

Happiness
360°



Gratitude Journal



NAME:

This journal is provided for you to personalize your happiness journey!

Retraining your brain for more happiness optimism and resilience is an exciting journey.

No matter which happiness habit you are practicing, your practice makes it more real for your brain.

Please feel free to draw or attach your pictures or notes inside or any other items that help you personalize your experience!



HAPPINESS IS A CHOICE

Five minutes a day should be spent working on a **three** different **Gratitudes**.

Pause to take note of three new things each day that you are grateful for.

Doing so will begin to retrain your brain to start scanning the world for more positive inputs.



Three Gratuities:

Take a minute to think about what you're grateful for.

Schedule a time each day to write down three things

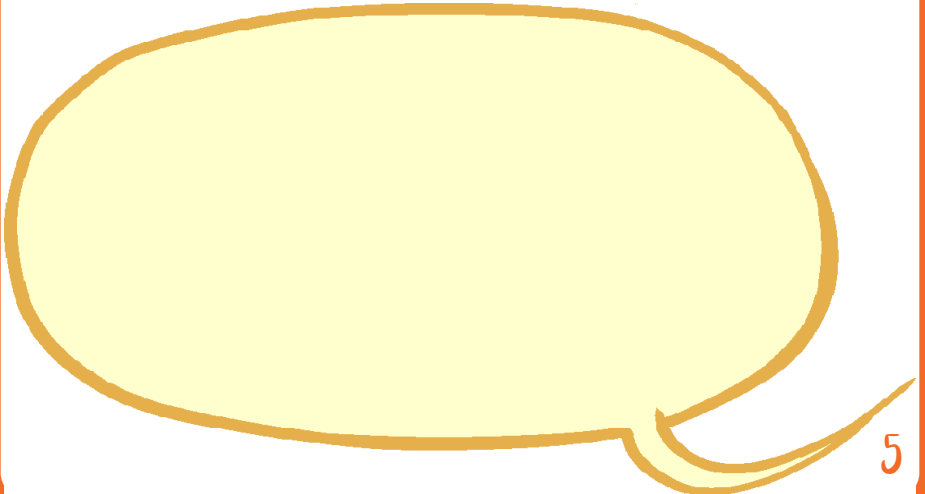
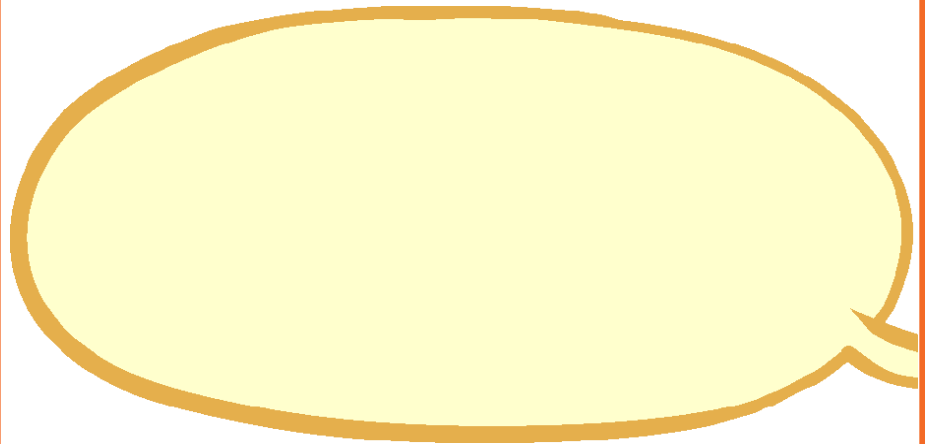
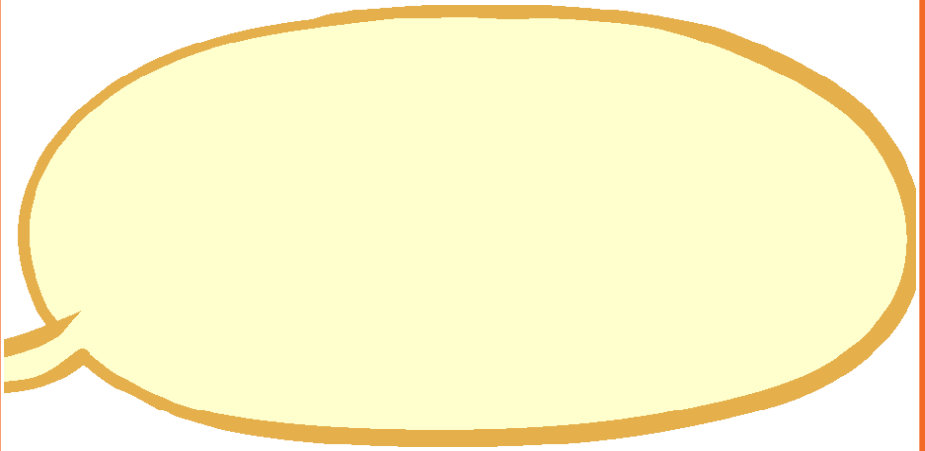
Having an "Attitude of Gratitude" boosts happiness and makes you more productive!

Don't be afraid to be optimistic!



