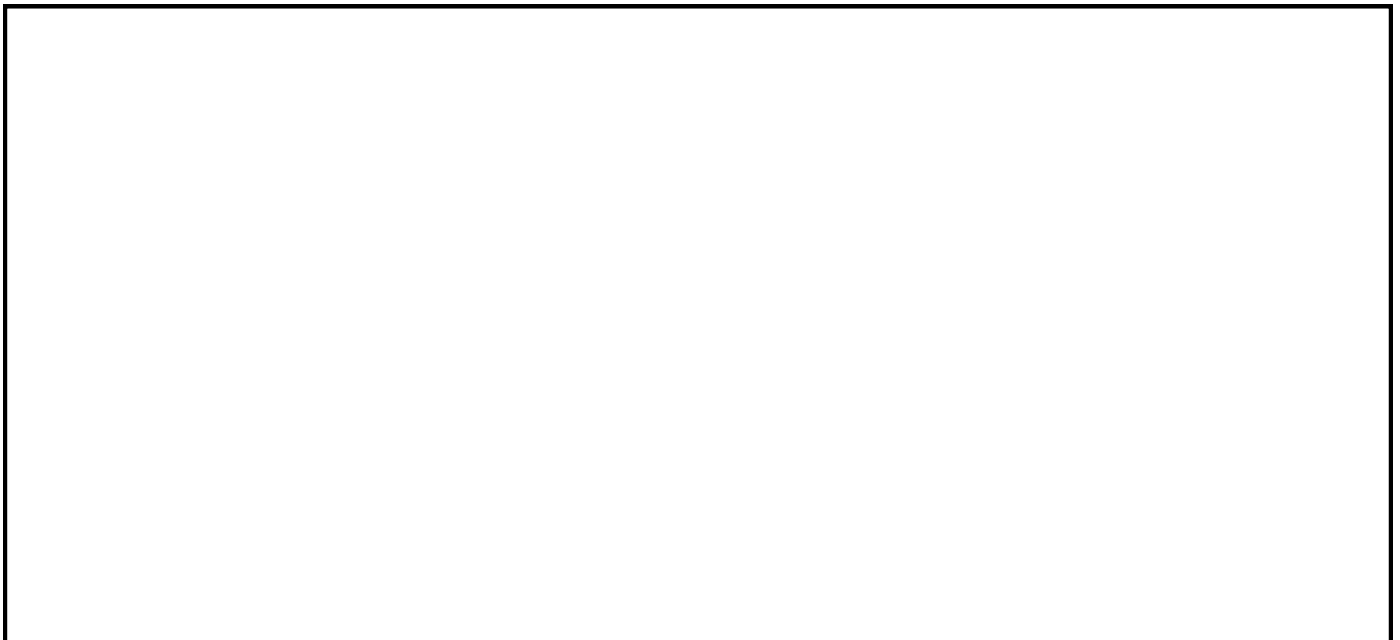
25. GRATITUDE FOR HOBBIES:

Consider your hobbies and passions. How have these activities brought you joy and served as a form of self-expression?




26. GRATITUDE FOR NEW EXPERIENCES:

What new experiences are you grateful for this year? How did stepping out of your comfort zone enrich your life and broaden your perspective?



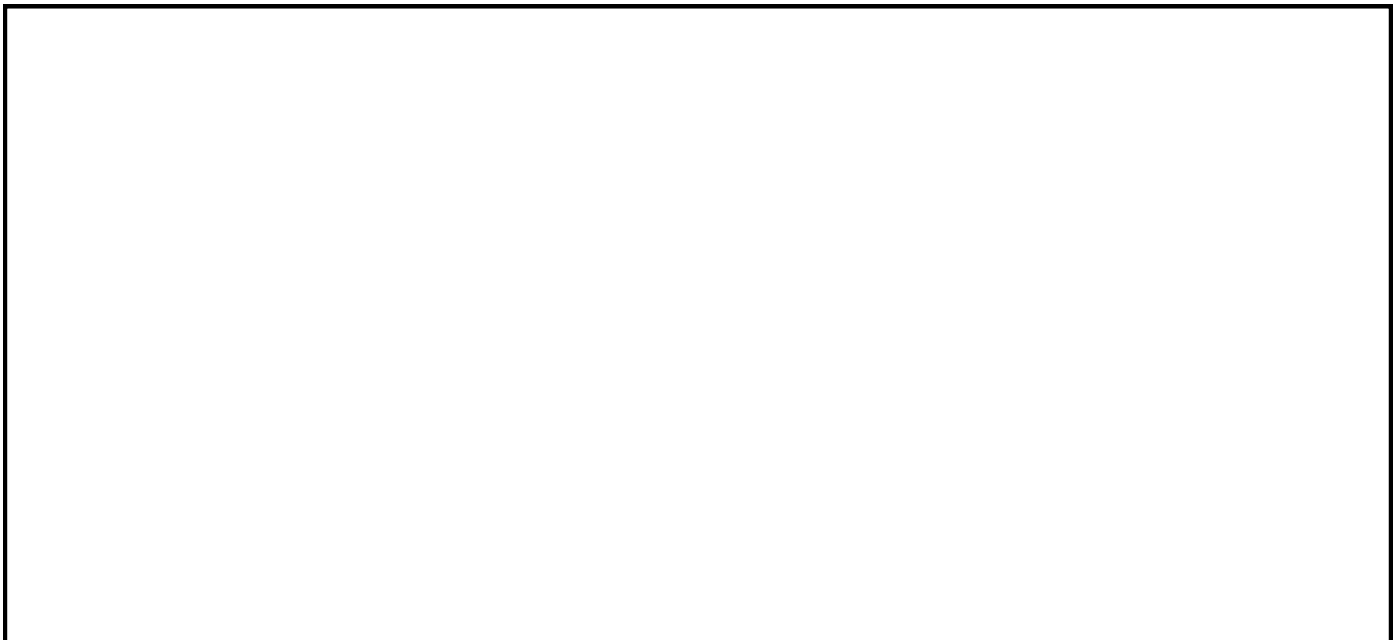
27. GRATITUDE FOR SKILLS:

What skills or talents are you proud of? How have these abilities opened doors for you or brought you joy?



28. GRATITUDE FOR ANIMALS:

Think of your favorite animal. Maybe it's a pet or an animal you have seen in the wild or at the zoo? How is your life better because of this animal?



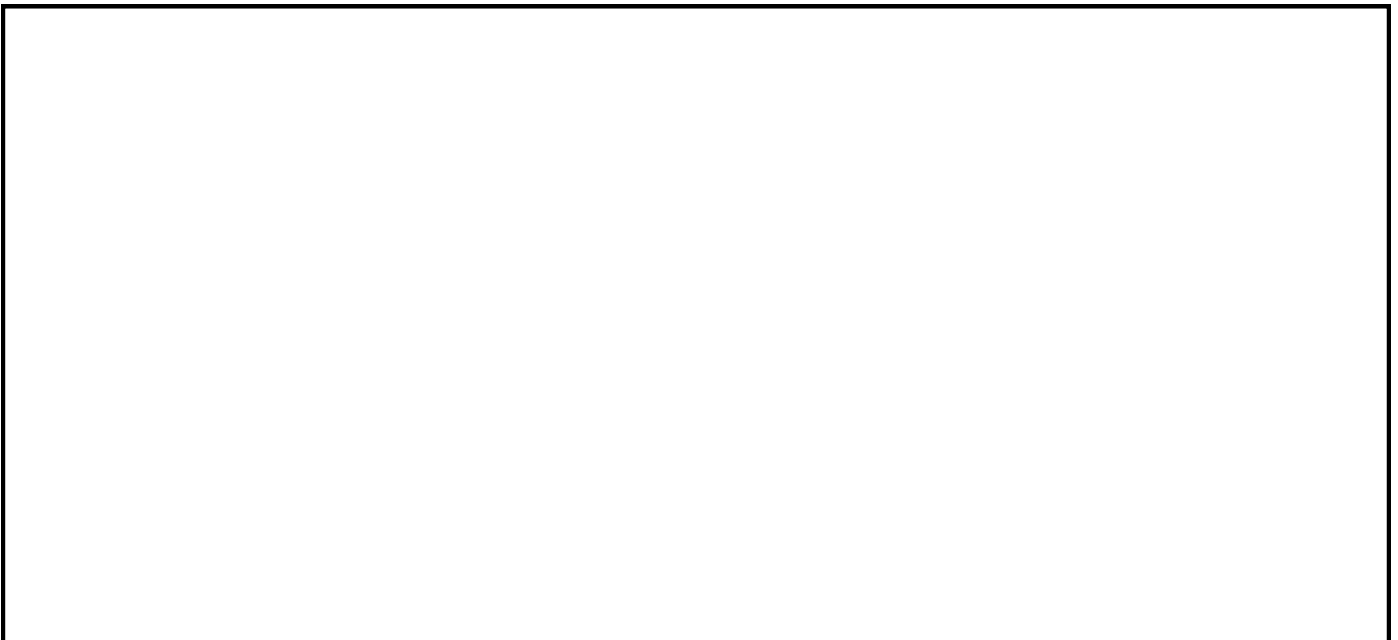
29. GRATITUDE FOR FUN:

Think about a time when you really had fun. Who were you with and what were you doing? Take time to be grateful for fun experiences in life.

A large, empty rectangular box with a black border, intended for the user to write their response to the gratitude exercise.

30. GRATITUDE FOR TODAY:

Reflect on the present day. What specific things happened today that you are thankful for? How can you make tomorrow even better?

A large, empty rectangular box with a black border, intended for the user to write their response to the gratitude exercise.