



GRATITUDE JOURNAL



Thank you



Info

What's the power of gratitude?

- Can improve sleep
- Improves overall mood
- Strengthens your relationships towards other people, like partner, friends, family, colleagues...
- Helps connecting with new people
- Can decrease your need for consumerism
- Can strengthen your focus on goals

How to learn gratitude

- Writing about/listing things you're grateful for
- In the beginning approx. 2x a week
- Later you can adapt (min. 1x per month)
- You don't have to write about "big" things: The sunshine, a nice cup of tea, sleeping in or meeting a friend is perfect





Thank you

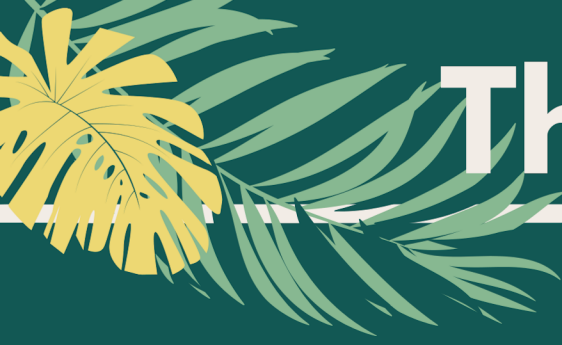
Date: Today

What am I grateful for today?

- A nice and warm tea in the morning
- A funny talk with my colleague in the lunch break
- Bought myself a piece of chocolate cake

What am I grateful for in life?

- For my family
 - For my education
 - For my sweet dog 
- 



Thank you

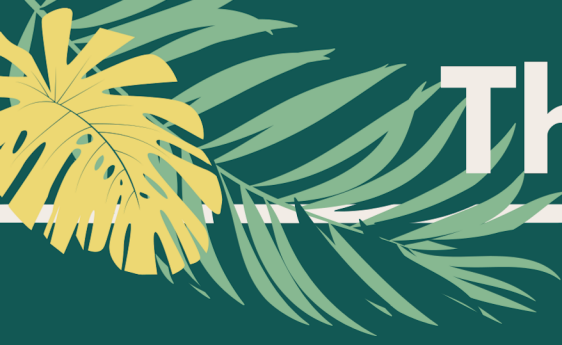


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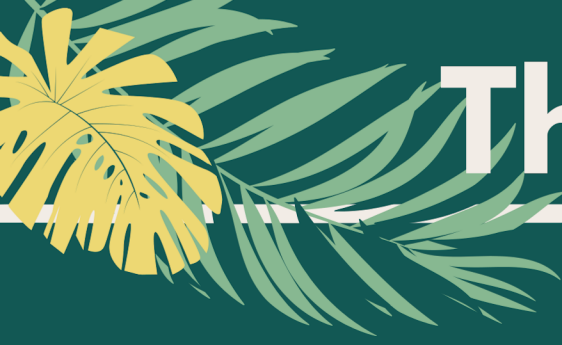


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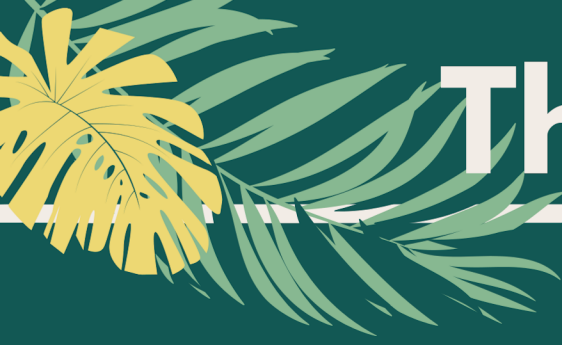


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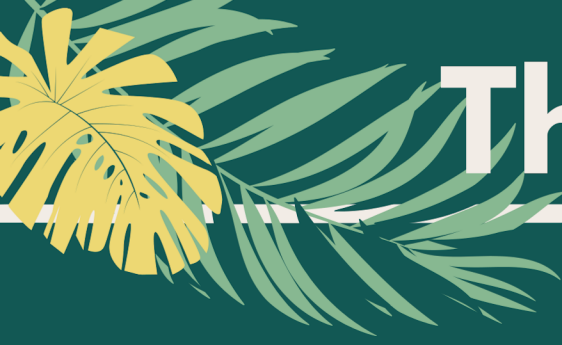


