SHAMBHALA - FREE GIFTS OF LIGHT

Gratitude of Light

A printable journal of thanksgiving - fourteen days to begin

Print these pages and keep them by your bed or your breakfast table. Each morning or evening, fill one page: three gifts of the day, one light you noticed, one person to thank, and the decree of gratitude. Fourteen days are here to begin the habit; when they are done, any notebook can carry it on.

I AM Gratitude, and my heart is full.

GRATITUDE OF LIGHT

Day 1 Date: _____

Today I give thanks for:

A light I noticed today:

Someone I want to thank, and how:

One good thing that is coming:

I AM Gratitude, and my heart is full.

GRATITUDE OF LIGHT

Day 2 Date: _____

Today I give thanks for:

A light I noticed today:

Someone I want to thank, and how:

One good thing that is coming:

I AM Gratitude, and my heart is full.

GRATITUDE OF LIGHT

Day 3 Date: _____

Today I give thanks for:

A light I noticed today:

Someone I want to thank, and how:

One good thing that is coming:

I AM Gratitude, and my heart is full.

GRATITUDE OF LIGHT

Day 4 Date: _____

Today I give thanks for:

A light I noticed today:

Someone I want to thank, and how:

One good thing that is coming:

I AM Gratitude, and my heart is full.

GRATITUDE OF LIGHT

Day 5 Date: _____

Today I give thanks for:

A light I noticed today:

Someone I want to thank, and how:

One good thing that is coming:

I AM Gratitude, and my heart is full.

GRATITUDE OF LIGHT

Day 6 Date: _____

Today I give thanks for:

A light I noticed today:

Someone I want to thank, and how:

One good thing that is coming:

I AM Gratitude, and my heart is full.

GRATITUDE OF LIGHT

Day 7 Date: _____

Today I give thanks for:

A light I noticed today:

Someone I want to thank, and how:

One good thing that is coming:

I AM Gratitude, and my heart is full.

GRATITUDE OF LIGHT

Day 8 Date: _____

Today I give thanks for:

A light I noticed today:

Someone I want to thank, and how:

One good thing that is coming:

I AM Gratitude, and my heart is full.

GRATITUDE OF LIGHT

Day 9 Date: _____

Today I give thanks for:

A light I noticed today:

Someone I want to thank, and how:

One good thing that is coming:

I AM Gratitude, and my heart is full.

GRATITUDE OF LIGHT

Day 10 Date: _____

Today I give thanks for:

A light I noticed today:

Someone I want to thank, and how:

One good thing that is coming:

I AM Gratitude, and my heart is full.

GRATITUDE OF LIGHT

Day 11 Date: _____

Today I give thanks for:

A light I noticed today:

Someone I want to thank, and how:

One good thing that is coming:

I AM Gratitude, and my heart is full.

GRATITUDE OF LIGHT

Day 12 Date: _____

Today I give thanks for:

A light I noticed today:

Someone I want to thank, and how:

One good thing that is coming:

I AM Gratitude, and my heart is full.

GRATITUDE OF LIGHT

Day 13 Date: _____

Today I give thanks for:

A light I noticed today:

Someone I want to thank, and how:

One good thing that is coming:

I AM Gratitude, and my heart is full.

GRATITUDE OF LIGHT

Day 14 Date: _____

Today I give thanks for:

A light I noticed today:

Someone I want to thank, and how:

One good thing that is coming:

I AM Gratitude, and my heart is full.