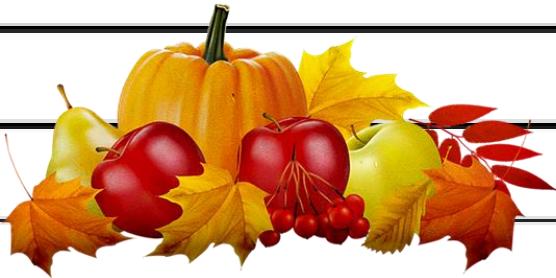


# My Gratitude Journal

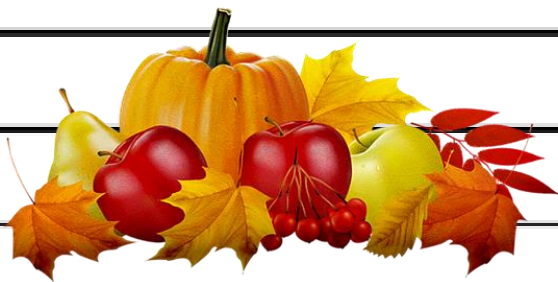


**What were the sounds that brought you pleasure today? Thank God for them.**

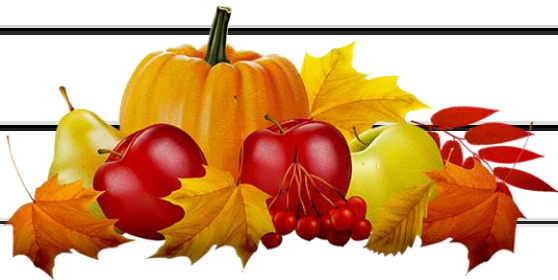
Handwriting practice lines (multiple horizontal lines)



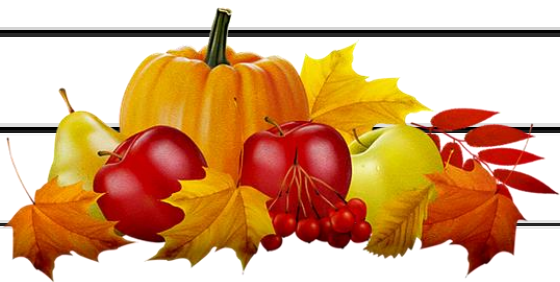
**What sights lined your path today? Thank God for them.**



**Think back over what you ate and drank today. What flavors and textures did you enjoy? Thank God for them.**



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



**What special experiences did you have today thanks to your sense of touch? Thank God for those.**

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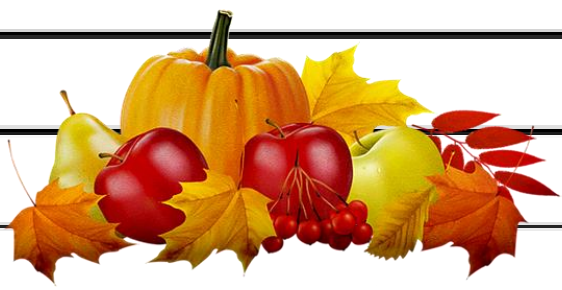
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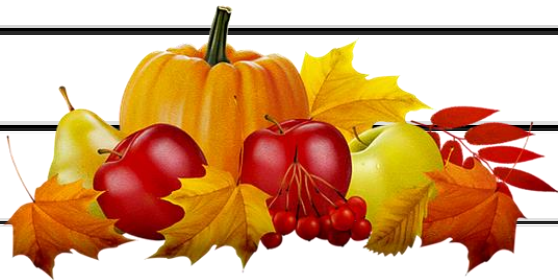
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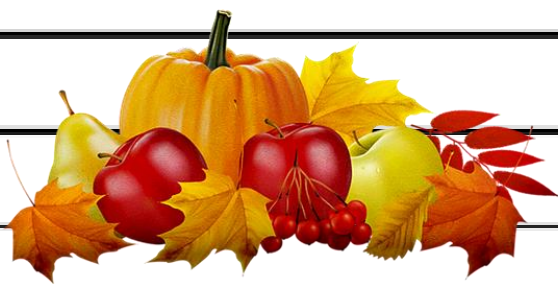
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**Each person is created with a unique blend of gifts, talents, and abilities. Whatever your gifts, they work together to make you special. Thank God for them.**



**Friends help make you a better person. Thank God for them.**





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