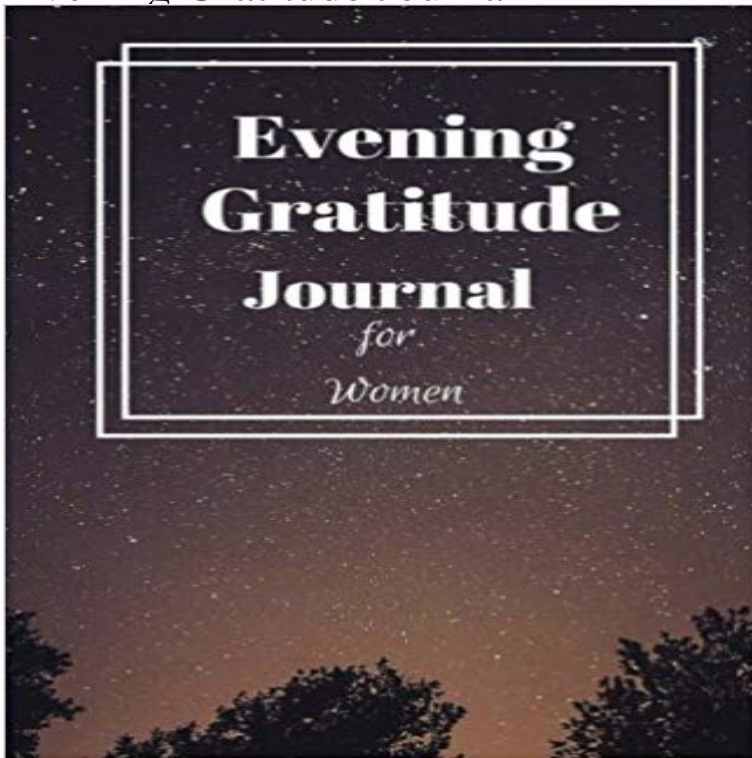


# Evening Gratitude Journal



Keeping a gratitude journal is a great way to reflect on the day and record all the good and positive things that happened. It forces you to really try and see the best of the situation. Even if you have a bad day, you can examine it through a different lens and see that even if the day was bad, there is always something in it to be grateful for. This is what this gratitude journal is for. This Journal contains space for over a months worth of entries so you will be able to record all the moments you are grateful for and develop a great, new journaling practice!

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