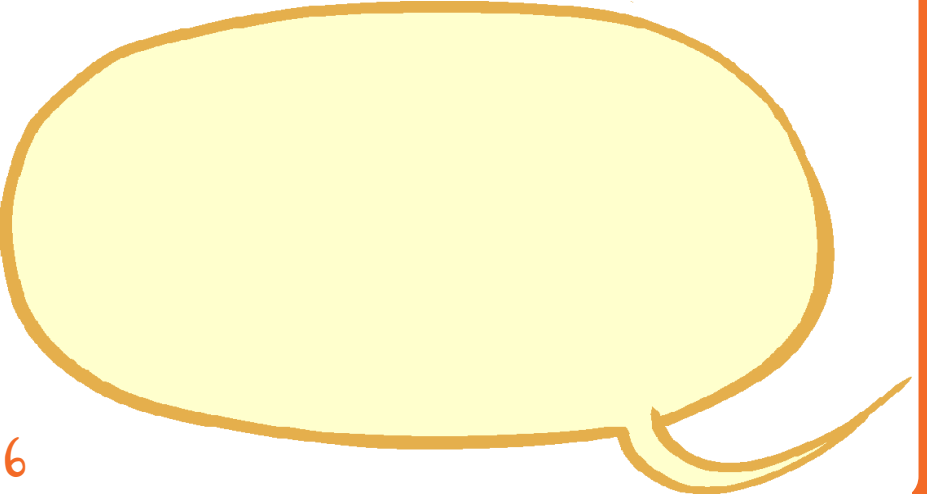
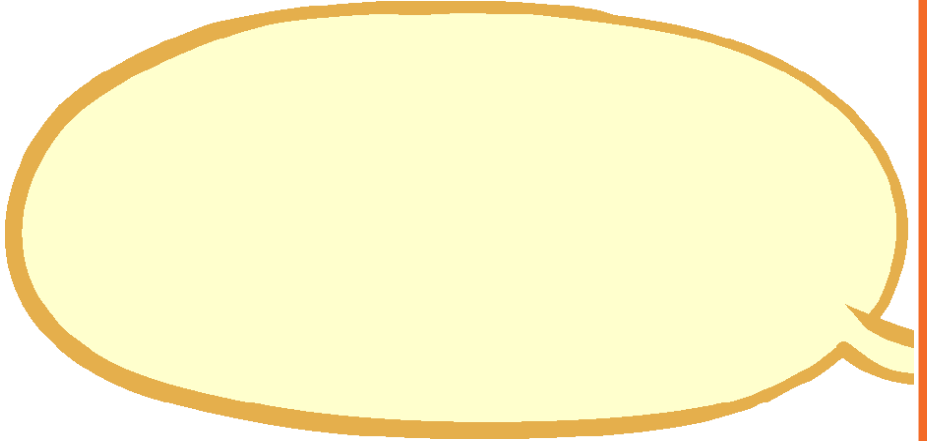
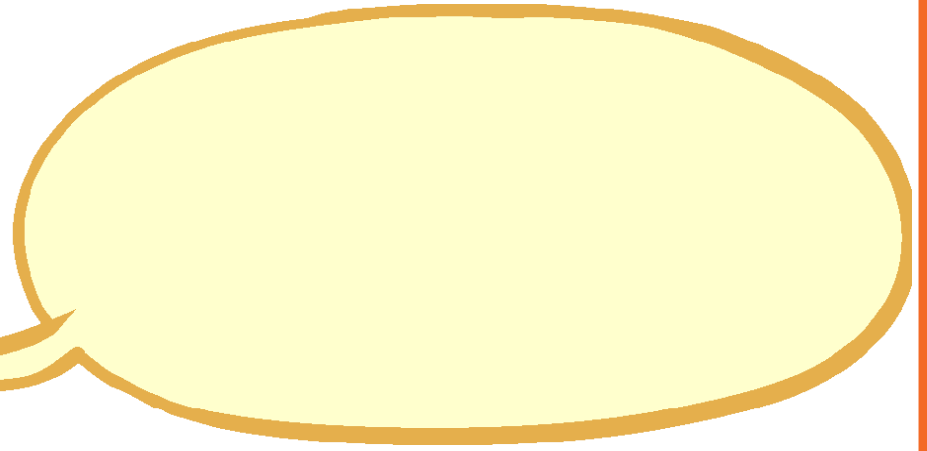
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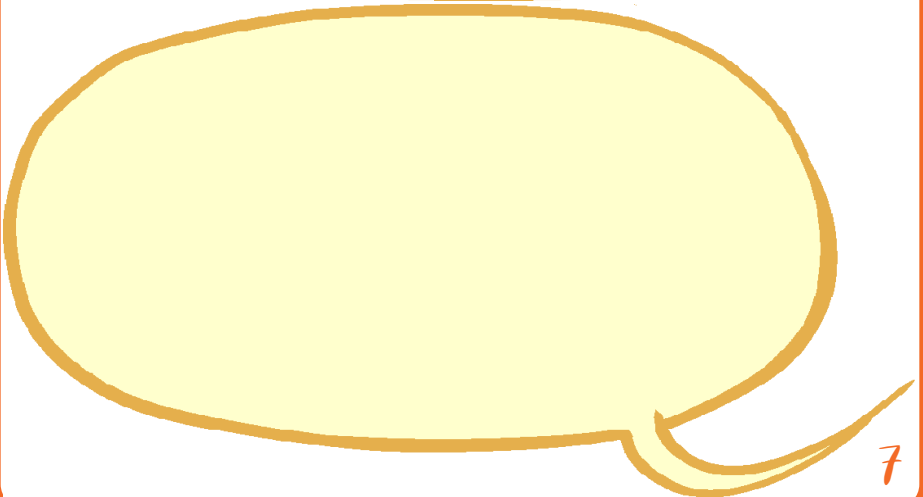
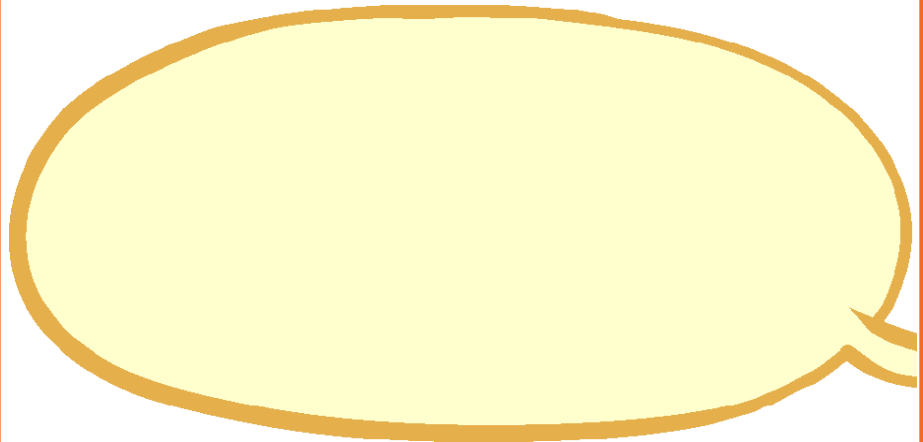
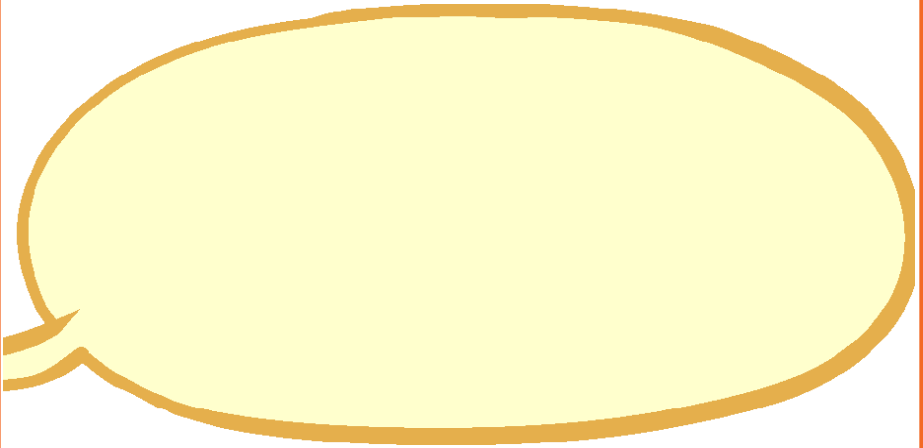
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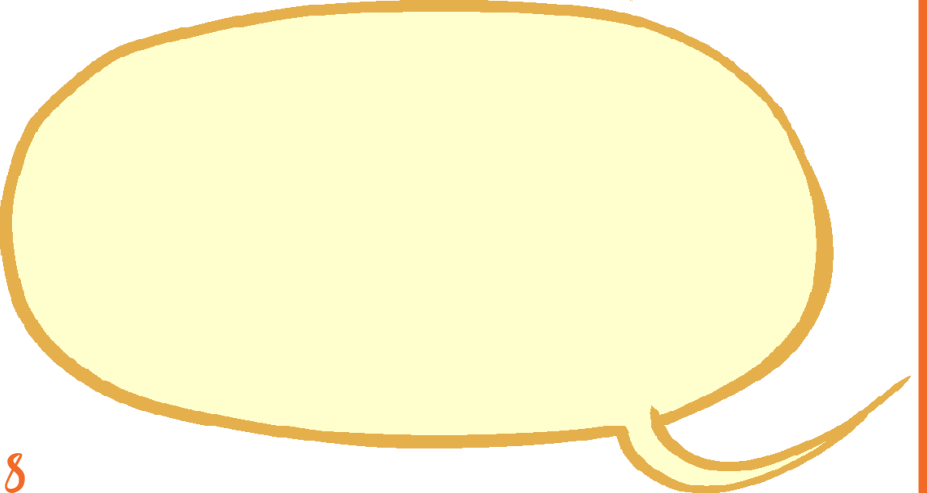
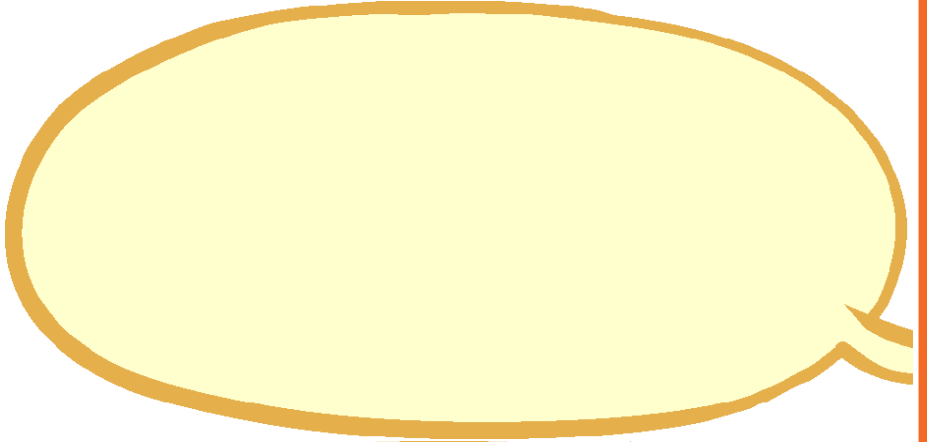
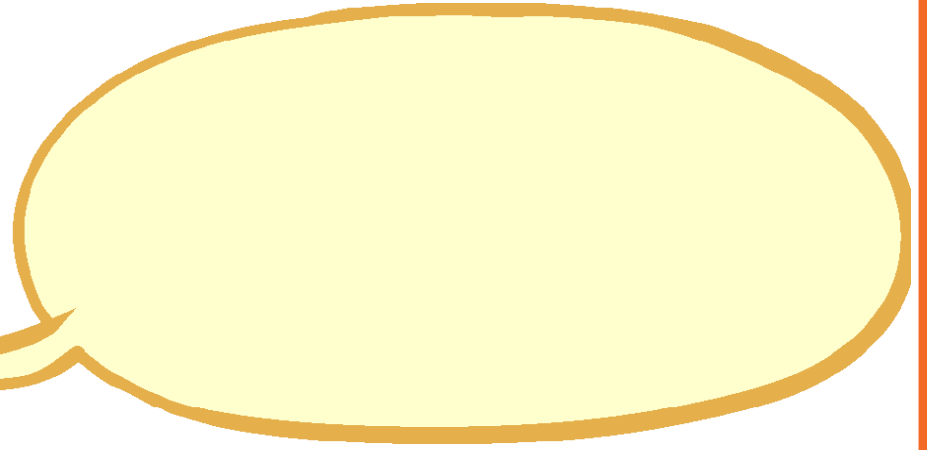
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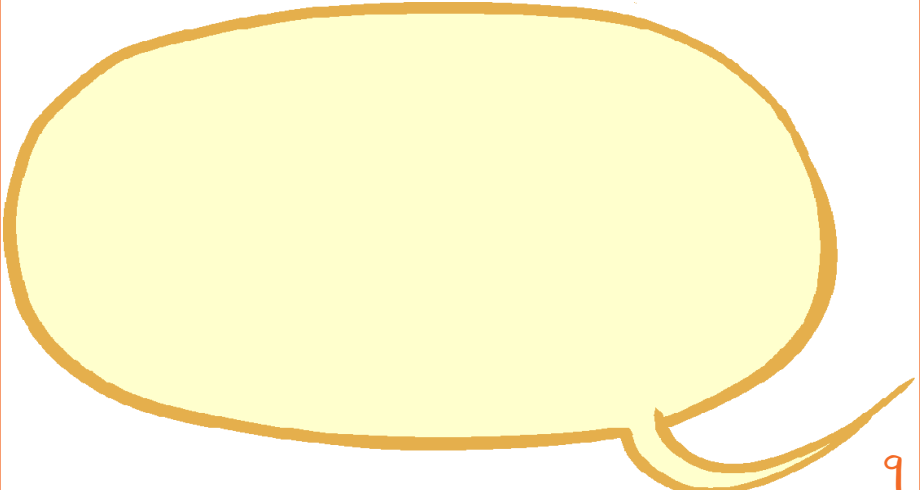
