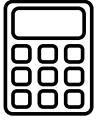


STUDENT GRATITUDE JOURNAL

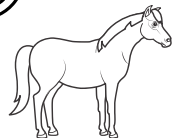


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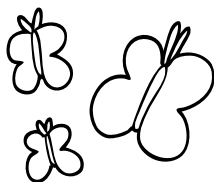
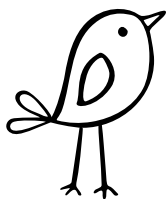
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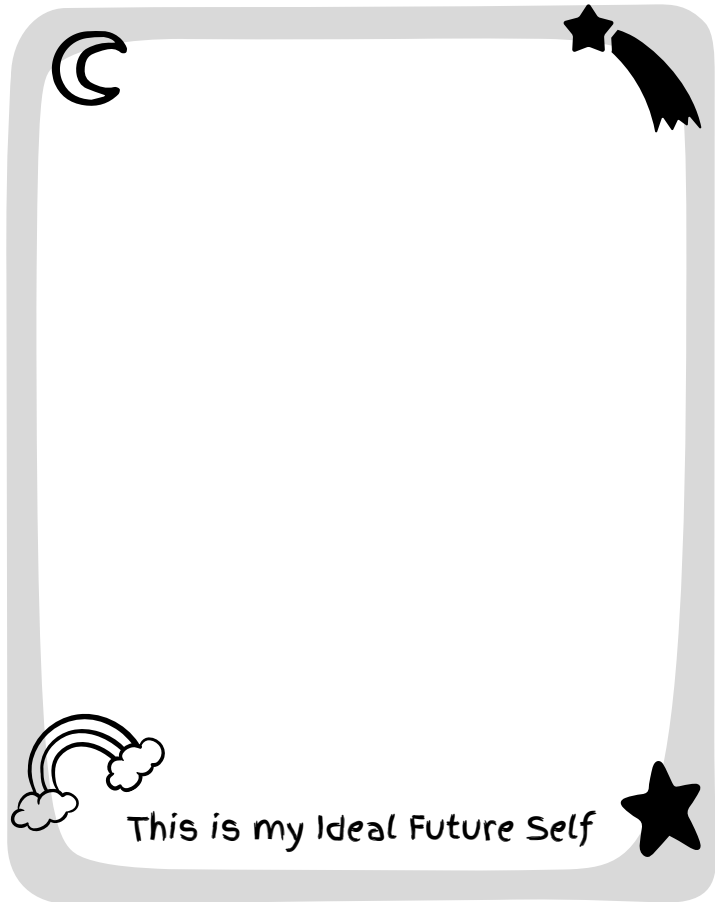
"Let us be grateful to
the people who make
us happy; they are
the charming
gardeners who make
our souls blossom."

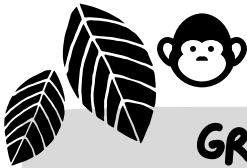
- Marcel Proust



IDEAL FUTURE SELF

Draw a picture of your "Ideal Future Self" -
what will you be doing to be your best self?





Date: _____

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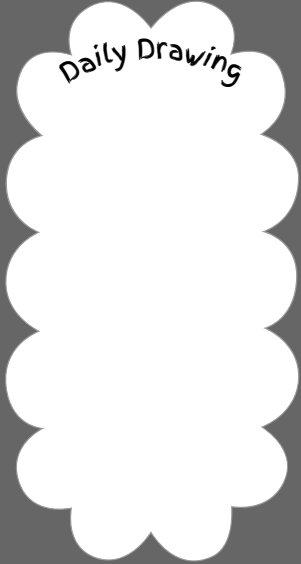


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DAILY GRATITUDE



Daily Drawing

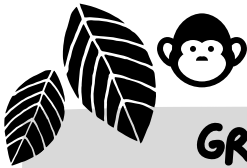


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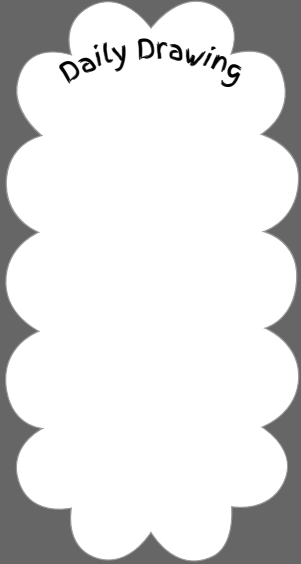