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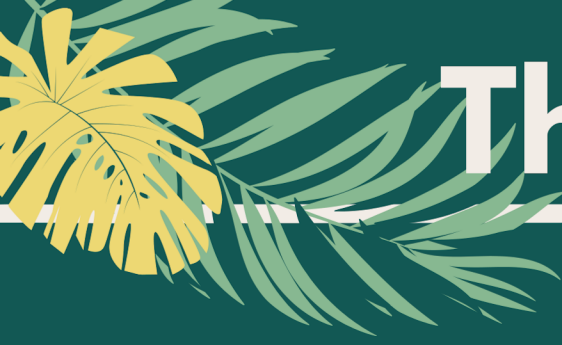


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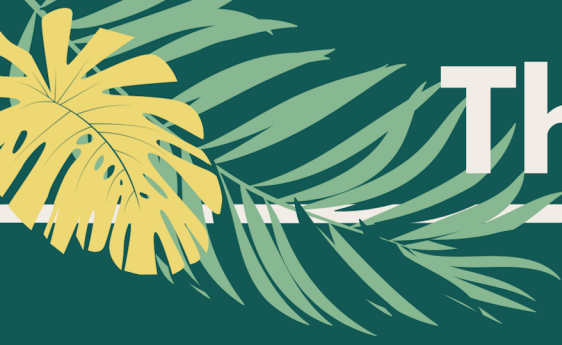


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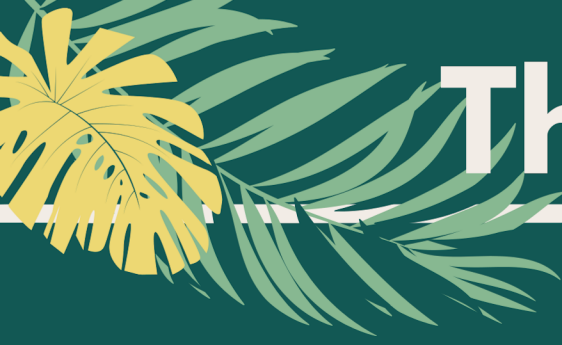


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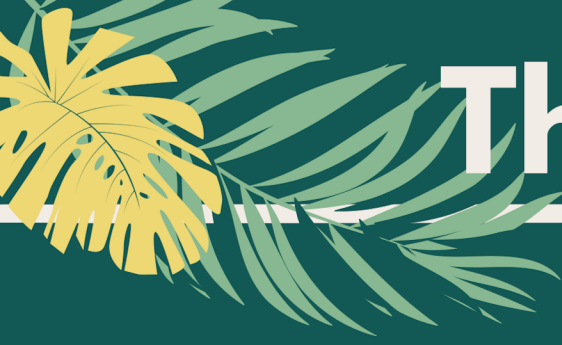


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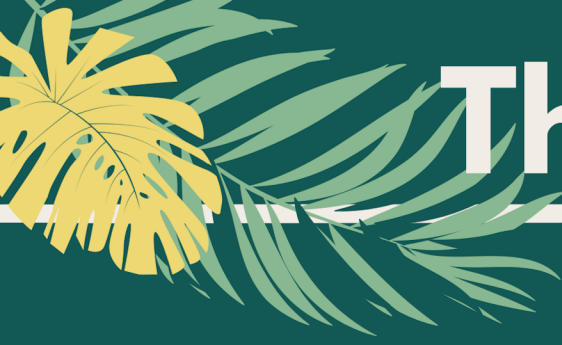


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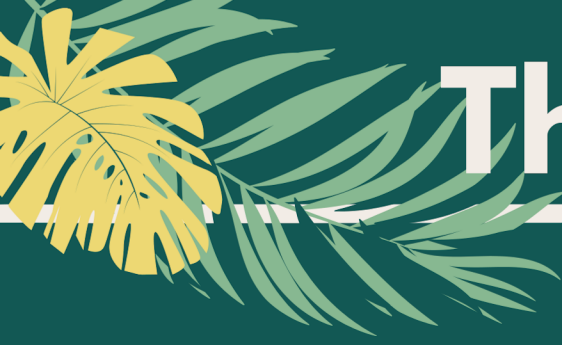