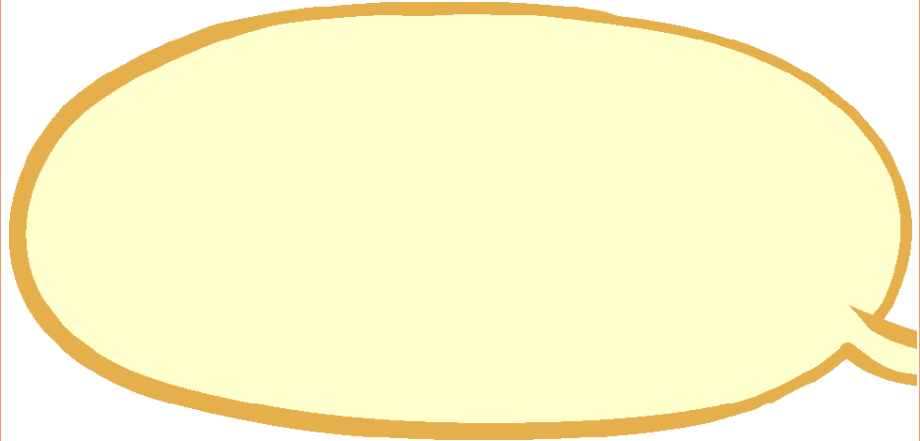
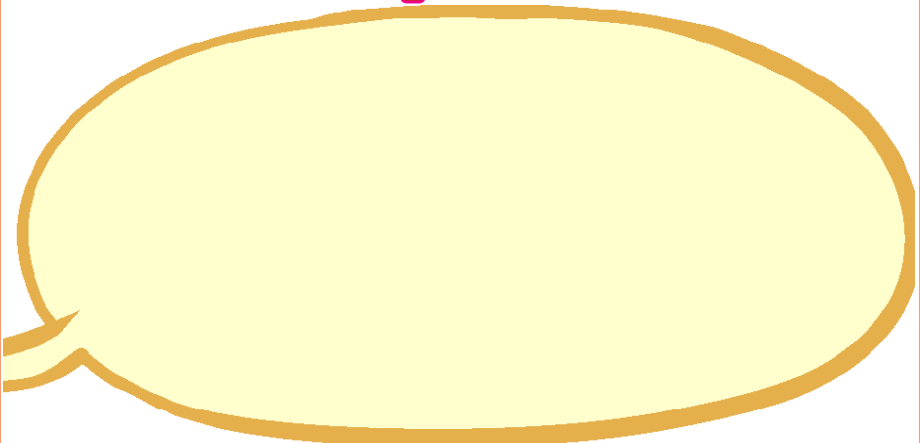
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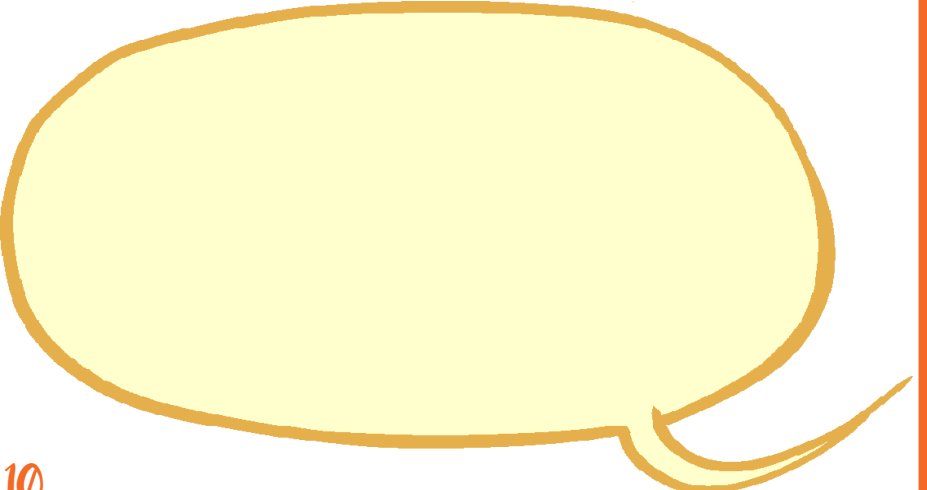
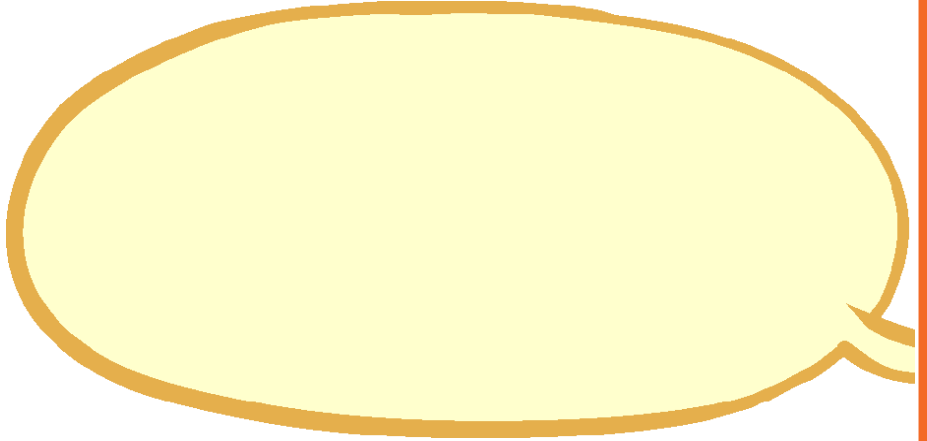
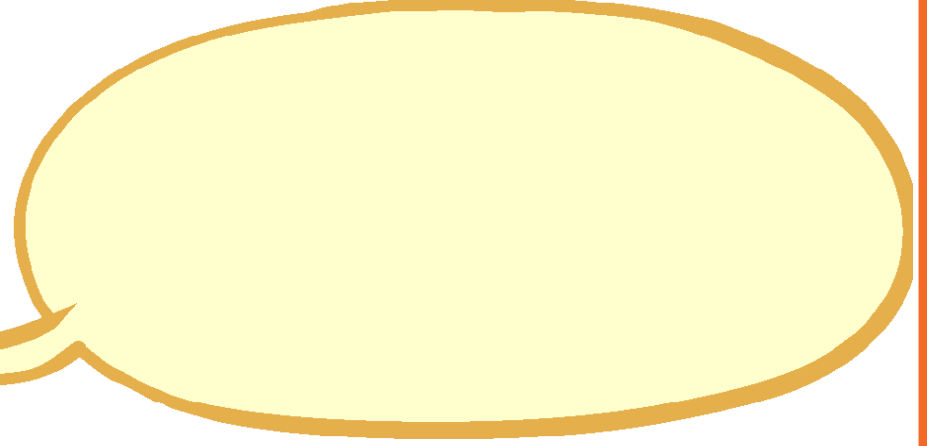
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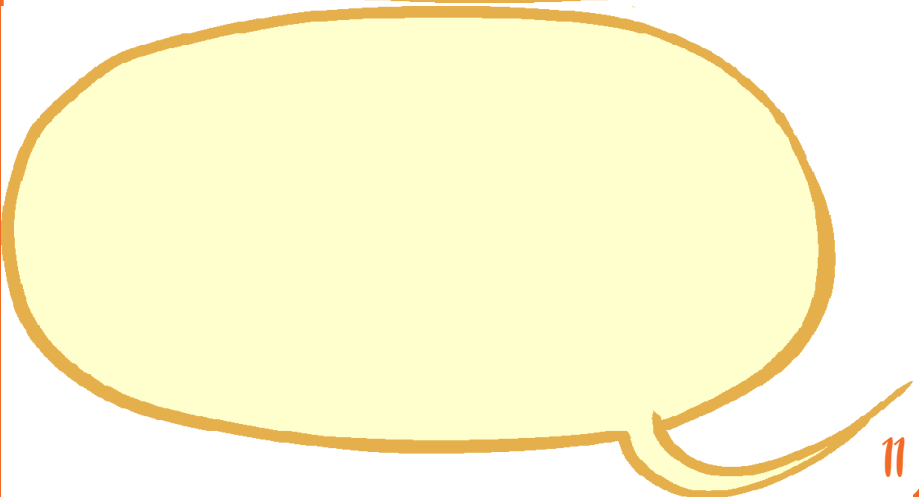
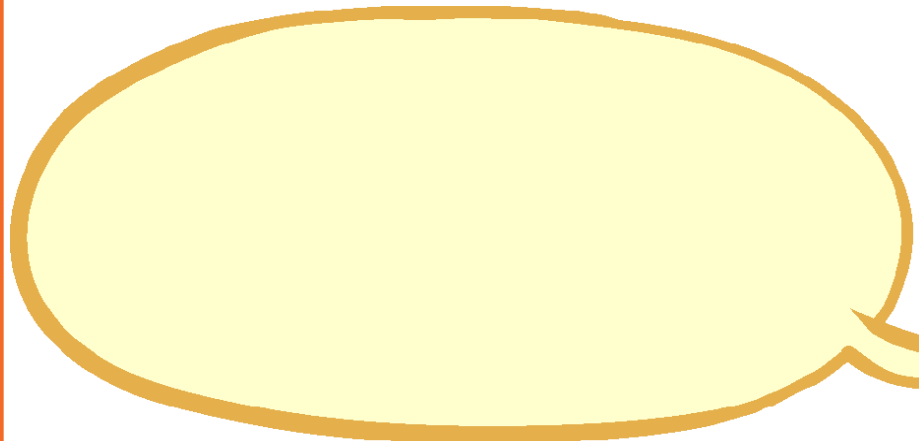
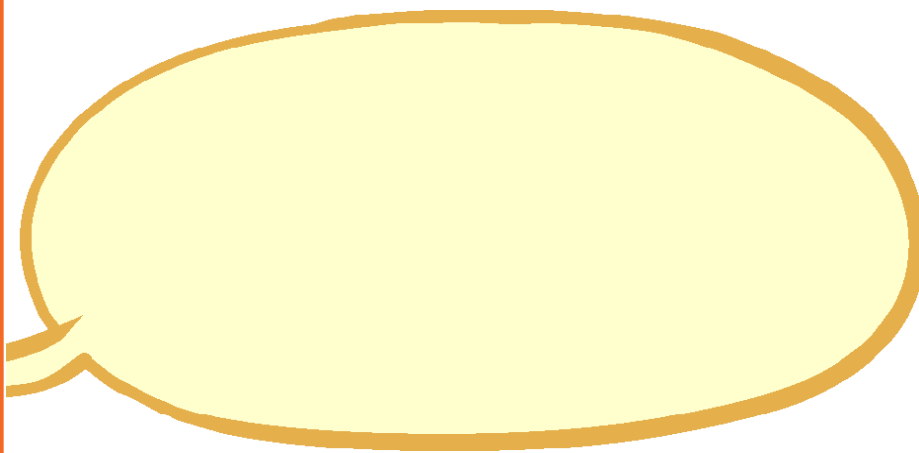
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Three Gratuities:

Take a minute to think about what you're grateful for.

Schedule a time each day to write down three things

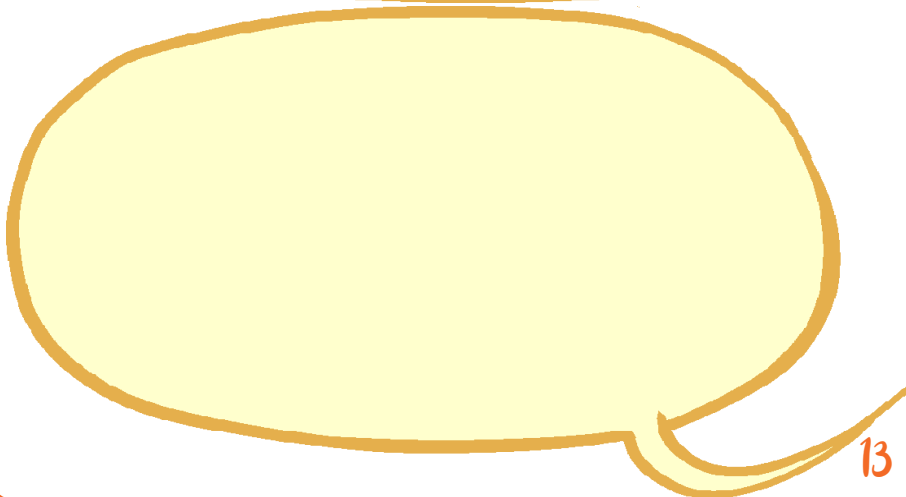
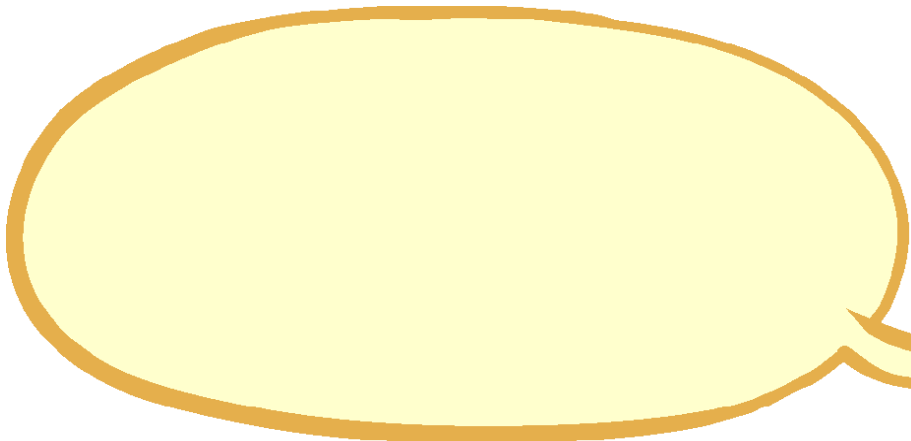
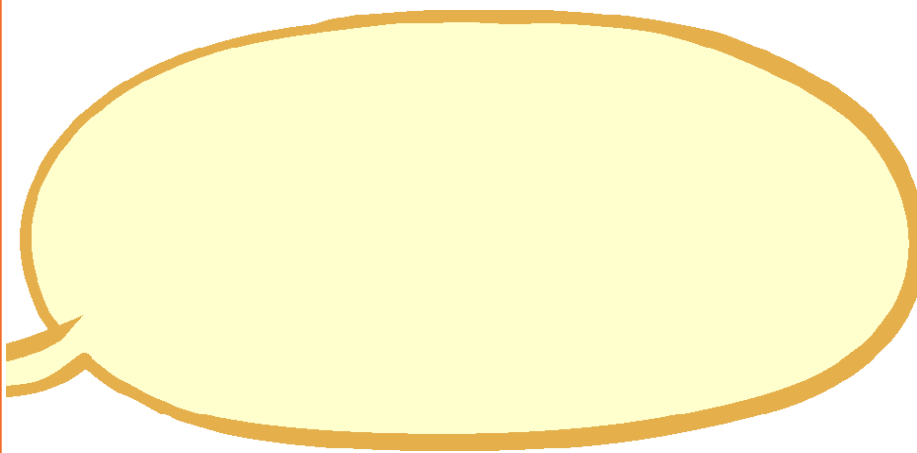
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Don't be afraid to be optimistic!