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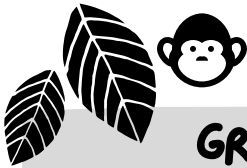


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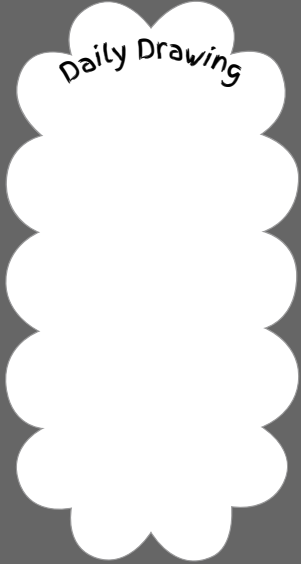


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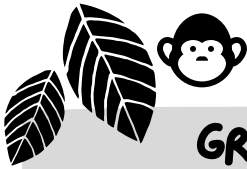


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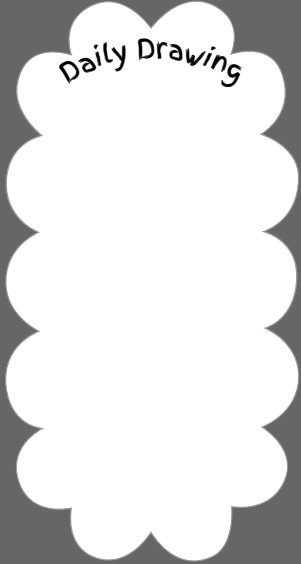


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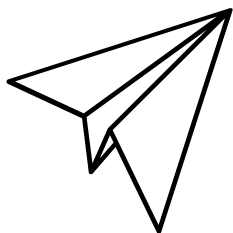


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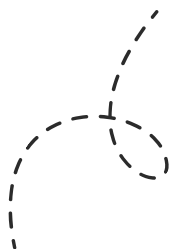
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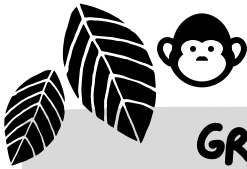




"We must find time
to stop and thank
the people who make
a difference in our
lives."

- John F. Kennedy





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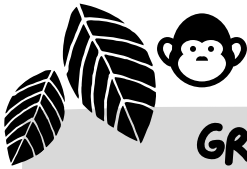
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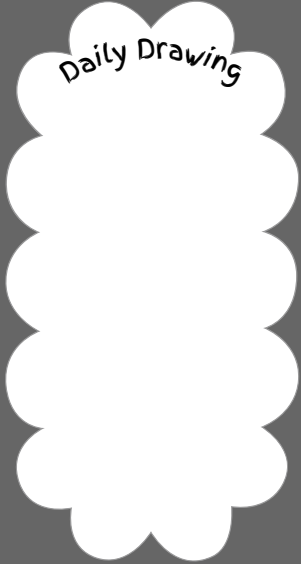


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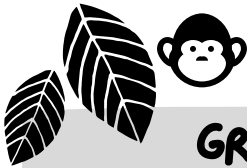


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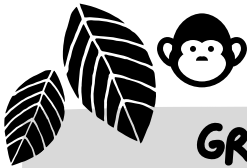
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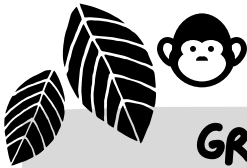
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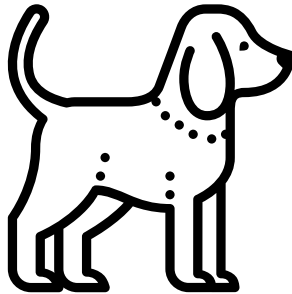
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"Gratitude and
attitude are not
challenges; they are
choices."