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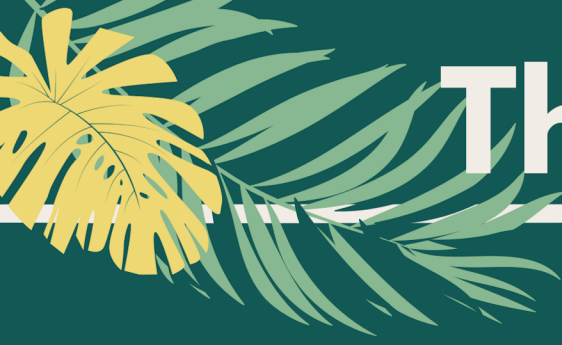


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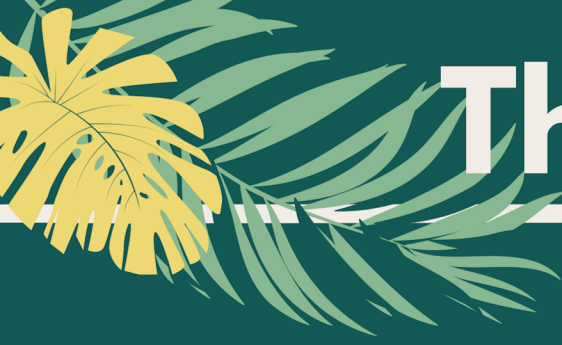


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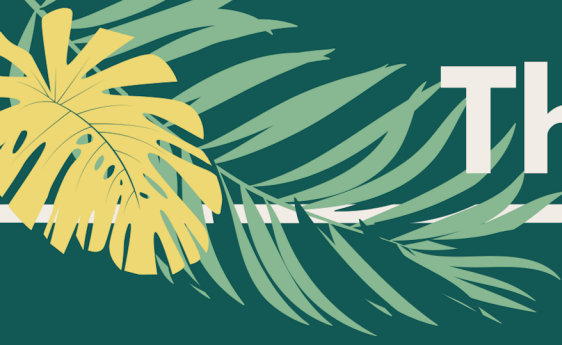


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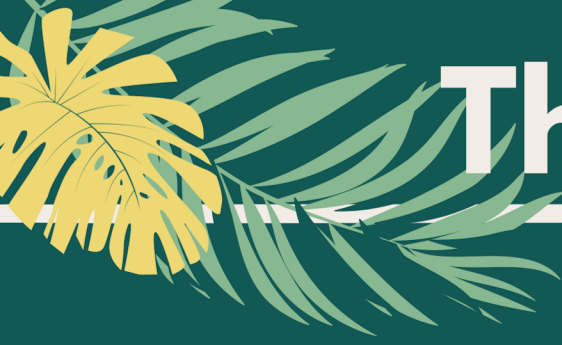


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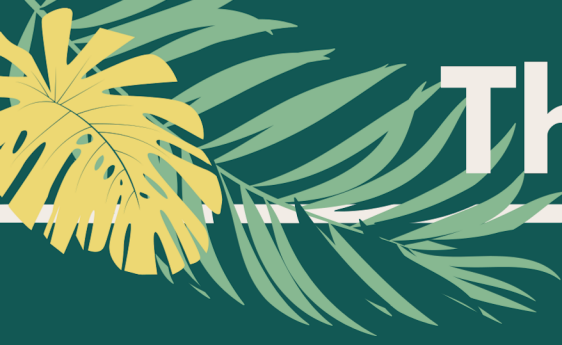


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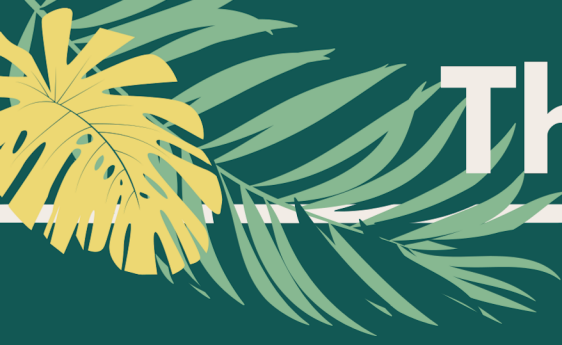


