

Believe

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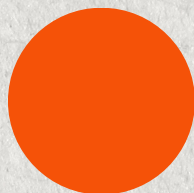
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I am delighted to introduce you to the 5 Minute Gratitude Journal, a path to discover and celebrate the countless blessings that surround you every day. I hope that this journal will be your trusted companion, guiding you toward a brighter, more thankful outlook on life.

As you embark on this journey, my deepest wish is that you not only enjoy every moment spent with this journal but also that you learn to see the beauty in life's everyday treasures. May your days be filled with gratitude, and may you be reminded of the abundant joys that grace your life.

With each page you turn, may you find inspiration, reflection, and a renewed appreciation for the world around you. Take just five minutes a day to explore the abundance of positivity in your life.

Thank you for choosing the 5 Minute Gratitude Journal. May it be the beginning of a profound and joyous transformation.

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18

5 Minute Gratitude Journal

___/___/___

“If I succeed, I will give thanks. If I fail, I will seek His
grace.” –Max Lucado

Things I'm grateful for today

3 things that went well today

Today's Highlight

Things that I learned today

Theme of the day: Health

Today I'm grateful for...

[illegible]

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

"When it comes to life the critical thing is whether you take things for granted or take them with gratitude."

— G.K. Chesterton

Things I'm grateful for today

3 things that went well today

Today's Highlight

Things that I learned today

Theme of the day: Family

Today I'm grateful for...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

“The more you practice the art of thankfulness, the more
you have to be thankful for.”

— Norman Vincent Peale

Things I'm grateful for today

3 things that went well today

Today's Highlight

Things that I learned today

Theme of the day: Education

Today I'm grateful for...

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I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

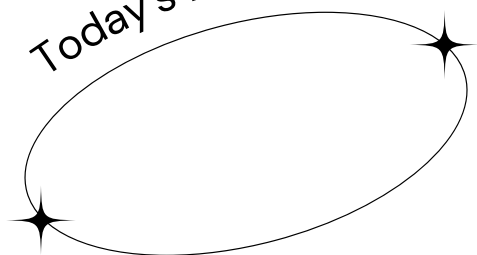
"Gratitude is the ability to experience life as a gift. It liberates us from the prison of self-preoccupation."

— John Ortberg

Things I'm grateful for today

3 things that went well today

Today's Highlight



Things that I learned today

Theme of the day: Faith

Today I'm grateful for...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

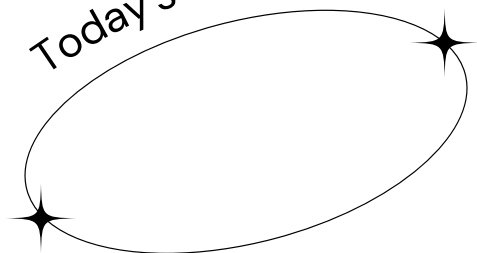
“Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.”

- Denis Waitley

Things I'm grateful for today

3 things that went well today

Today's Highlight



Things that I learned today

Theme of the day: Creativity

Today I'm grateful for...

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, text, or other markings on the page.

I want to be more grateful in...

5 Minute Gratitude Journal

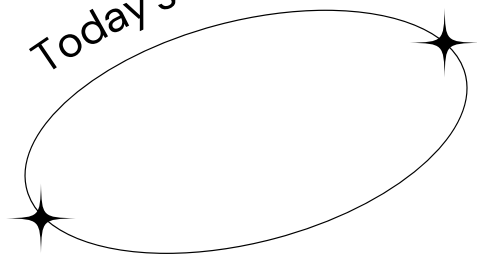
___/___/___

“Being grateful does not mean that everything is necessarily good. It just means that you can accept it as a gift.” — Roy T. Bennett

Things I'm grateful for today

3 things that went well today

Today's Highlight



Things that I learned today

Theme of the day: Opportunities

Today I'm grateful for...

[illegible]

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

It is only with gratitude that life becomes rich!"
-Dietrich Bonhoeffer

Things I'm grateful for today

3 things that went well today

Today's Highlight

Things that I learned today

Theme of the day: Wisdom

Today I'm grateful for...

[illegible]

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

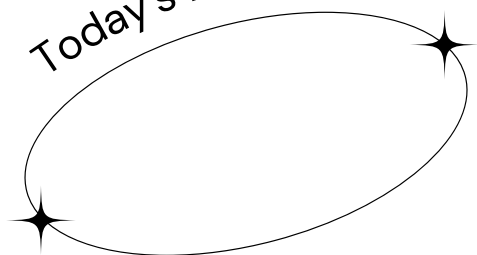
We ought to give thanks for all fortune: if it is good,
because it is good, if bad, because it works in us
patience, humility and the contempt of this world and
the hope of our eternal country."