- Robert Braathe



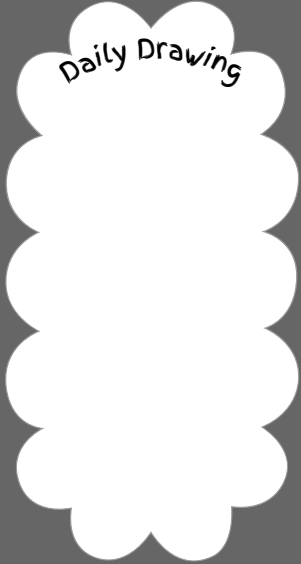


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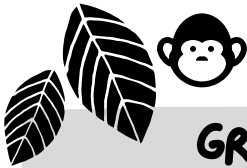


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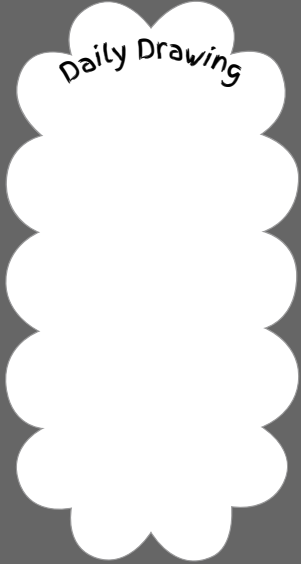


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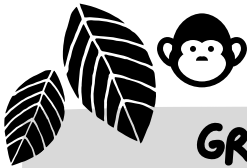


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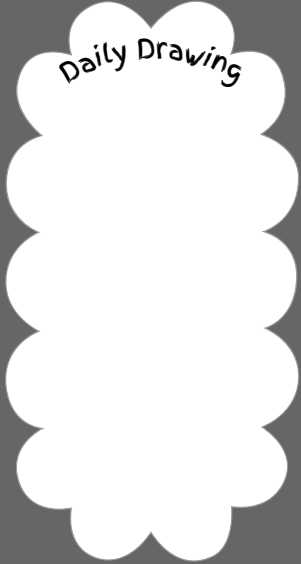


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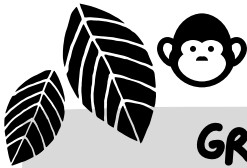


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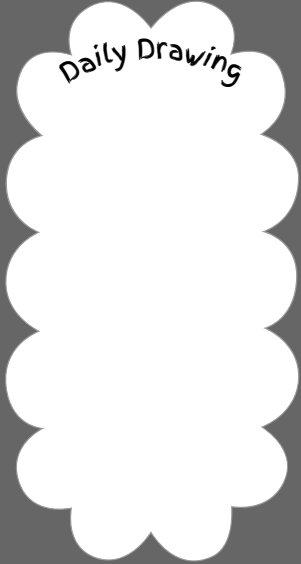


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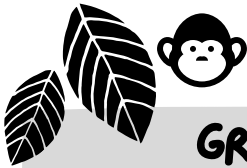


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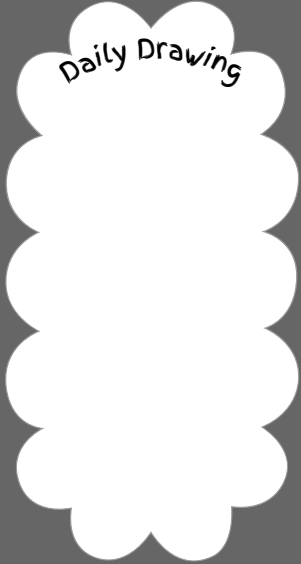


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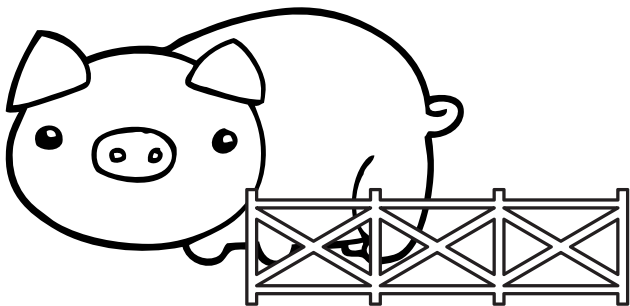


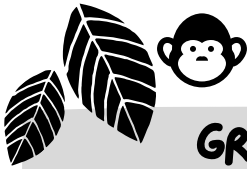
Goal for Tomorrow:



"Appreciation can make a day, even change a life. Your willingness to put it all into words is all that is necessary."

