

**5 MINUTE
GRATITUDE**
Journal



I am delighted to introduce you to the 5 Minute Gratitude Journal, a path to discover and celebrate the countless blessings that surround you every day. I hope that this journal will be your trusted companion, guiding you toward a brighter, more thankful outlook on life.

As you embark on this journey, my deepest wish is that you not only enjoy every moment spent with this journal but also that you learn to see the beauty in life's everyday treasures. May your days be filled with gratitude, and may you be reminded of the abundant joys that grace your life.

With each page you turn, may you find inspiration, reflection, and a renewed appreciation for the world around you. Take just five minutes a day to explore the abundance of positivity in your life.

Thank you for choosing the 5 Minute Gratitude Journal. May it be the beginning of a profound and joyous transformation.

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18

5 Minute Gratitude Journal

___/___/___

“If I succeed, I will give thanks. If I fail, I will seek His grace.” –Max Lucado

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two starburst icons at the top and bottom, intended for writing today's highlight.

Things that I learned today

5 Minute Gratitude Journal

___/___/___

"When it comes to life the critical thing is whether you take things for granted or take them with gratitude."

— G.K. Chesterton

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Things that I learned today

Today's Highlight

A large, empty oval shape with two small starburst icons at the top and bottom points, intended for writing today's highlight.

Theme of the day: Family

Today I'm grateful for...

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

“The more you practice the art of thankfulness, the more you have to be thankful for.”

– Norman Vincent Peale

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Things that I learned today

Today's Highlight

A large, empty oval shape with two starburst icons at the top and bottom, intended for writing today's highlight.

Theme of the day: Education

Today I'm grateful for...

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

"Gratitude is the ability to experience life as a gift. It liberates us from the prison of self-preoccupation."

— John Ortberg

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two starburst icons at the top and bottom, intended for writing today's highlight.

Things that I learned today

Theme of the day: Faith

Today I'm grateful for...

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

“Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.”

- Denis Waitley

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two small starburst icons at the top and bottom points, intended for writing today's highlight.

Things that I learned today

Theme of the day: Creativity

Today I'm grateful for...

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

“Being grateful does not mean that everything is necessarily good. It just means that you can accept it as a gift.” – Roy T. Bennett

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two starburst icons at the top and bottom, intended for writing today's highlight.

Things that I learned today

Theme of the day: Opportunities

Today I'm grateful for...

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

It is only with gratitude that life becomes rich!"
-Dietrich Bonhoeffer

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two starburst icons at the top and bottom, intended for writing today's highlight.

Things that I learned today

Theme of the day: Wisdom

Today I'm grateful for...

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

We ought to give thanks for all fortune: if it is good, because it is good, if bad, because it works in us patience, humility and the contempt of this world and the hope of our eternal country."

-C.S. Lewis

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two small starburst icons at the top and bottom points, intended for writing a highlight.

Things that I learned today

Theme of the day: Adventure

Today I'm grateful for...

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

Gratitude is an offering precious in the sight of God, and it is one that the poorest of us can make and be not poorer but richer for having made it.”

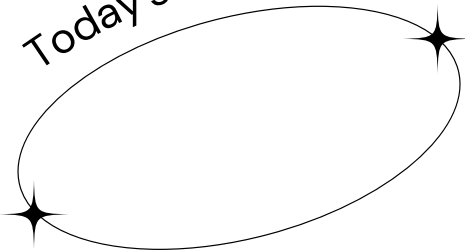
—A.W. Tozer

Things I'm grateful for today

3 things that went well today

Things that I learned today

Today's Highlight



Theme of the day: Growth

Today I'm grateful for...

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

It's one thing to be grateful. It's another to give thanks. Gratitude is what you feel. Thanksgiving is what you do."

-Tim Keller

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two starburst icons at the top and bottom, intended for writing today's highlight.

Things that I learned today

Theme of the day: Resilience

Today I'm grateful for...

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

Gratitude produces deep, abiding joy because we know that God is working in us, even through difficulties.”

–Charles Stanley

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two starburst icons at the top and bottom, intended for writing today's highlight.

Things that I learned today

Theme of the day: Courage

Today I'm grateful for...

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

"Never let the things you want make you forget the things you have."
— Sanchita Pandey

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two starburst icons at the top and bottom, intended for writing today's highlight.

Things that I learned today

Theme of the day: Friendship

Today I'm grateful for...

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

"The power of finding beauty in the humblest things makes home happy and life lovely."

— Louisa May Alcott

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two small starburst icons at the top and bottom, intended for writing today's highlight.

Things that I learned today

5 Minute Gratitude Journal

___/___/___

“Gratitude is one of the most powerful human emotions. Once expressed, it changes attitude, brightens outlook and broadens our perspective.”
— Germany Kent

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two starburst icons at the top and bottom, intended for writing today's highlight.

Things that I learned today

Theme of the day: Career

Today I'm grateful for...

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

- Melody Beattie

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Things that I learned today

Today's Highlight

A large, empty oval shape with two small starburst icons at the top and bottom points, intended for writing today's highlight.

Theme of the day: Love

Today I'm grateful for...

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

Gratitude turns what we have into enough.
- Melody Beattie

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two small starburst icons at the top and bottom points, intended for writing today's highlight.

