

# My Gratitude Journal

Make a conscious decision to become happier and more grateful every day. Establish the habit of always looking for gratitude-inspiring events. Everything you're grateful for is a gift in your life.

Author Michael Losier writes: "Appreciation, gratitude and love are the highest forms of vibration.... You can only have one vibration at a time, and if you are noticing what you appreciate and noticing what you are grateful for, you *can't* be noticing what you *don't* like."

As more of your thoughts and words become positive, you'll start attracting more positive people and circumstances, Michael says. "Decide today that you are going to reduce negativity in your life by getting rid of the 'don'ts,' 'nots' and 'no's' – the negative people, the negative thoughts," he says. "Get in the habit of appreciating things."

Start by writing what you're grateful for right now. Try it for the next 30 days.

**Today's Date:** \_\_\_\_\_ **Day 1**

## ***10 People/Experiences/Things I'm Grateful For Today***

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This is a Bonus Report for readers of ***Powerful Habits to Grow Younger Every Day***.

For more information about the book, visit [www.wendyvineyard.com](http://www.wendyvineyard.com)

# My Gratitude Journal - Day 2

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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“The more appreciation you express,  
the more appreciated you'll be.”

Wendy Vineyard

# My Gratitude Journal - Day 3

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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# My Gratitude Journal - Day 4

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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“You cannot feel successful if you do not look for and  
acknowledge your successes.”

T. Harv Eker

# My Gratitude Journal - Day 5

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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“Words can affect our energy levels faster  
than a cup of coffee.”

Doreen Virtue

# My Gratitude Journal - Day 6

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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# My Gratitude Journal - Day 7

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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# My Gratitude Journal - Day 8

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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“Successful people are simply those with successful habits.”  
Brian Tracy



# My Gratitude Journal - Day 9

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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“When you write your thoughts and feelings,  
you’re validating, clarifying and processing them.”

Wendy Vineyard

# My Gratitude Journal - Day 10

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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# My Gratitude Journal - Day 11

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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"If you're troubled, sit down and think what you're grateful for, I guarantee life will get better."

Bob Proctor

# My Gratitude Journal - Day 12

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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# My Gratitude Journal - Day 13

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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# My Gratitude Journal - Day 14

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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“Appreciation, gratitude and love are the highest forms of vibration.... Get in the habit of appreciating things.”

Michael Losier

# My Gratitude Journal - Day 15

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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# My Gratitude Journal - Day 16

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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“Taking small and consistent steps every day leads to success in any area of life.”

Niurka



# My Gratitude Journal - Day 17

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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“Know deep down inside that it is okay for you to be happy.”  
Katrina Sawa

# My Gratitude Journal - Day 18

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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# My Gratitude Journal - Day 19

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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# My Gratitude Journal - Day 20

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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“It is not how much you do, but how much love  
you put into the doing that matters.”

Mother Theresa

# My Gratitude Journal - Day 21

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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# My Gratitude Journal - Day 22

Today's Date: \_\_\_\_\_

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“When you are in a state of appreciation and gratitude,  
you are in a state of abundance.”

Jack Canfield

# My Gratitude Journal - Day 23

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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# My Gratitude Journal - Day 24

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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“Situations in our lives are neither negative nor positive – they just are. It is our personal reaction ... that labels them.”  
Debbie Shapiro



# My Gratitude Journal - Day 25

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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“Peace isn’t determined by circumstances outside us.  
Peace stems from forgiveness.”

Marianne Williamson

# My Gratitude Journal - Day 26

Today's Date: \_\_\_\_\_

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# My Gratitude Journal - Day 27

Today's Date: \_\_\_\_\_

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"Be thankful for what you have; You'll end up having more."  
Oprah Winfrey

# My Gratitude Journal - Day 28

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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# My Gratitude Journal - Day 29

Today's Date: \_\_\_\_\_

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# My Gratitude Journal - Day 30

Today's Date: \_\_\_\_\_

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“Embrace life by setting intentions for how you want it to unfold, rather than waiting to react to whatever happens.”

Wendy Vineyard

# My Gratitude Journal - Day 31

Today's Date: \_\_\_\_\_

## *10 People/Experiences/Things I'm Grateful For Today*

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Congratulations! If you've completed these pages on a daily basis, you've now set a powerful new habit – the habit of gratitude. Keep it up. To download another set of journal pages, just visit [www.wendyvineyard.com/bookbonuses](http://www.wendyvineyard.com/bookbonuses). Password: Wendy