- Margaret Cousins





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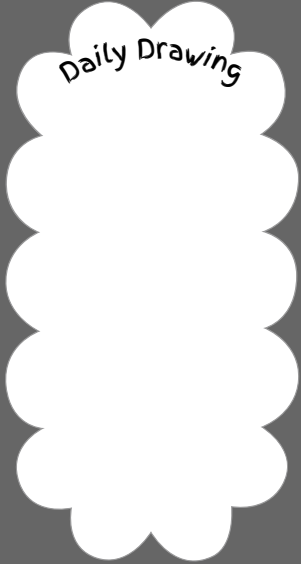


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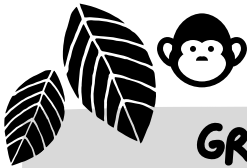


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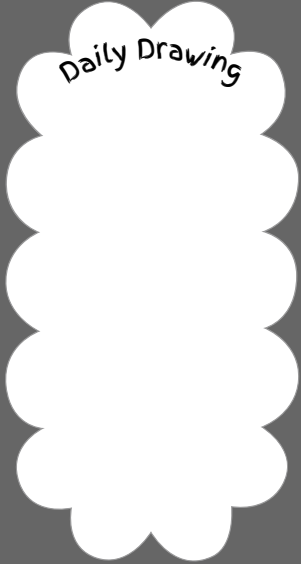


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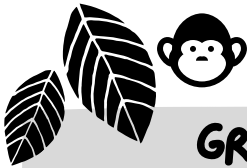


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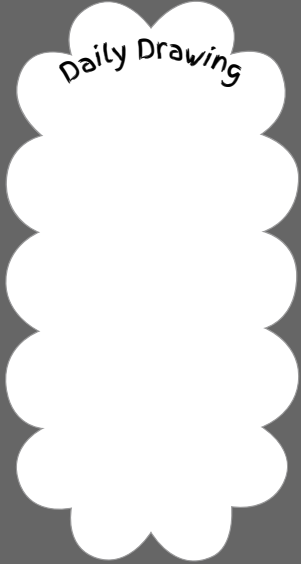


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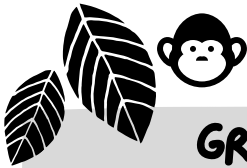


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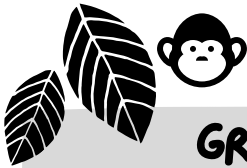
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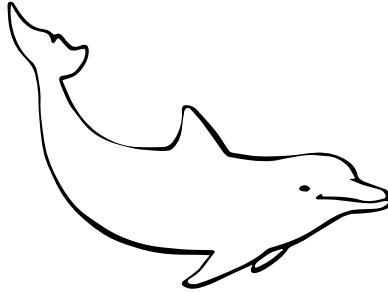
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"The more grateful I
am, the more beauty
I see."

- Mary Davis



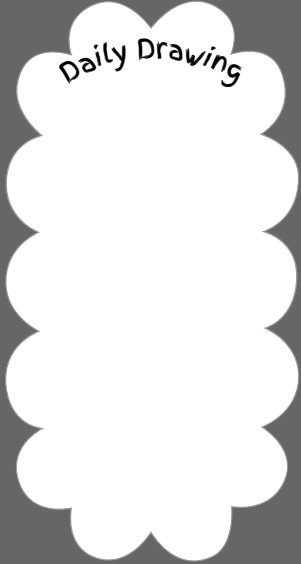


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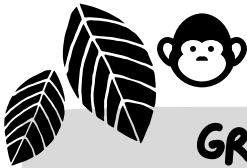


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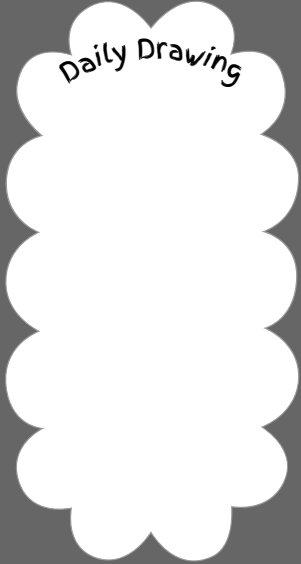