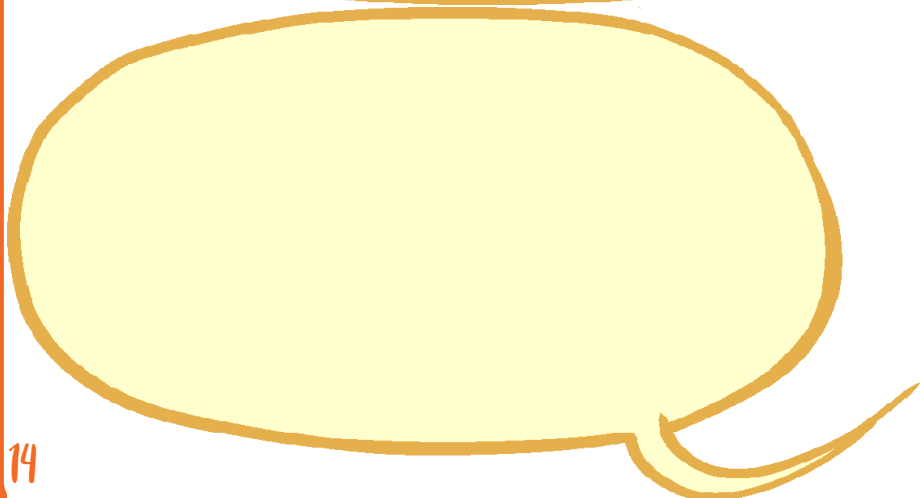
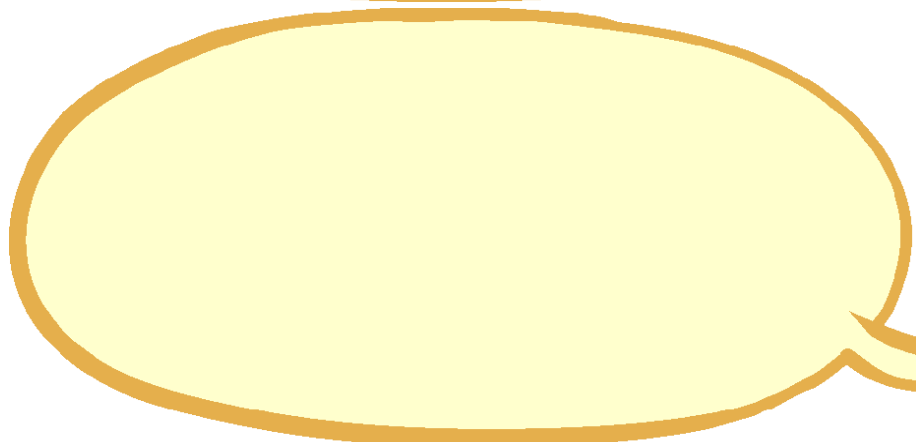
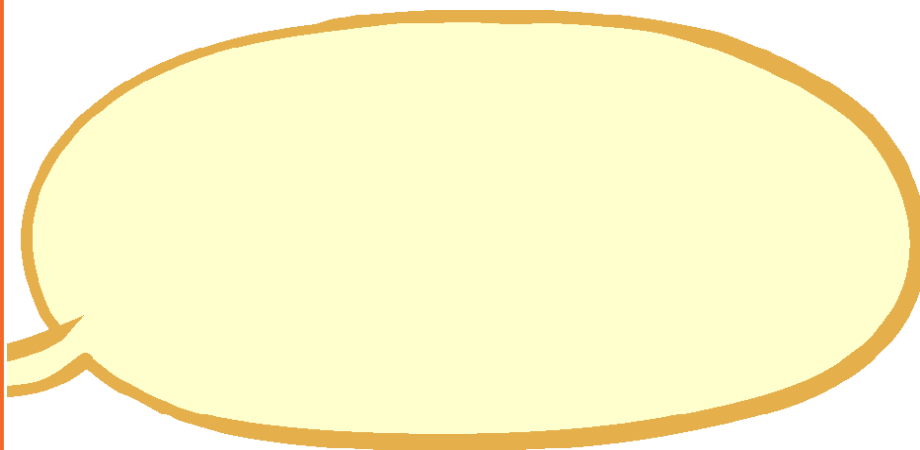
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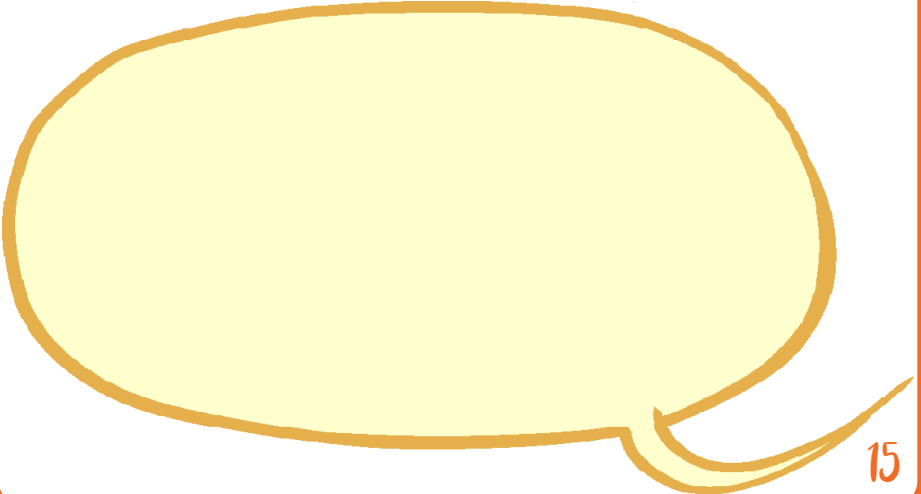
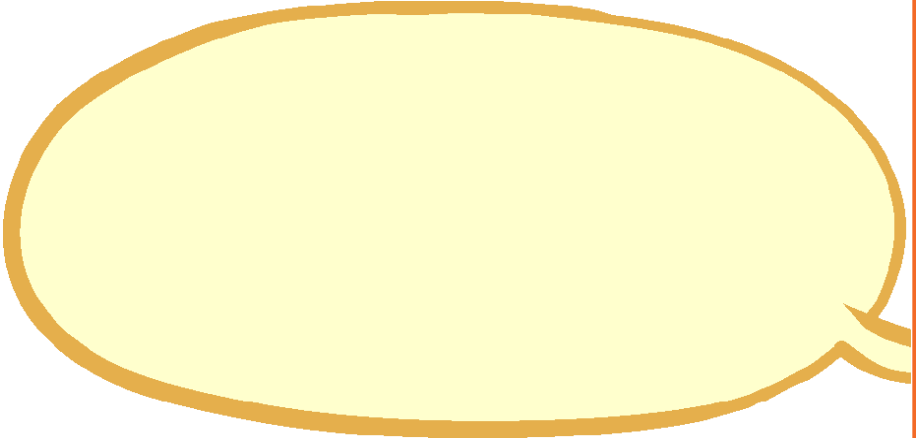
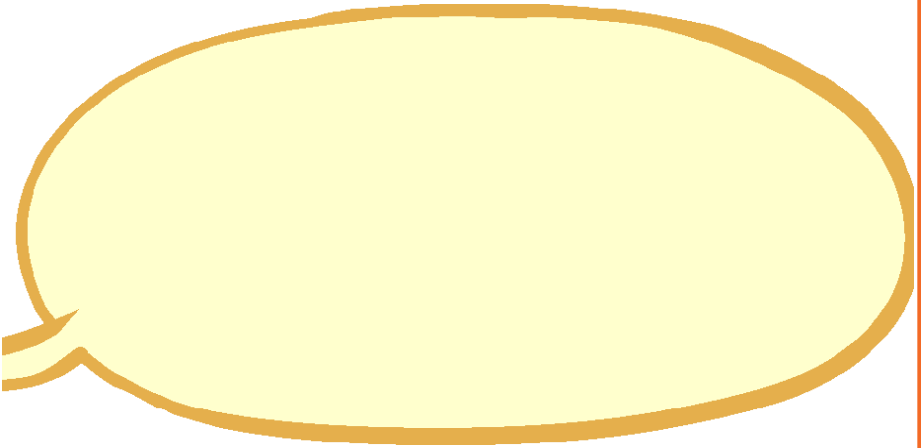
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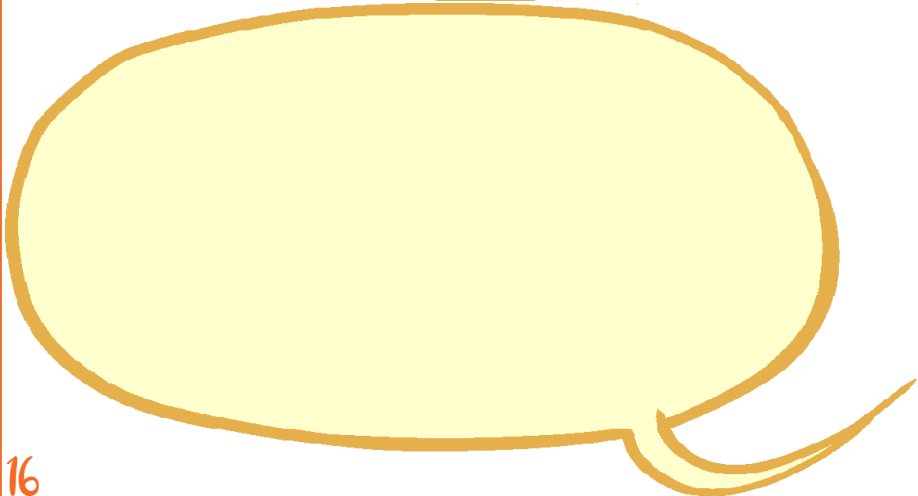
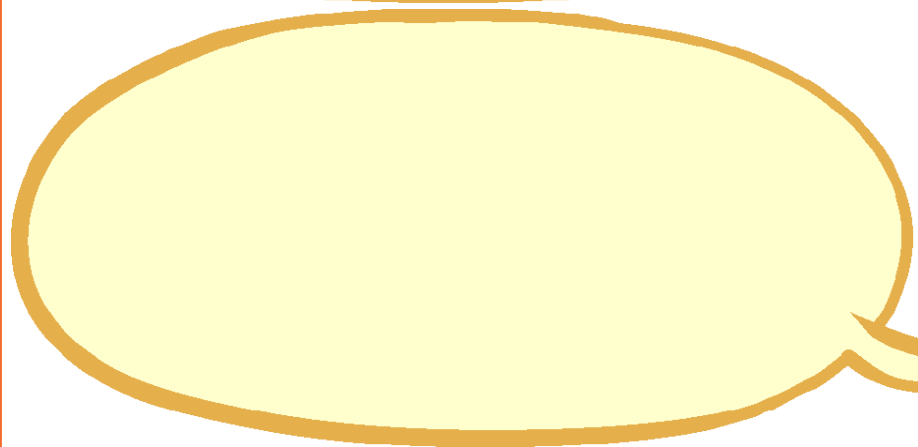
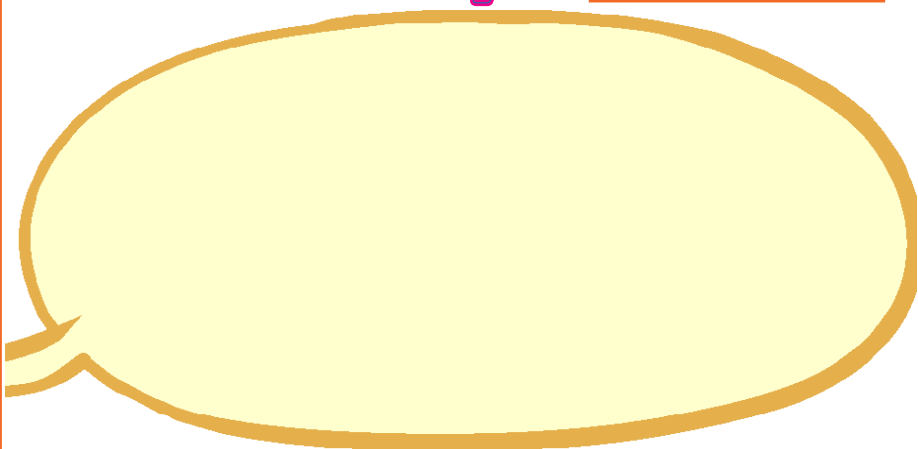
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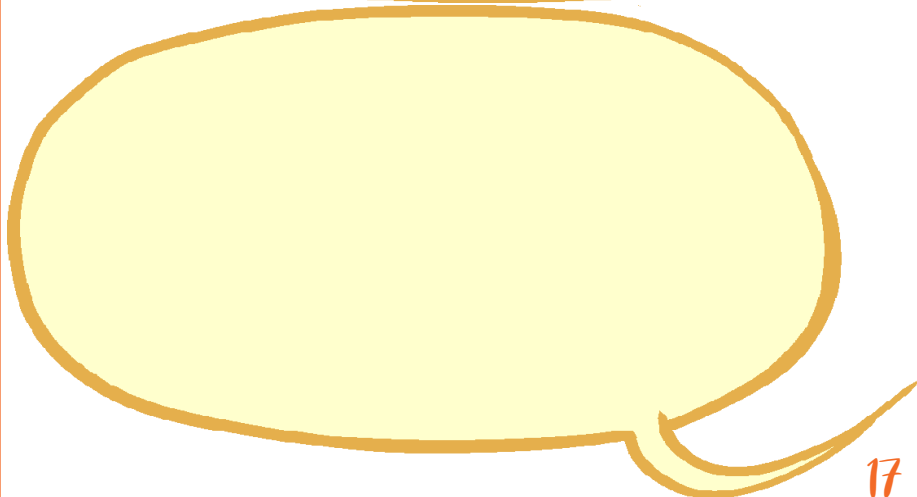
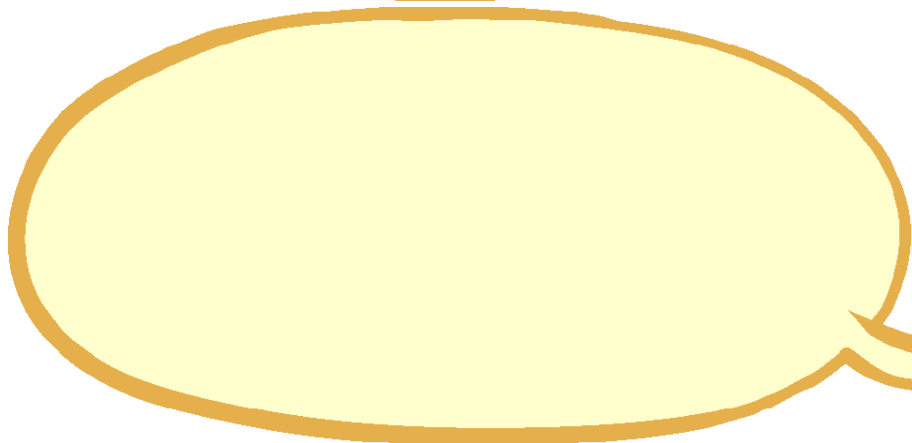