—C.S. Lewis

Things I'm grateful for today

3 things that went well today

Today's Highlight



Things that I learned today

Theme of the day: Adventure

Today I'm grateful for...

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery.

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

Gratitude is an offering precious in the sight of God, and
it is one that the poorest of us can make and be not
poorer but richer for having made it.”

—A.W. Tozer

Things I'm grateful for today

3 things that went well today

Today's Highlight

Things that I learned today

Theme of the day: Growth

Today I'm grateful for...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

It's one thing to be grateful. It's another to give thanks.
Gratitude is what you feel. Thanksgiving is what you do."

—Tim Keller

Things I'm grateful for today

3 things that went well today

Today's Highlight

Things that I learned today

Theme of the day: Resilience

Today I'm grateful for...

[illegible]

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

Gratitude produces deep, abiding joy because we know
that God is working in us, even through difficulties.”

–Charles Stanley

Things I'm grateful for today

3 things that went well today

Today's Highlight

Things that I learned today

Theme of the day: Courage

Today I'm grateful for...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

"Never let the things you want make you forget the things you have."

— Sanchita Pandey

Things I'm grateful for today

3 things that went well today

Today's Highlight

Things that I learned today

Theme of the day: Friendship

Today I'm grateful for...

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

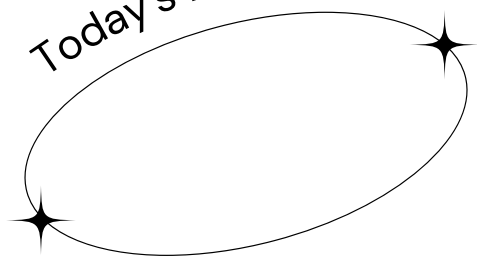
"The power of finding beauty in the humblest things
makes home happy and life lovely."

— Louisa May Alcott

Things I'm grateful for today

3 things that went well today

Today's Highlight



Things that I learned today

Theme of the day: Humility

Today I'm grateful for...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

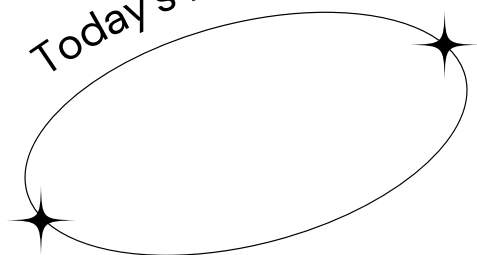
“Gratitude is one of the most powerful human emotions.
Once expressed, it changes attitude, brightens outlook
and broadens our perspective.”

— Germany Kent

Things I'm grateful for today

3 things that went well today

Today's Highlight



Things that I learned today

Theme of the day: Career

Today I'm grateful for...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

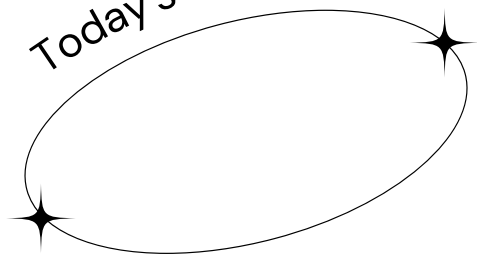
Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

– Melody Beattie

Things I'm grateful for today

3 things that went well today

Today's Highlight



Things that I learned today

Theme of the day: Love

Today I'm grateful for...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

Gratitude turns what we have into enough.
– Melody Beattie

Things I'm grateful for today

3 things that went well today

Today's Highlight

Things that I learned today

Theme of the day: Home

Today I'm grateful for...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

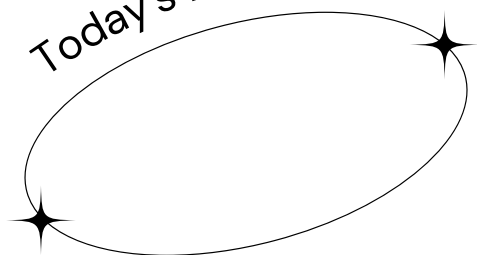
“Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for.”

— Epicurus

Things I'm grateful for today

3 things that went well today

Today's Highlight



Things that I learned today

Theme of the day: Hobbies

Today I'm grateful for...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

“It’s up to us to choose contentment and thankfulness now – and to stop imagining that we have to have everything perfect before we’ll be happy.”

— Joanna Gaines

Things I’m grateful for today

3 things that went well today

Today's Highlight

Things that I learned today

Theme of the day: Forgiveness

Today I'm grateful for...

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery.

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

No matter what our circumstances, we can find a reason
to be thankful.”