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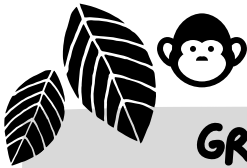


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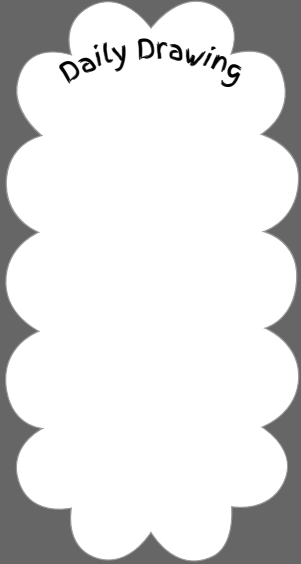


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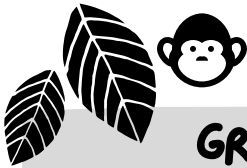


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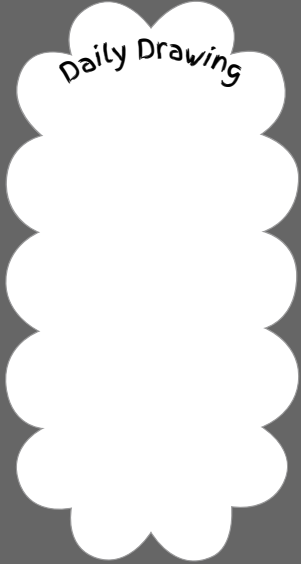


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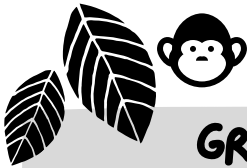


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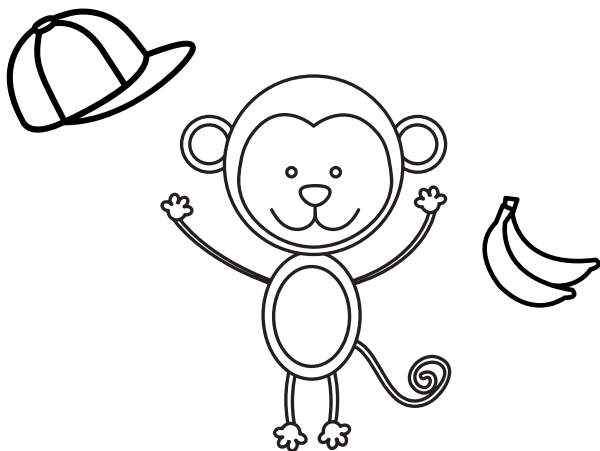
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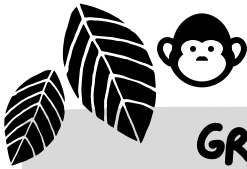
Goal for Tomorrow:





"It is not joy that makes us grateful; it is gratitude that makes us joyful."

- David Steindl-Rast



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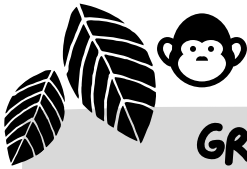
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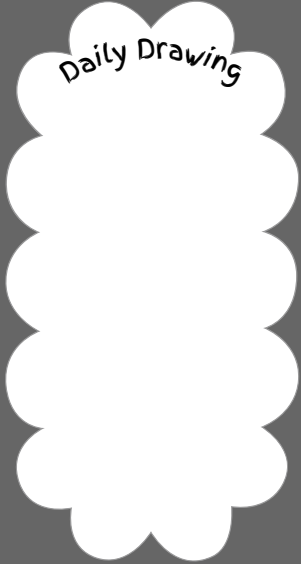


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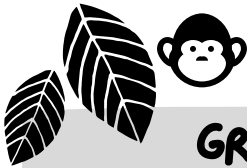