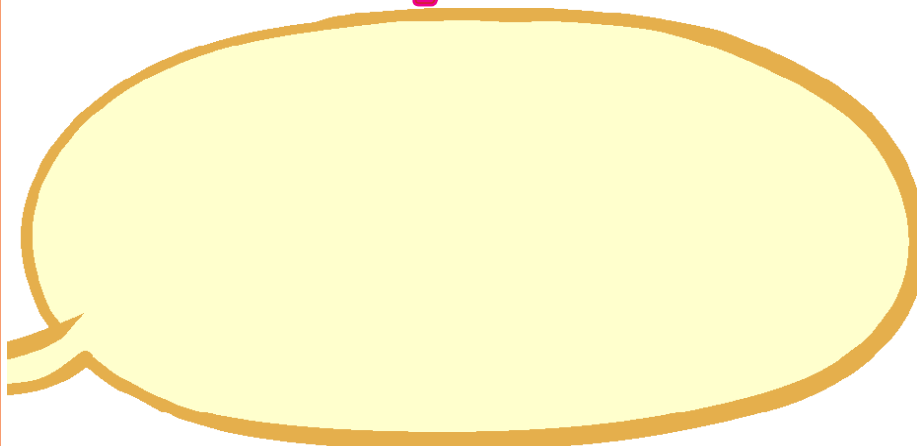
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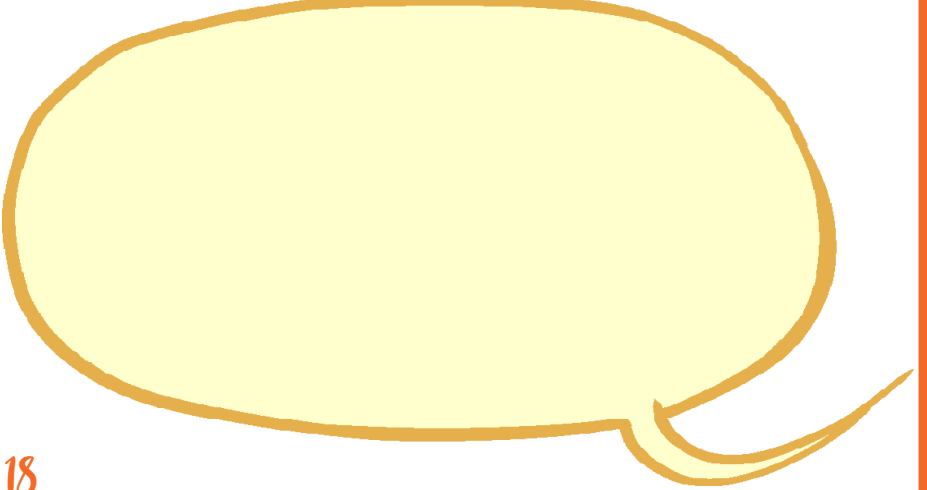
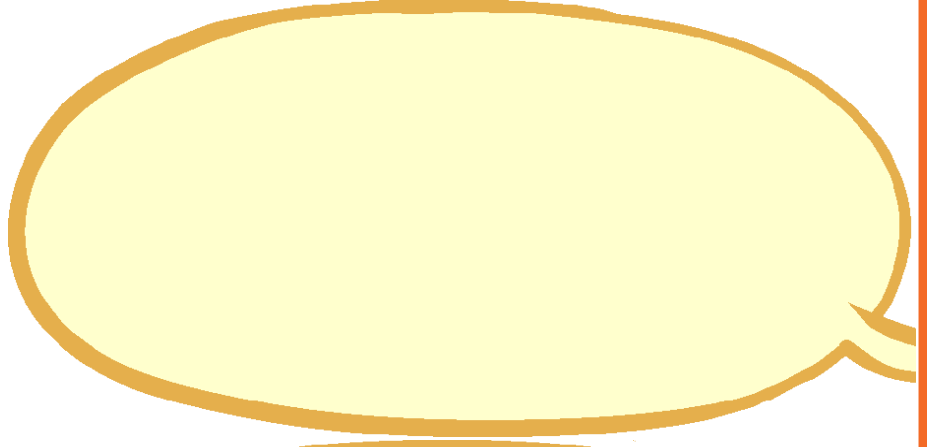
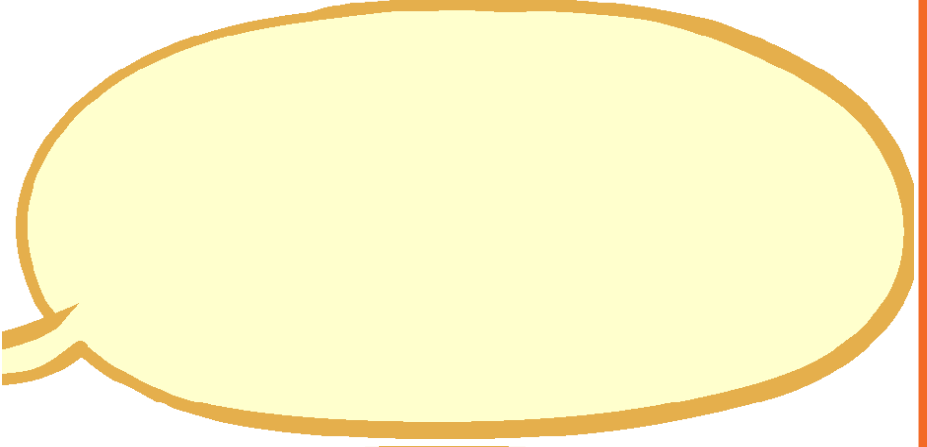
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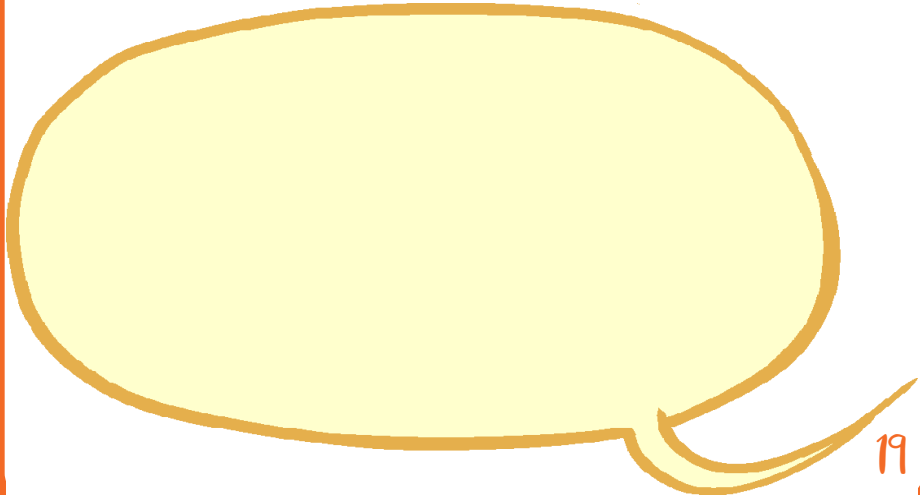
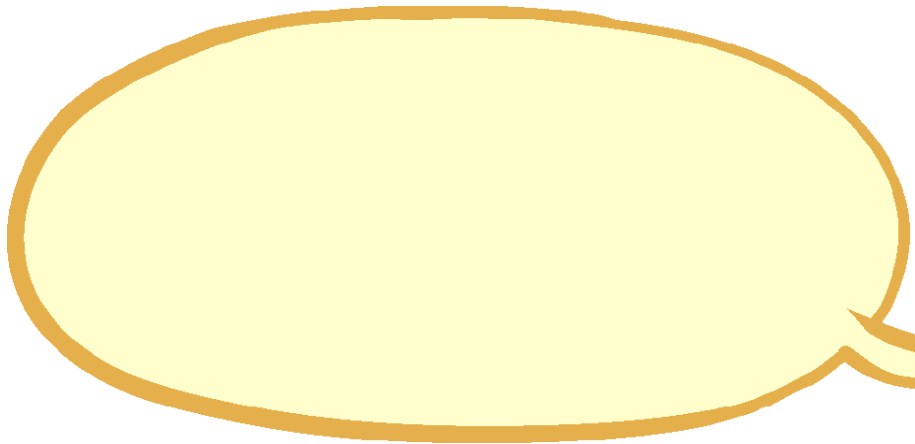
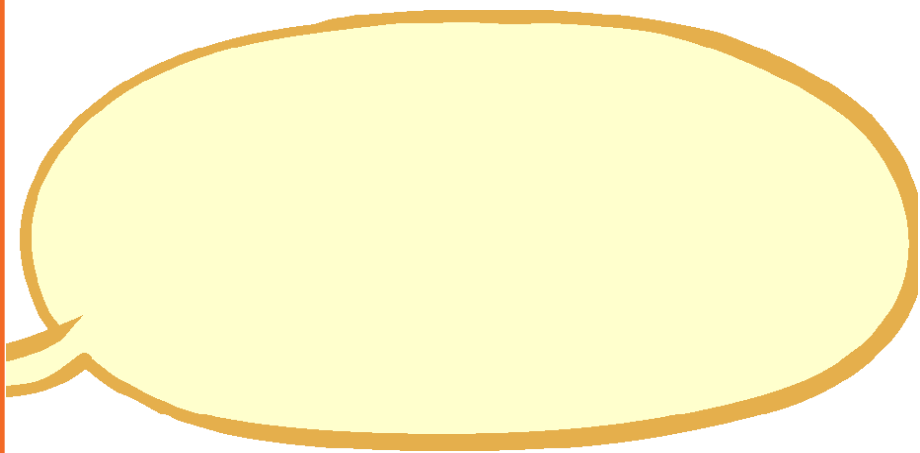
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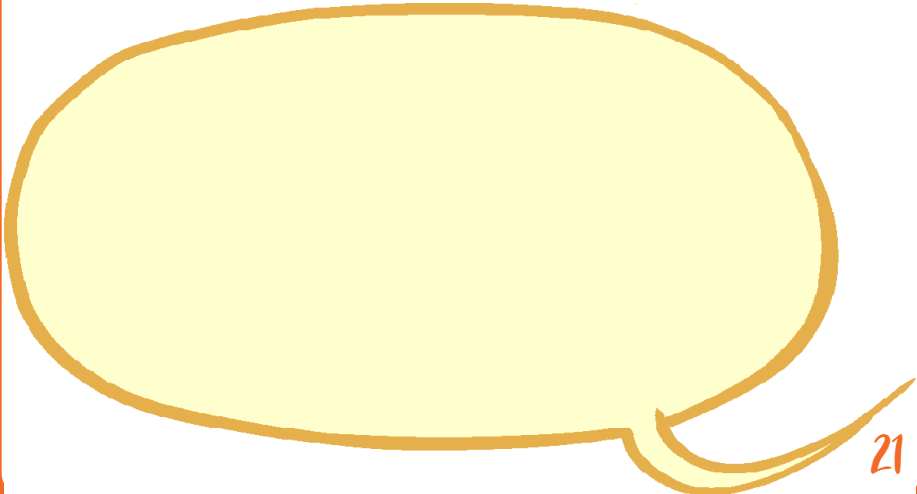
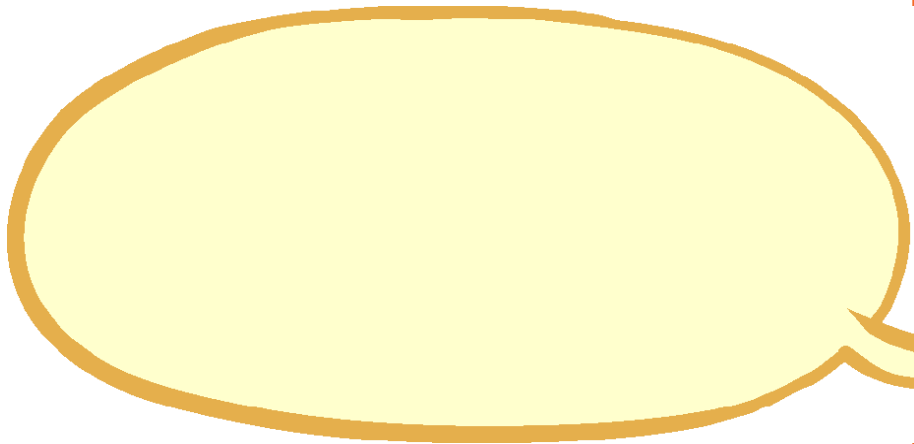
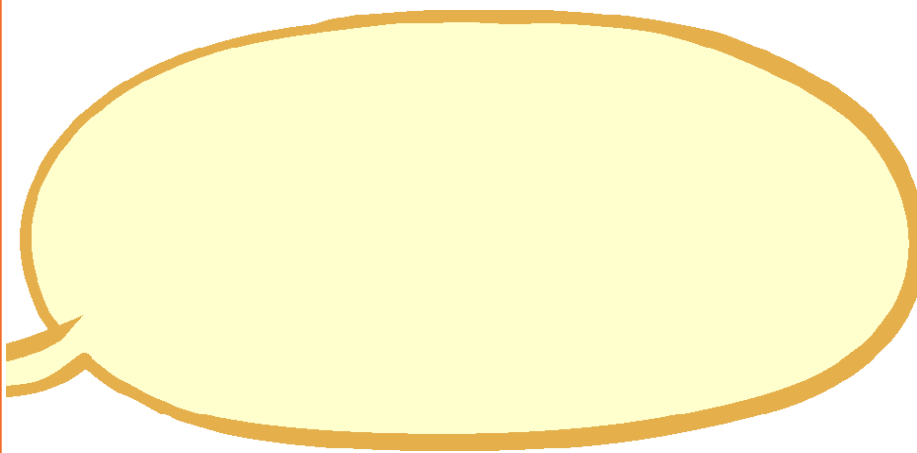
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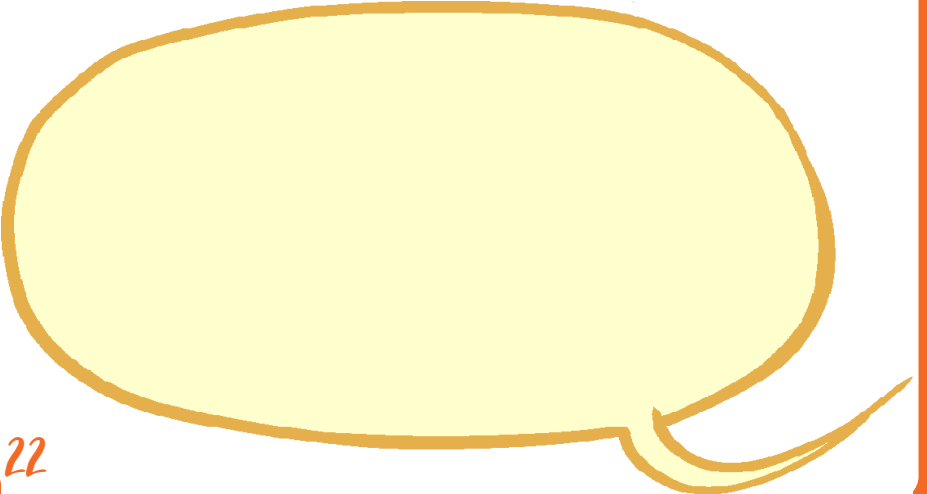
