



MY  
GRATITUDE  
JOURNAL

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QUOTE  
TO NOTE  
BOOK

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*QUOTE TO NOTE BOOK*

*Some quotes are worth remembering*

*Heartwarming sentences you find in a book*

*Words from people that move you*

*Quotes that make you think*

*Sayings you come across*

*Wisdom you've gained*

*Words have the ability to touch you. They can give you insight and spark memories. They can make you laugh and make you cry. Even in those moments when you can't seem to find the words, they will find you.*

*In every chapter of your life, there is inspiration to be found. The precious quotes and phrases that cross your path deserve a beautiful place to be held and remembered.*

*Capture those words in this notebook. Make a personal document of every text that ever touched your heart or stuck to the back of your mind. So that every word that you hold dear is bundled together and available for you to come back to, when you need them most.*

*Live an inspired life*

*Esencia*

## MY GRATITUDE JOURNAL

A grateful life.

For some it's a known value, for others a new understanding.

A place for everything you're thankful for, both big and small.  
Capture your gratitude in a word, a sentence or a full story.  
Add photographs and drawings that will take you back to a special moment.

Gratefulness helps you stay rooted in life. It helps you become consciously aware of what's happening around you.  
When you feel the purpose of things, you experience happiness. It allows you to live in the moment and stop focussing on everything that should or could be.

When you live mindfully, and regularly write down positive thoughts, you'll experience more joy and contentment in your life. You'll even discover it's possible to feel those things under any kind of circumstances.

A grateful life also helps you to focus a little less on yourself, and a little more on others. If you live gratefully, you'll be able to make positive changes in your life – and that also effects the lives of the people around you.

*Live a grateful life*

Essencio