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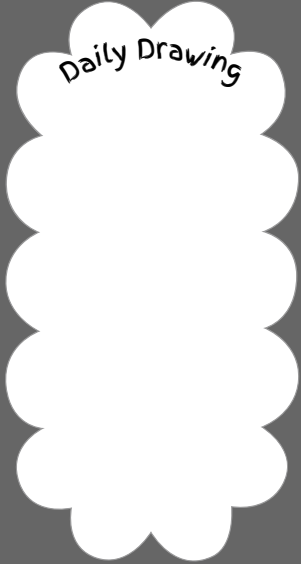


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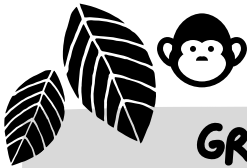


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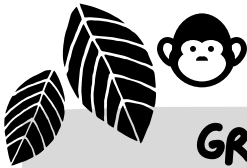
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"Being thankful is not always experienced as a natural state of existence, we must work at it, akin to a type of strength training for the heart."

- Larissa Gomez

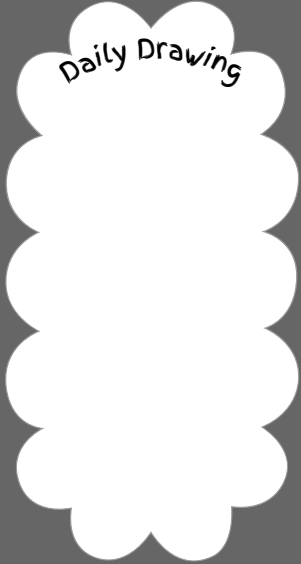


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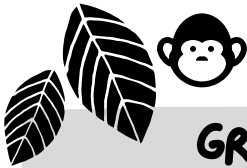


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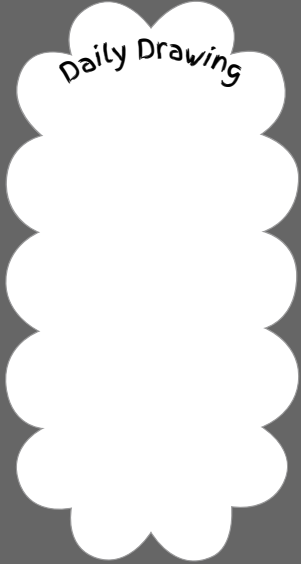


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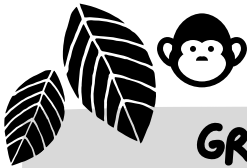


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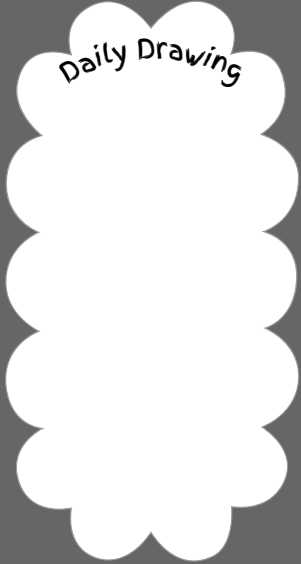


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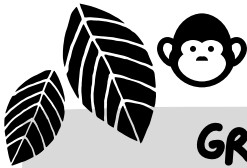


Daily Quote



Goal for Tomorrow:





Date: _____

GRATITUDE REFLECTION

Thought of the Day:



Some things/people I'm grateful for today are:



An awesome thing that happened today is:

Here's something I can do to make tomorrow even better:



