

# Gratitude



I-RAMA

Honor and Appreciate  
the abundance in your life

By Isabel Harkins



Lets start our week Journal. Place a date on each day that you write on it, so down the road you can come back to it and be grateful for where it took you.

## **Seven days Journal**

### **MONDAY**

**Date:** \_\_\_\_\_

***Centering thought***

***By being grateful I live in Joy***

Today I am grateful for:

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Use the space below to further reflect on insights that came up for you from your experience today.

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Through your day keep silently going back to your centering thought, just for a second, this is your place, only you have it at any particular moment you wish.



**Tuesday**

Date: \_\_\_\_\_

**Centering Thought**

***My Path to Grace starts today***

Today I am grateful for these people in my life:

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This image shows a full page of blank, cream-colored paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

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**Wednesday**

Date: \_\_\_\_\_

**Centering Thought**

***Gratitude starts within me***

Address three qualities in your self that you are grateful for:

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**Thursday**

Date: \_\_\_\_\_

**Centering Thought**

**Today I am awakening the Energy of gratitude**

Connect with a time when your gratitude was reflected back to you.

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Use the space below to further reflect on insights that came up for you from your experience today.

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# Friday

Date:\_\_\_\_\_

## Centering Thought

***Grace comes easily to me***

Do you offer the opportunity to be grateful to you and others?

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# Saturday



Date: \_\_\_\_\_

## **Centering Thought**

### **Gratitude is replying to me today**

Write down the signs that you perceive that indicate that Gratitude comes to you, such as an unexpected gift, a raise at work, free parking a synchronicity etc.

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Use the space below to further reflect on insights that came up for you from your experience today.

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**Sunday**



Date: \_\_\_\_\_

## **Centering Thought**

**My spirit is always Grateful**

Write down the most outstanding moments of gratitude you had this week.

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