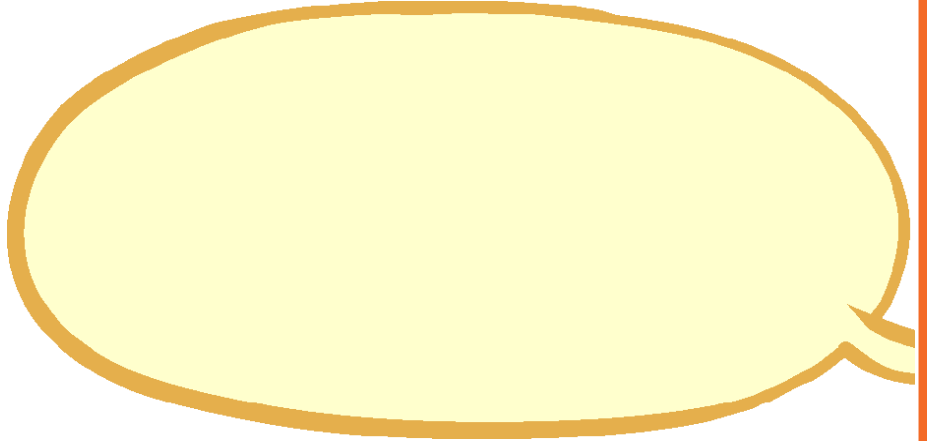
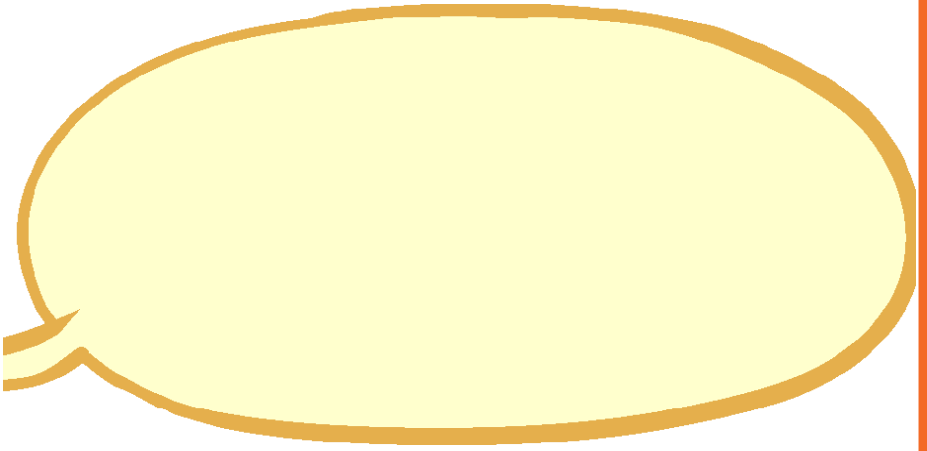
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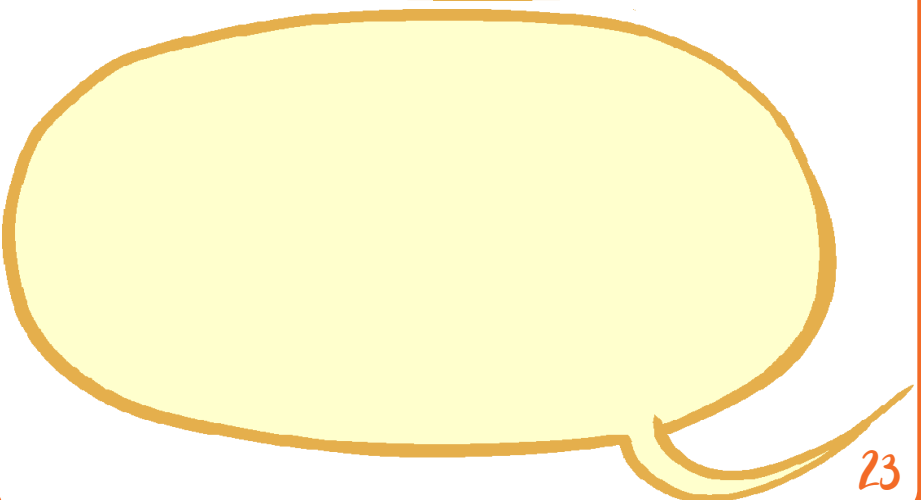
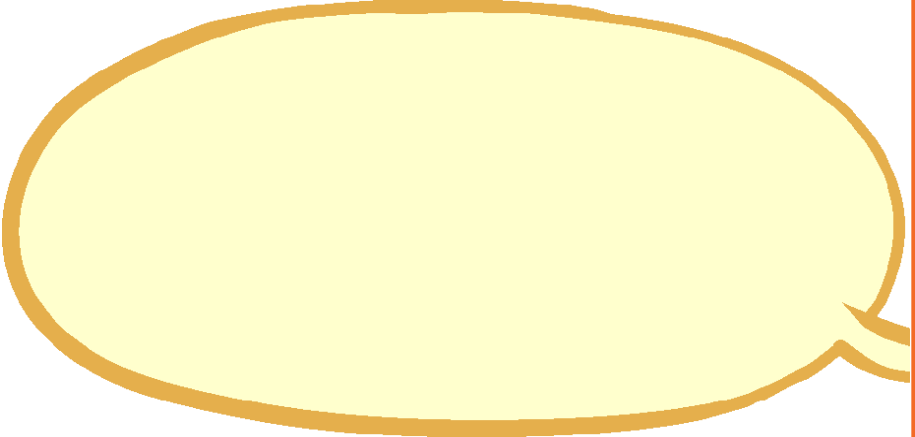
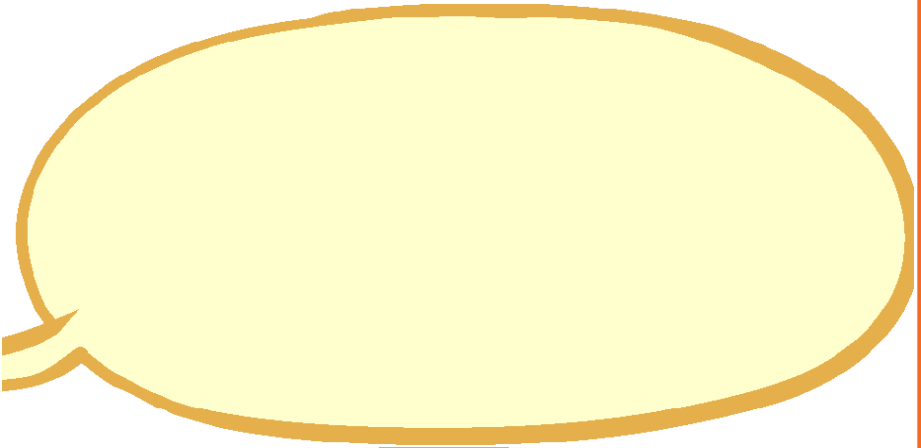
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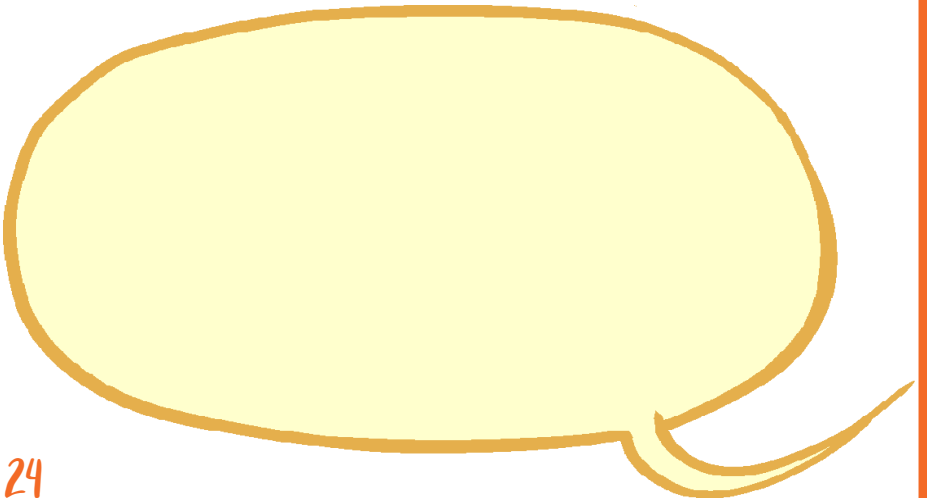
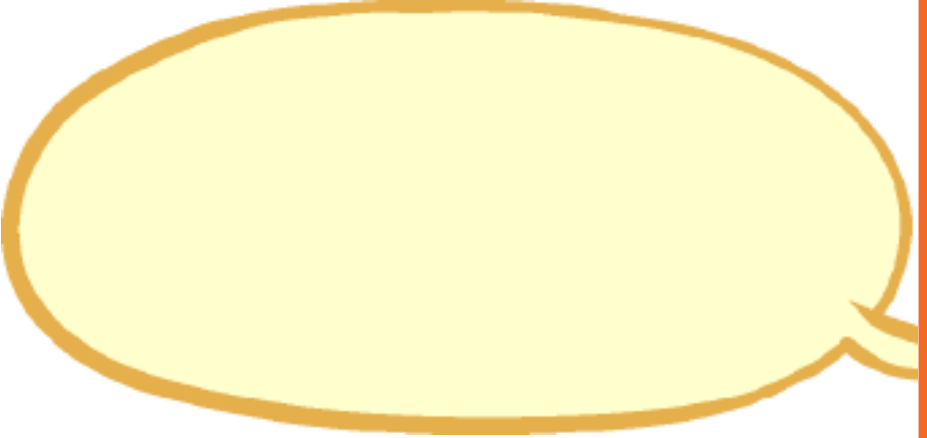
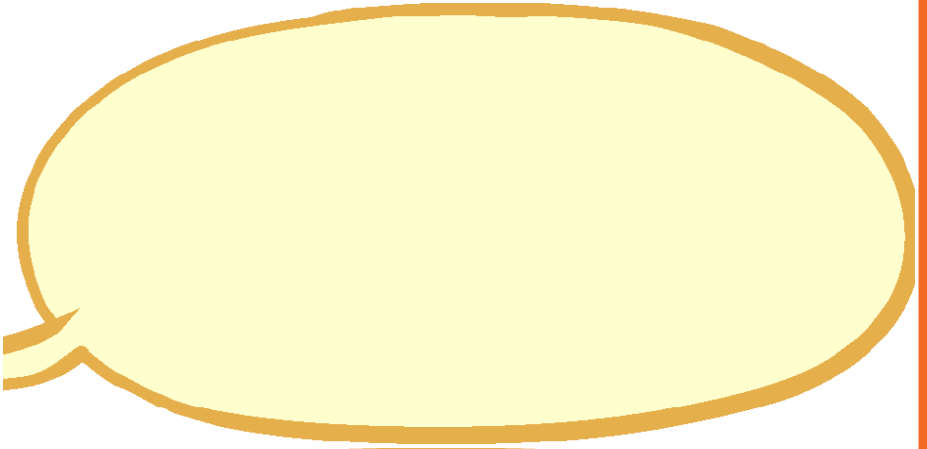
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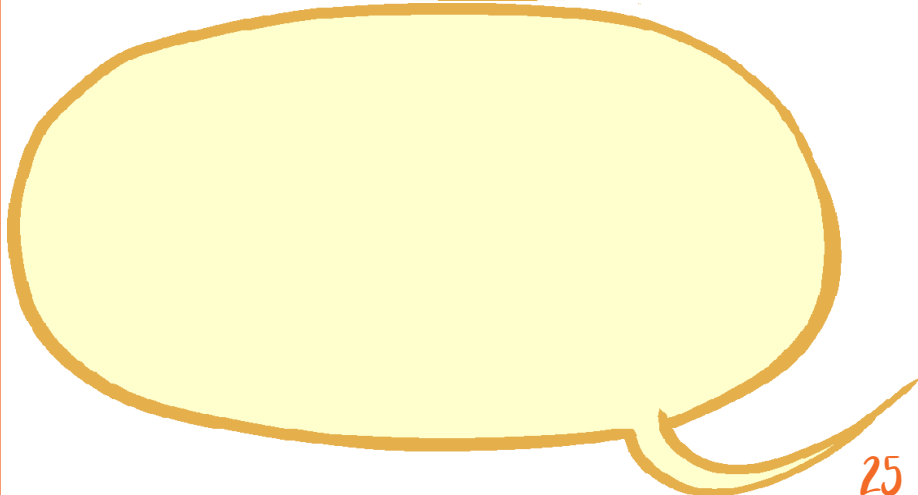
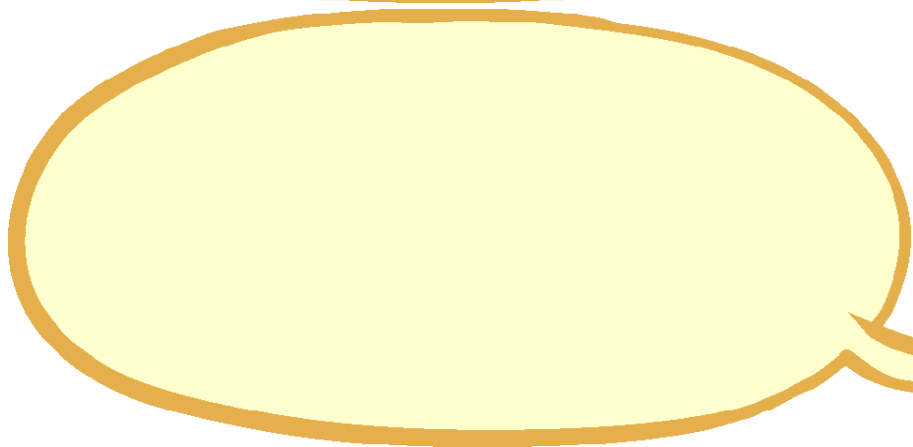
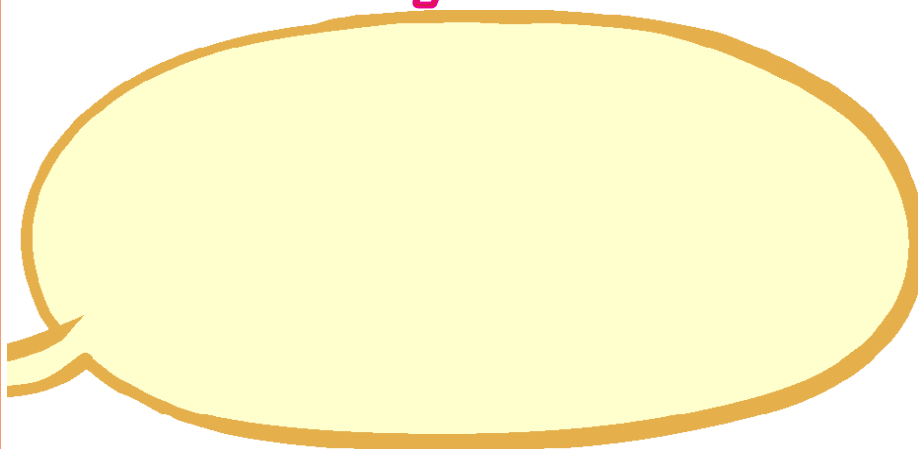
