

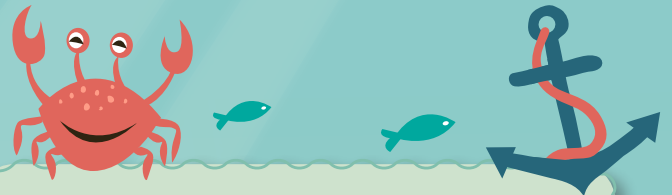


Dive into Gratitude

“Physically and spiritually we are submerged in the sea of God’s favor.” –‘Abdu’l-Bahá

You’re sailing smoothly through life when suddenly a big storm blows in, and huge waves crash into you. How do you keep your head above water? We all hit rough seas sometimes, but one tool you can use to buoy your spirit is a gratitude journal. Expressing what you’re thankful for can make you happier, calmer, more patient, and better at going with the flow. Use this journal page to dive in!

A place that makes me feel happy



Prayer or quote that inspires me:

What makes me laugh or cheers me up:

I love the smell or feel of:

I’m looking forward to:

I can express gratitude by:

What I love about my family:

Friends I’m thankful for:

Things I have fun doing:

Something I love in nature