



# **Gratitude Journal: 52 Writing Prompts to Celebrate Your Wonderful Life (Journal Series)**

## **(Volume 2)**

*Elizabeth N. Doyd*

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# Gratitude Journal: 52 Writing Prompts to Celebrate Your Wonderful Life (Journal Series) (Volume 2)

*Elizabeth N. Doyd*

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**Cultivate an Attitude of Gratitude**

**Writing in a gratitude journal may only take a few minutes of your day, but doing so has the power to turn your entire life around.**

The Law of Attraction says that whatever you focus on grows stronger. By making a habit to focus on the positive side of things, even something you might label as negative, you are tapping into the secret of living a happy life.

When we start counting the little things that we treasure, things that may otherwise escape our attention in the chaos of daily life, not only are we becoming more positive and loving, but more giving and appreciative as well. Our happiness is no one's responsibility but our own; when we stop reacting to the people and circumstances around us, we're taking back control of our lives in order to steer it in the direction we want to go.

**Giving thanks to the universe is giving love, and what we give inevitably comes back to us.** Have an attitude of gratitude. Once you make a habit out of appreciating all the gifts in life, big or small, you'll begin to attract more positive people and situations. Bad habits and former worries will disappear, replaced by faith and good feeling toward yourself and others.

**Starting a gratitude journal is easy.** All you need is a pen, a notebook, and a moment to lay down your appreciation for what you've been given in life.

This book contains **journal prompts on 52 different topics**, each one beginning with an **inspirational gratitude quote** from great men and women of the past and present. You can focus on one topic a week if you wish—that's enough to last you a year. Or you may pick and choose a prompt at random if you are looking for inspiration and new ideas on any given day.

*Please note that this is not a journal, but rather a book with journaling ideas*

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