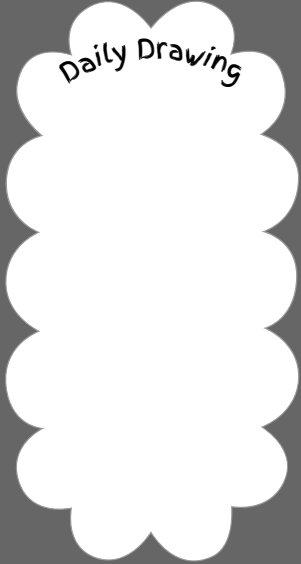


Date: _____

DAILY GRATITUDE



Daily Drawing

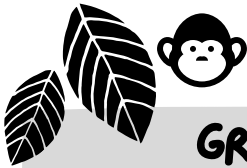


Daily Quote



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DAILY GRATITUDE



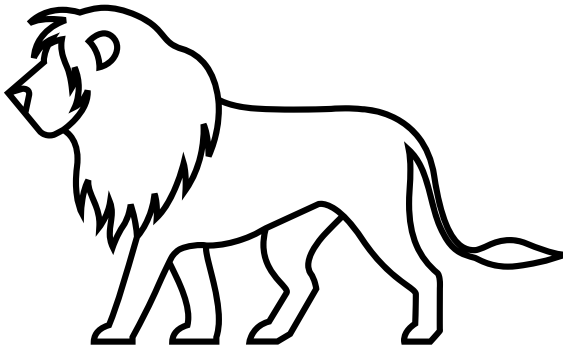
Daily Drawing

Daily Quote



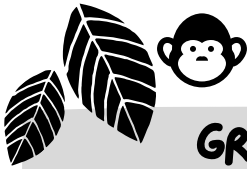
Goal for Tomorrow:





"Gratitude is the sign
of noble souls."

- Aesop



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DAILY GRATITUDE



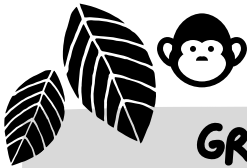
Daily Drawing

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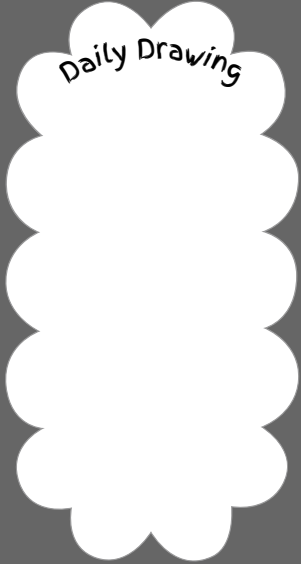


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DAILY GRATITUDE



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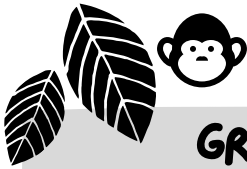


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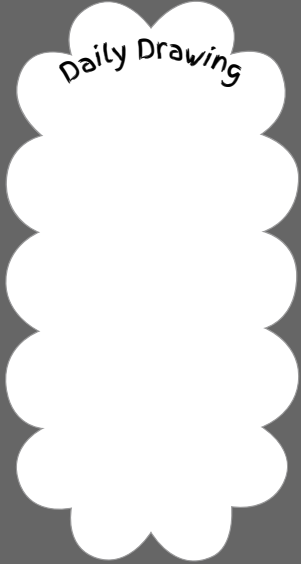


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DAILY GRATITUDE



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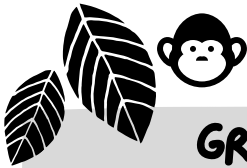


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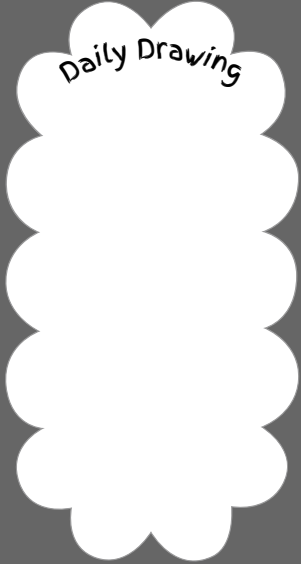


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DAILY GRATITUDE



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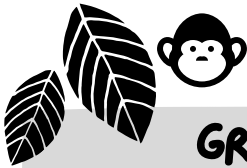


