



# My Gratitude Journal: Today I Am Thankful For

*Kari Cullen*

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**My Gratitude Journal: Today I Am Thankful For** Kari Cullen

**A gratitude journal is a diary of things for which one is grateful. Gratitude journals are used by people who wish to focus their attention on the positive things in their lives!**

They say it takes 3 weeks to start new habits so start being grateful today and write in your gratitude journal daily for the first three weeks if you can and make it a habit and the start of a new happier self.

This Gratitude Journal is a blank gratitude journal with daily prompts that encourage you to write down what you are grateful for.

This Gratitude Journal is a 8.5X11 Lined Journal.

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