感恩日誌

Gratitude Journal

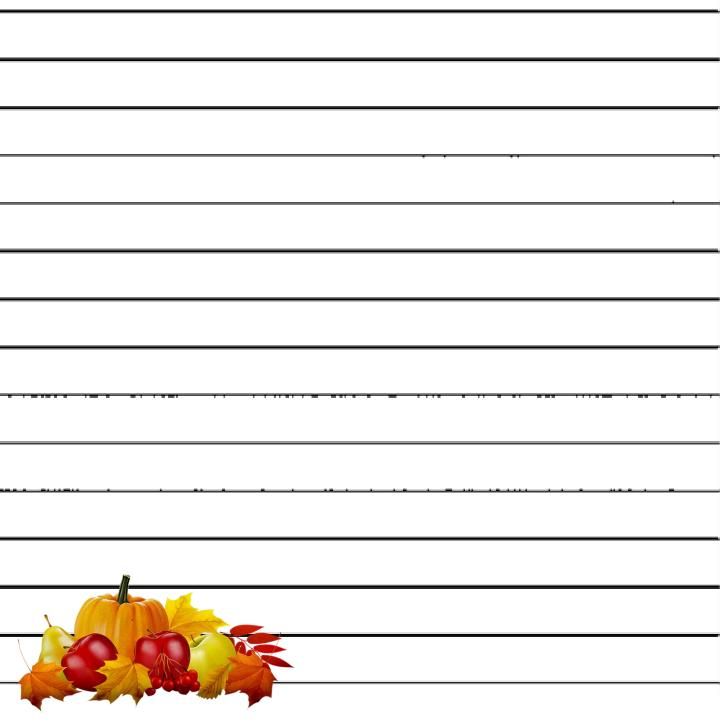


What were the sounds that brought you pleasure today? Thank God for them.
今天有哪些聲音曾為你帶來喜悅呢?為它們感謝上帝吧。
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What sights lined your path toda	ay? Thank God for them.
在你今天的人生旅途上, 們感謝上帝吧。	你曾見過哪些令人愉悅的景象呢?為它
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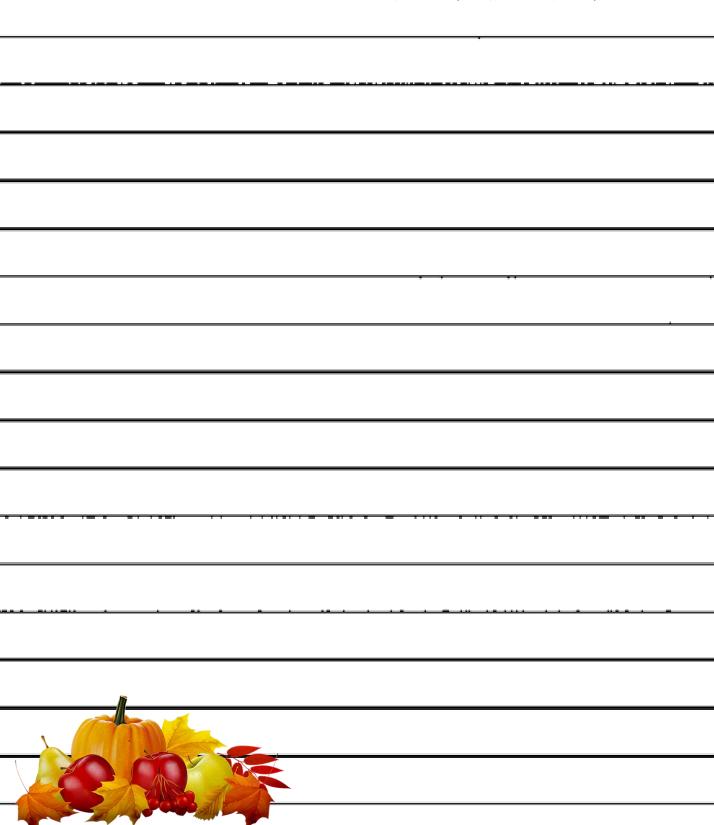
Think back over what you ate and drank today. What flavors and textures did you enjoy? Thank God for them.

回想一下你今天吃了和喝了 些什麼東西。你喜歡哪些味 道和有口感的食物呢?為它 們感謝上帝吧。



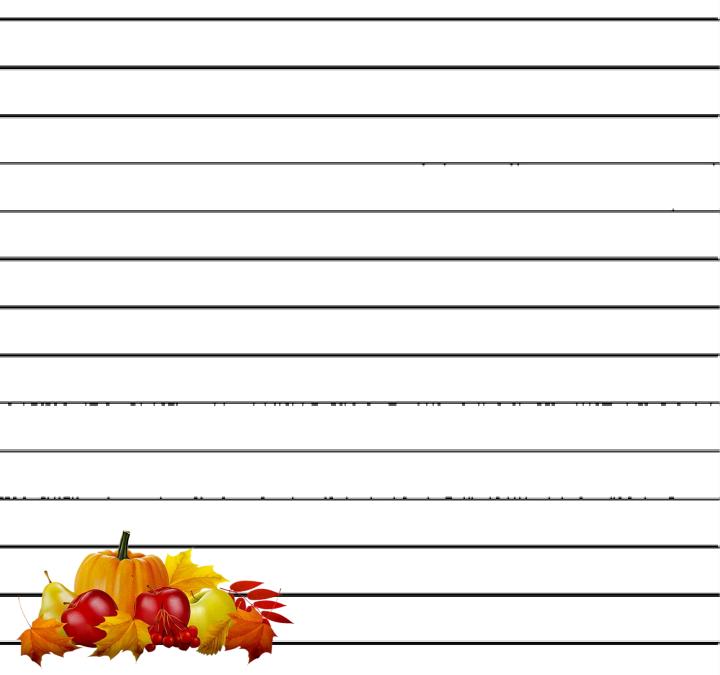
What good smells came your way today? What happy thoughts did they trigger? Thank God for them.

你今天曾聞過什麼好的氣味呢? 它們讓你想起什麼美好愉快的思 緒呢?為它們感謝上帝吧。



What special experiences did you have today thanks to your sense of touch? Thank God for those.
感謝你有觸覺,今天你透過它曾有過什麼特別的體驗?為它們感謝上帝吧。
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Each person is created with a unique blend of gifts, talents, and abilities. Whatever your gifts, they work together to make you special. Thank God for them. 上帝創造每個人時,都給予了他/她一些獨特的天賦、才華和能力。不論你擁有什麼天賦,它們都互相效力,使你是十分特別的。為它們感謝上帝吧。



Friends help make you a better person. Thank God for them.
朋友幫助你、使你變得更好。為它們感謝上帝吧。
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