Things that I learned today

Theme of the day: Home

Today I'm grateful for...

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

“Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for.”

— Epicurus

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two small starburst icons at the top and bottom points of its major axis, intended for highlighting a specific event or achievement.

Things that I learned today

Theme of the day: Hobbies

Today I'm grateful for...

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

“It’s up to us to choose contentment and thankfulness now – and to stop imagining that we have to have everything perfect before we’ll be happy.”

– Joanna Gaines

Things I’m grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two small starburst icons at the top and bottom points of its major axis, intended for highlighting a specific event or moment from the day.

Things that I learned today

Theme of the day: Forgiveness

Today I'm grateful for...

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

No matter what our circumstances, we can find a reason to be thankful.”

-Dr. David Jeremiah

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Things that I learned today

Today's Highlight

A large, empty oval shape with two small starburst icons at the top and bottom points, intended for writing today's highlight.

5 Minute Gratitude Journal

___/___/___

God is in control, and therefore in EVERYTHING I can give thanks - not because of the situation but because of the One who directs and rules over it.”

-Kay Arthur

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two small starburst icons at the top and bottom points of its major axis, intended for highlighting a specific event or moment from the day.

Things that I learned today

5 Minute Gratitude Journal

___/___/___

Genuine thankfulness is an act of the heart's affections,
not an act of the lips' muscles."

-John Piper

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two starburst icons at the top and bottom, intended for writing a highlight.

Things that I learned today

5 Minute Gratitude Journal

___/___/___

When it comes to life the critical thing is whether you take things for granted or take them with gratitude.”

–G.K. Chesterton

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large oval shape with two small starburst icons at the left and right ends of its major axis, intended for highlighting a specific event or achievement.

Things that I learned today

Theme of the day: Generosity

Today I'm grateful for...

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

Gratitude is a decision of the will, and if a decision of the will, the choice resides squarely with us. Deciding to be thankful is no easy task. It takes work.”

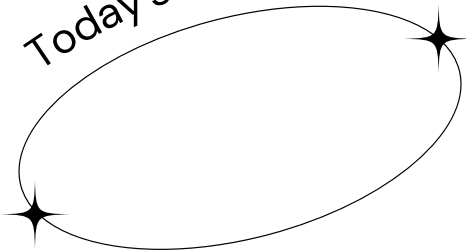
-Chuck Swindoll

Things I'm grateful for today

3 things that went well today

Things that I learned today

Today's Highlight



5 Minute Gratitude Journal

___/___/___

In happy moments, PRAISE GOD. In difficult moments, SEEK GOD. In quiet moments, WORSHIP GOD. In painful moments, TRUST GOD. Every moment, THANK GOD.”

–Rick Warren

Things I'm grateful for today

3 things that went well today

Things that I learned today

Today's Highlight

★★

Theme of the day: Patience

Today I'm grateful for...

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

A spirit of thankfulness is one of the most distinctive marks of a Christian whose heart is attuned to the Lord. Thank God in the midst of trials and every persecution.”

-Billy Graham

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two small starburst icons at the top and bottom points, intended for writing today's highlight.

Things that I learned today

Theme of the day: Rest

Today I'm grateful for...

I want to be more grateful in...

5 Minute Gratitude Journal

___/___/___

'Gratitude' comes from the same word as freedom (gratis = free). Gratitude is the freeing expression of a free heart toward one who freely gave."

-Ravi Zacharias

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two starburst icons at the top and bottom, intended for writing today's highlight.

Things that I learned today

5 Minute Gratitude Journal

___/___/___

“I’m just thankful for everything, all the blessings in my life, trying to stay that way. I think that’s the best way to start your day and finish your day. It keeps everything in perspective.”

–Tim Tebow

Things I’m grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large oval shape with two four-pointed stars at the top and bottom, intended for writing a highlight.

Things that I learned today

5 Minute Gratitude Journal

___/___/___

“If there was ever a secret for unleashing God’s powerful peace in a situation, it’s developing a heart of true thanksgiving.”
-Lysa Terkeurst

Things I’m grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two small starburst icons at the top and bottom points, intended for highlighting a specific event or moment from the day.

Things that I learned today

5 Minute Gratitude Journal

___/___/___

In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich.

– Bonhoeffer

Things I'm grateful for today

3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two small starburst icons at the top and bottom, intended for writing today's highlight.

Things that I learned today

5 Minute Gratitude Journal

___/___/___

“It’s not happy people who are thankful. It’s thankful people who are happy.”

– unknown

Things I’m grateful for today

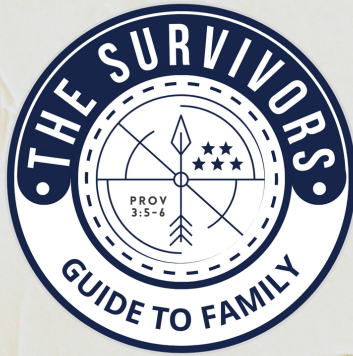
3 things that went well today

Three rounded rectangular boxes stacked vertically, intended for writing three things that went well today.

Today's Highlight

A large, empty oval shape with two small starburst icons at the left and right ends of its major axis, intended for highlighting a specific event or moment from the day.

Things that I learned today



www.familyurvivorsguide.com