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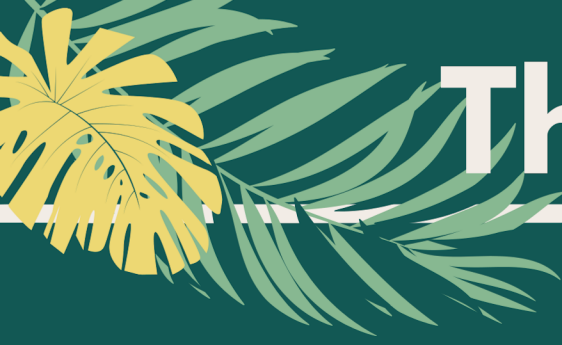


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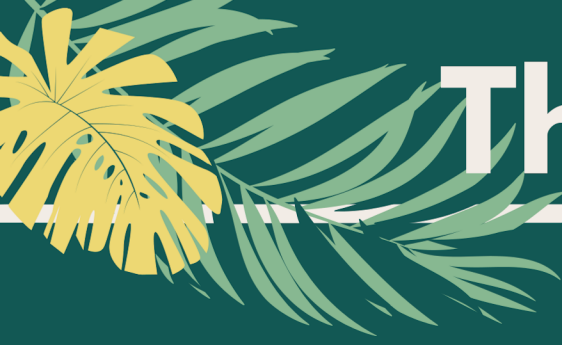


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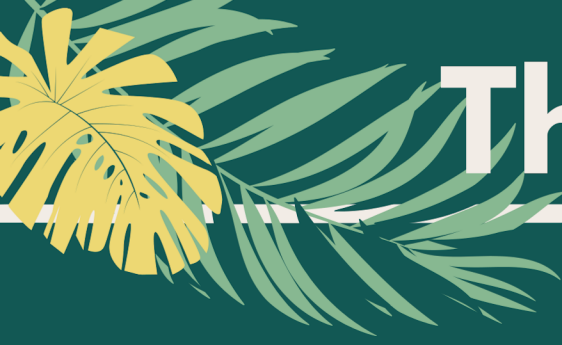


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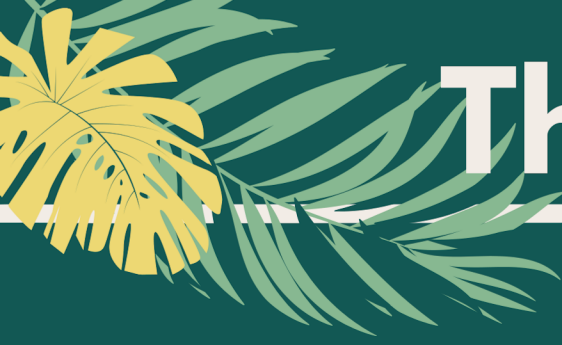


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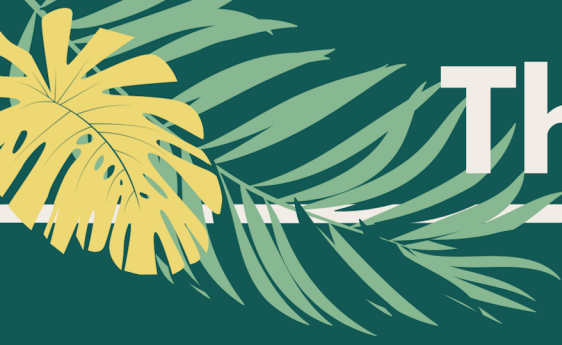


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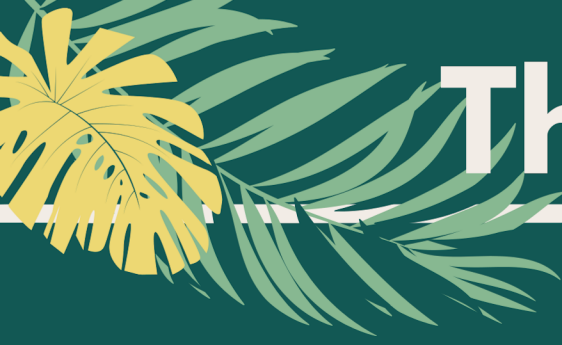


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