—Dr. David Jeremiah

Things I'm grateful for today

3 things that went well today

Today's Highlight

Things that I learned today

Theme of the day: Community

Today I'm grateful for...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

God is in control, and therefore in EVERYTHING I can
give thanks - not because of the situation but because of
the One who directs and rules over it.”

—Kay Arthur

Things I'm grateful for today

3 things that went well today

Today's Highlight

Things that I learned today

Theme of the day: Comfort

Today I'm grateful for...

[illegible]

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

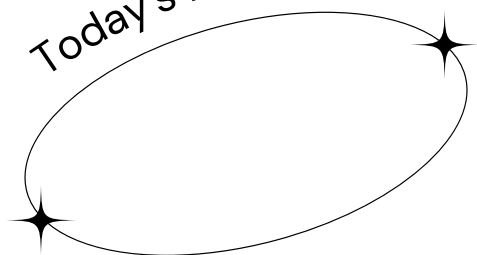
Genuine thankfulness is an act of the heart's affections,
not an act of the lips' muscles."

—John Piper

Things I'm grateful for today

3 things that went well today

Today's Highlight



Things that I learned today

Theme of the day: Dreams

Today I'm grateful for...

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

When it comes to life the critical thing is whether you
take things for granted or take them with gratitude.”

—G.K. Chesterton

Things I'm grateful for today

3 things that went well today

Today's Highlight

Things that I learned today

Theme of the day: Generosity

Today I'm grateful for...

This image shows a blank sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

Gratitude is a decision of the will, and if a decision of the will, the choice resides squarely with us. Deciding to be thankful is no easy task. It takes work.”

—Chuck Swindoll

Things I'm grateful for today

3 things that went well today

Today's Highlight

Things that I learned today

Theme of the day: Cooperation

Today I'm grateful for...

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I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

In happy moments, PRAISE GOD. In difficult moments,
SEEK GOD. In quiet moments, WORSHIP GOD. In painful
moments, TRUST GOD. Every moment, THANK GOD.”

—Rick Warren

Things I'm grateful for today

3 things that went well today

Today's Highlight

Things that I learned today

Theme of the day: Patience

Today I'm grateful for...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

A spirit of thankfulness is one of the most distinctive marks of a Christian whose heart is attuned to the Lord. Thank God in the midst of trials and every persecution.”

—Billy Graham

Things I'm grateful for today

3 things that went well today

Today's Highlight

Things that I learned today

Theme of the day: Rest

Today I'm grateful for...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

'Gratitude' comes from the same word as freedom (gratis = free). Gratitude is the freeing expression of a free heart toward one who freely gave."

—Ravi Zacharias

Things I'm grateful for today

3 things that went well today

Today's Highlight

Things that I learned today

Theme of the day: Travel

Today I'm grateful for...

[illegible]

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

“I’m just thankful for everything, all the blessings in my life, trying to stay that way. I think that’s the best way to start your day and finish your day. It keeps everything in perspective.”

–Tim Tebow

Things I’m grateful for today

3 things that went well today

Today's Highlight

Things that I learned today

Theme of the day: Challenges

Today I'm grateful for...

[illegible]

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

“If there was ever a secret for unleashing God’s powerful peace in a situation, it’s developing a heart of true thanksgiving.”

–Lysa Terkeurst

Things I’m grateful for today

3 things that went well today

Today's Highlight

Things that I learned today

Theme of the day: Laughter

Today I'm grateful for...

[illegible]

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich.

– Bonhoeffer

Things I'm grateful for today

3 things that went well today

Today's Highlight

Things that I learned today

Theme of the day: Peace

Today I'm grateful for...

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

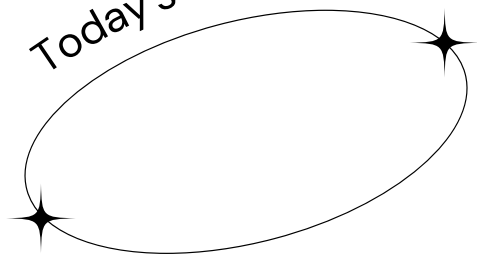
“It’s not happy people who are thankful. It’s thankful
people who are happy.”

– unknown

Things I’m grateful for today

3 things that went well today

Today's Highlight



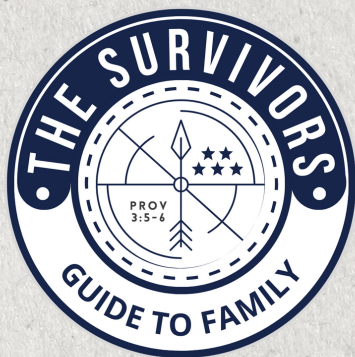
Things that I learned today

Theme of the day: New Beginnings

Today I'm grateful for...

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I want to be more grateful in...



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