



# *Gratitude journal*





# Welcome, and happy November!

As you might know, November is known as a moment of gratitude and thankfulness before the holiday season, so, I invite you on my journey!

Two years ago, I started a gratitude challenge mostly for me, in my journey to become my best version. However, this year, I came upon it and added some spice.

As a tool for this challenge, here comes the gratitude journal, you can use to write down your thoughts.

Designed after the challenge, it's structured over 4 weeks of seven days as it follows:

- Week 1: Your achievements!
- Week 2: You
- Week 3: People in your life
- Week 4: Experiences and more.

After the 4 weeks you have extra 2 days to write as you please your most grateful thoughts!

Enjoy!



WEEK 1: MY ACHIEVEMENTS

*Today I'm grateful for...*

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# WEEK 1: MY ACHIEVEMENTS

*Today I'm grateful for...*

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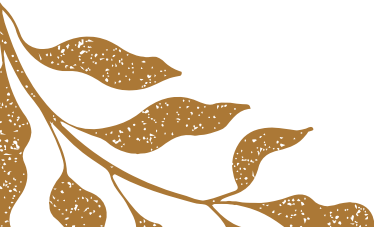
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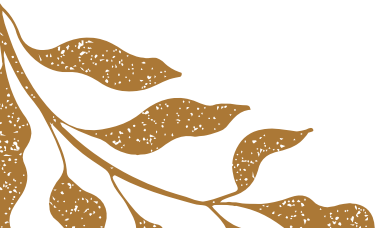
#gratitudechallenge



WEEK 1: MY ACHIEVEMENTS

*Today I'm grateful for...*

Twelve horizontal lines provided for writing a response to the prompt.





WEEK 1: MY ACHIEVEMENTS

*Today I'm grateful for...*

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## WEEK 1: MY ACHIEVEMENTS

*Today I'm grateful for...*

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WEEK 1: MY ACHIEVEMENTS

*Today I'm grateful for...*

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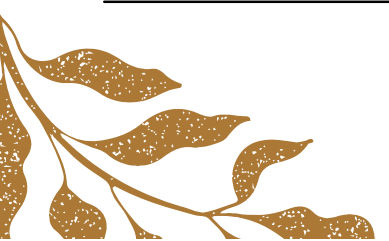
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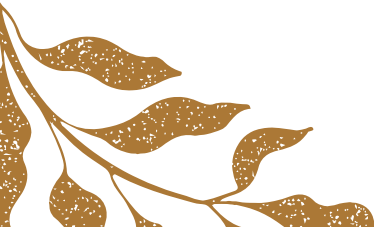




WEEK 1: MY ACHIEVEMENTS

*Today I'm grateful for...*

Twelve horizontal lines for writing a response to the prompt.



#gratitudechallenge



WEEK 2: ME

*Today I'm grateful for...*

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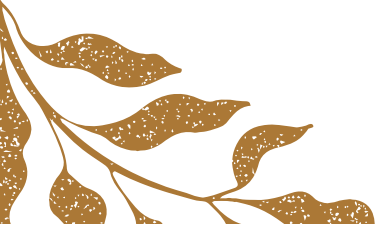
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#gratitudechallenge



WEEK 2: ME

Today I'm grateful for...

Lined writing area consisting of 20 horizontal lines for writing a response.



#gratitudechallenge



WEEK 2: ME

Today I'm grateful for...

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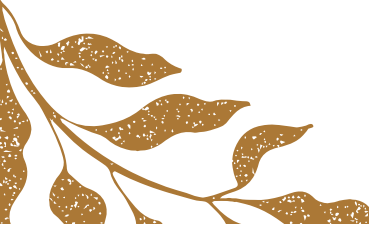
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#gratitudechallenge





WEEK 2: ME

*Today I'm grateful for...*

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#gratitudechallenge



WEEK 2: ME

*Today I'm grateful for...*

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#gratitudechallenge



WEEK 2: ME



*Today I'm grateful for...*

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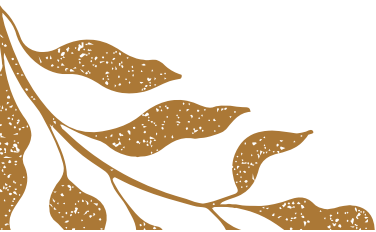
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#gratitudechallenge





WEEK 3: PEOPLE IN MY LIFE

*Today I'm grateful for...*

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WEEK 3: PEOPLE IN MY LIFE

*Today I'm grateful for...*

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WEEK 3: PEOPLE IN MY LIFE

*Today I'm grateful for...*

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#gratitudechallenge





WEEK 3: PEOPLE IN MY LIFE

*Today I'm grateful for...*

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WEEK 4: EXPERIENCES AND MORE

*Today I'm grateful for...*

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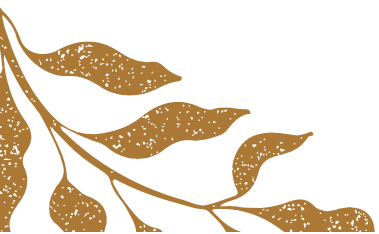
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WEEK 4: EXPERIENCES AND MORE

*Today I'm grateful for...*

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#gratitudechallenge





## WEEK 4: EXPERIENCES AND MORE

*Today I'm grateful for...*

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WEEK 4: EXPERIENCES AND MORE

*Today I'm grateful for...*

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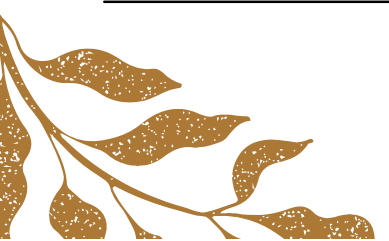
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#gratitudechallenge



WEEK 4: EXPERIENCES AND MORE

*Today I'm grateful for...*

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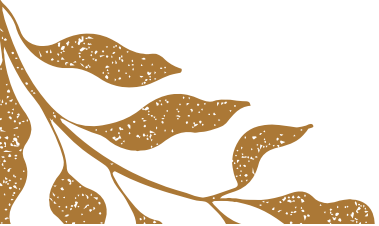
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WEEK 4: EXPERIENCES AND MORE

*Today I'm grateful for...*

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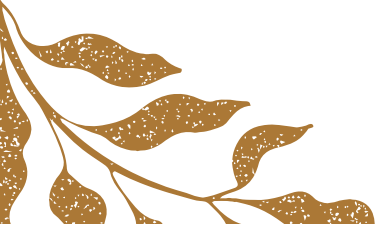
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