



Gratitude Journal: Being Thankful

Annaliese Rutherford

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Keeping a gratitude journal is a good way to pay attention to the good things in life that we otherwise take for granted. Use this Journal to do that and also motivate & inspire yourself in your journey through life. Studies have indicated the benefits of the act of writing down the things for which we are grateful ranging from better sleep to increased happiness among adults and kids alike.

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