

My Gratitude Journal

'What we appreciate - appreciates'

Positive thoughts about my day ...

The 3 things I'm most grateful for today ...

- 1) _____
- 2) _____
- 3) _____

'Sleep well and know that your last thoughts of what you are most grateful for today will fill your heart & your dreams, and leak Cosmic Orders into the ether, creating even more things to be grateful for tomorrow'.

It's the Law of Gratitude!

xxx