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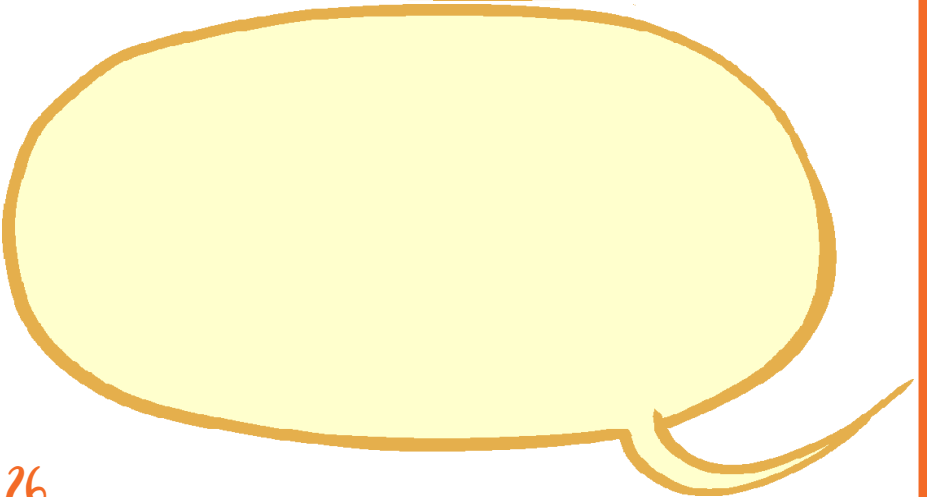
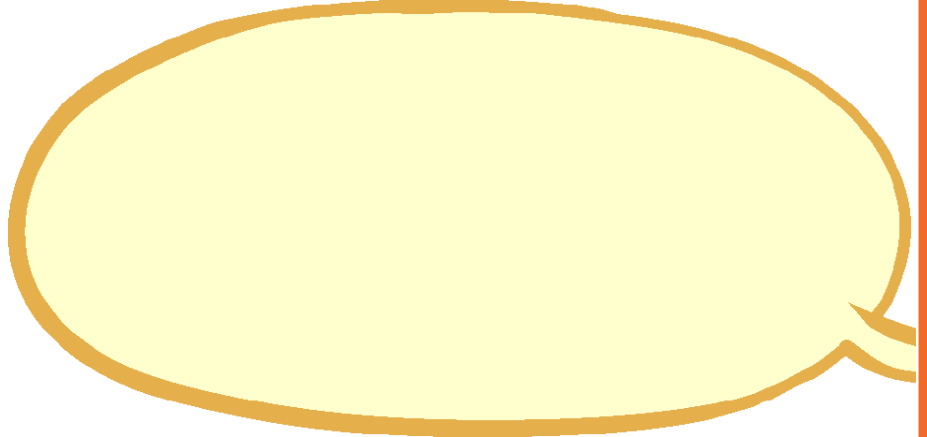
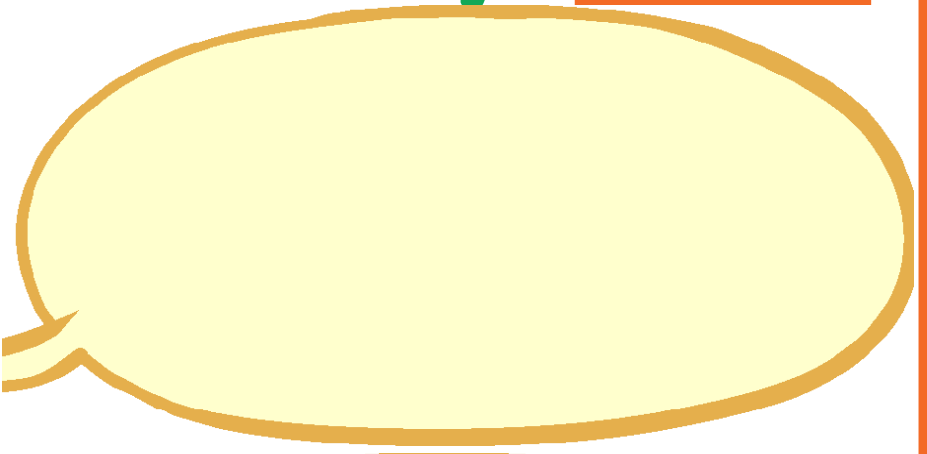
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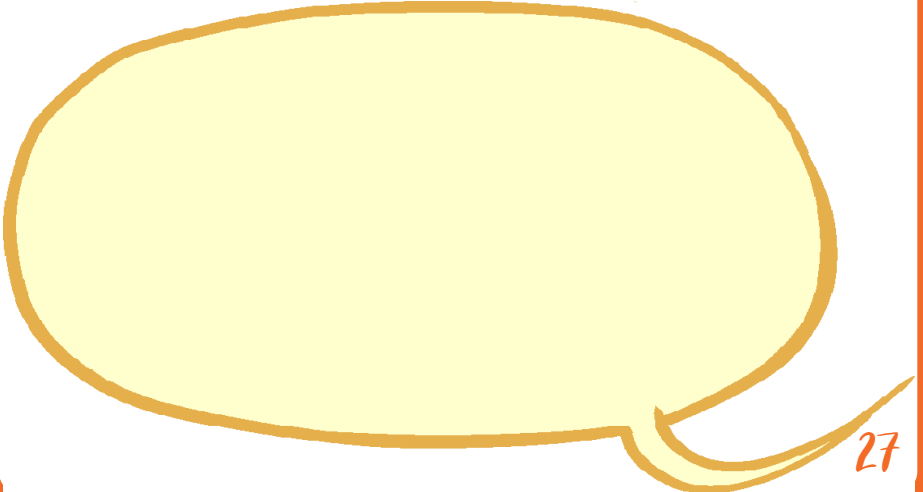
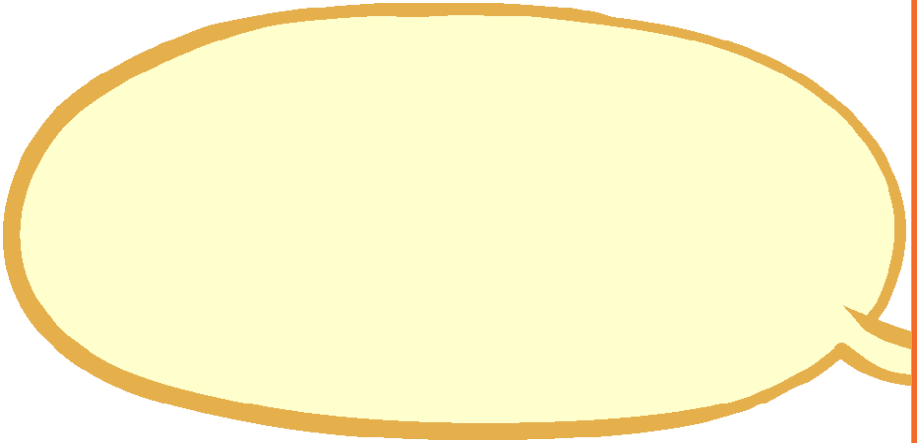
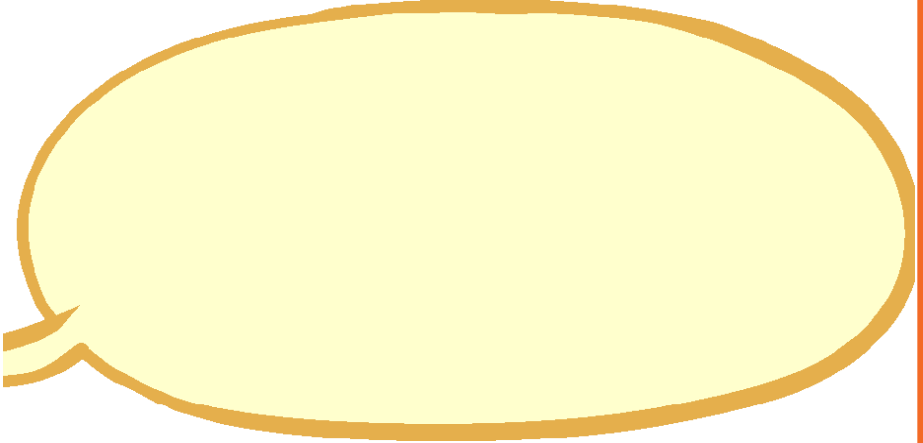
Saturday:

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Sunday:

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Your Personal Happiness Wall

Find the three biggest gratitudes during the past 21 days and write about or draw them here!