Daily Quote



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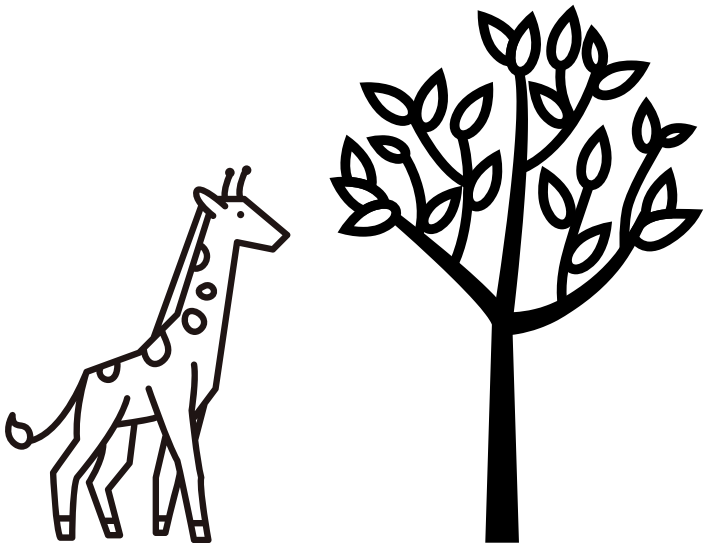
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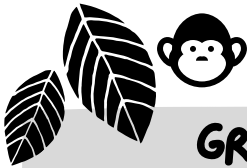
Here's something I can do to make tomorrow even better:



"There is always,
always, always
something to be
thankful for."

- Anonymous





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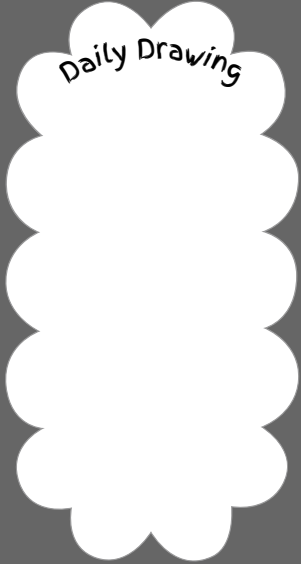


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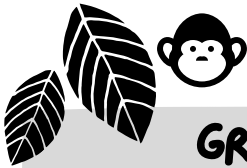


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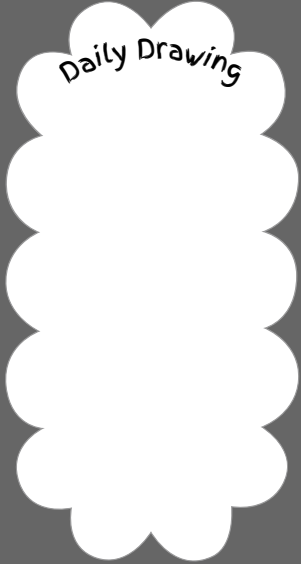


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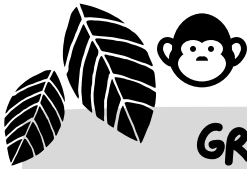


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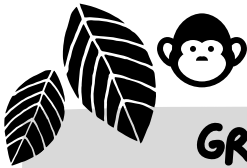
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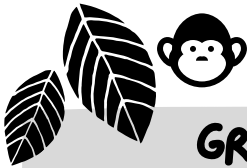
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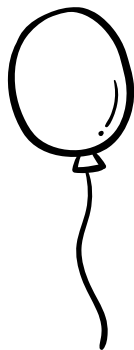
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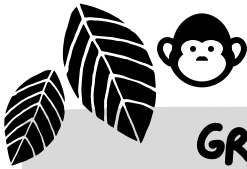




"True forgiveness is
when you can say,
'Thank you for the
experience.'"

- Oprah Winfrey





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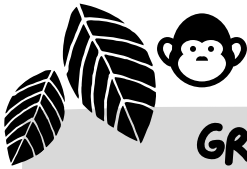
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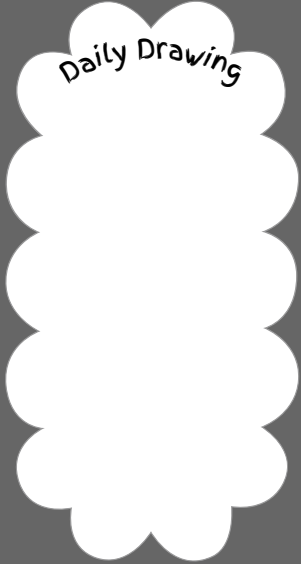


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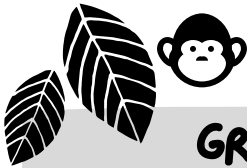


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