



My Gratitude Journal

*Magnify the Blessings
in YOUR Life!*

Marlene Shiple, Ph.D.
THE LIFE COACH DR.
(602) 266 - 6662
<http://thelifecoachdr.com>

Greetings to You!

This is Dr. Marlene Shiple and I'm pleased to welcome you to your personal Gratitude Journal, "My Gratitude Journal".



The purpose of this Journal is to provide you with a place to keep track of those elements for which you feel grateful each day. I encourage you to use it diligently every day!

A powerful way to build more abundance into your life is to pay close attention to the positive elements – your blessings - - each day. In this way, you direct your subconscious mind to notice even more blessings that are showering down upon you!

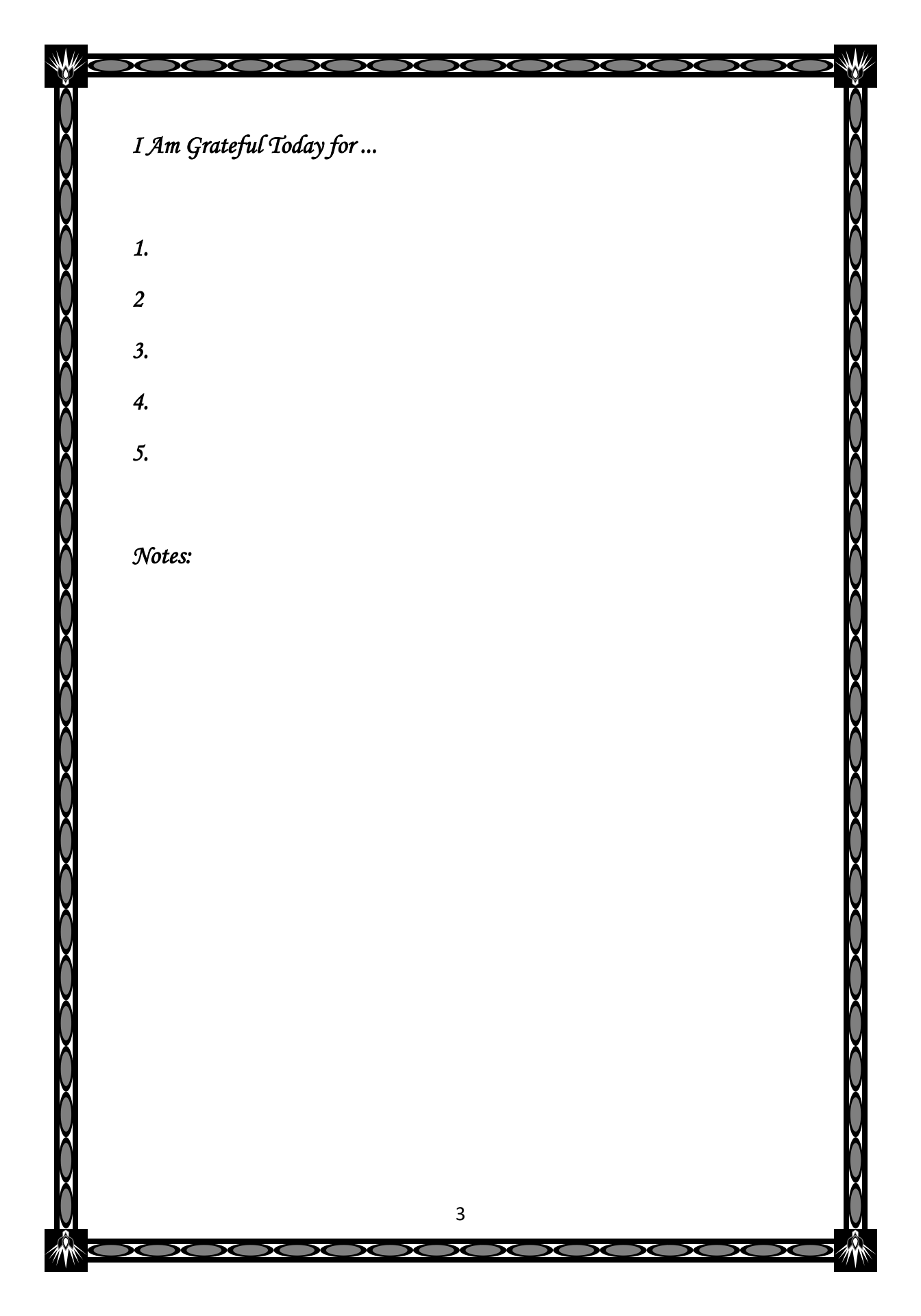
What you focus upon expands - extends - multiplies! So, focusing on gratitude naturally increases even more the frequency and quantity -- the abundance -- of those events about which you feel grateful.

*Sincerely,
Marlene Shiple, Ph.D.*

I Am Grateful Today for ...

- 1.
- 2.
- 3.
- 4.
- 5.

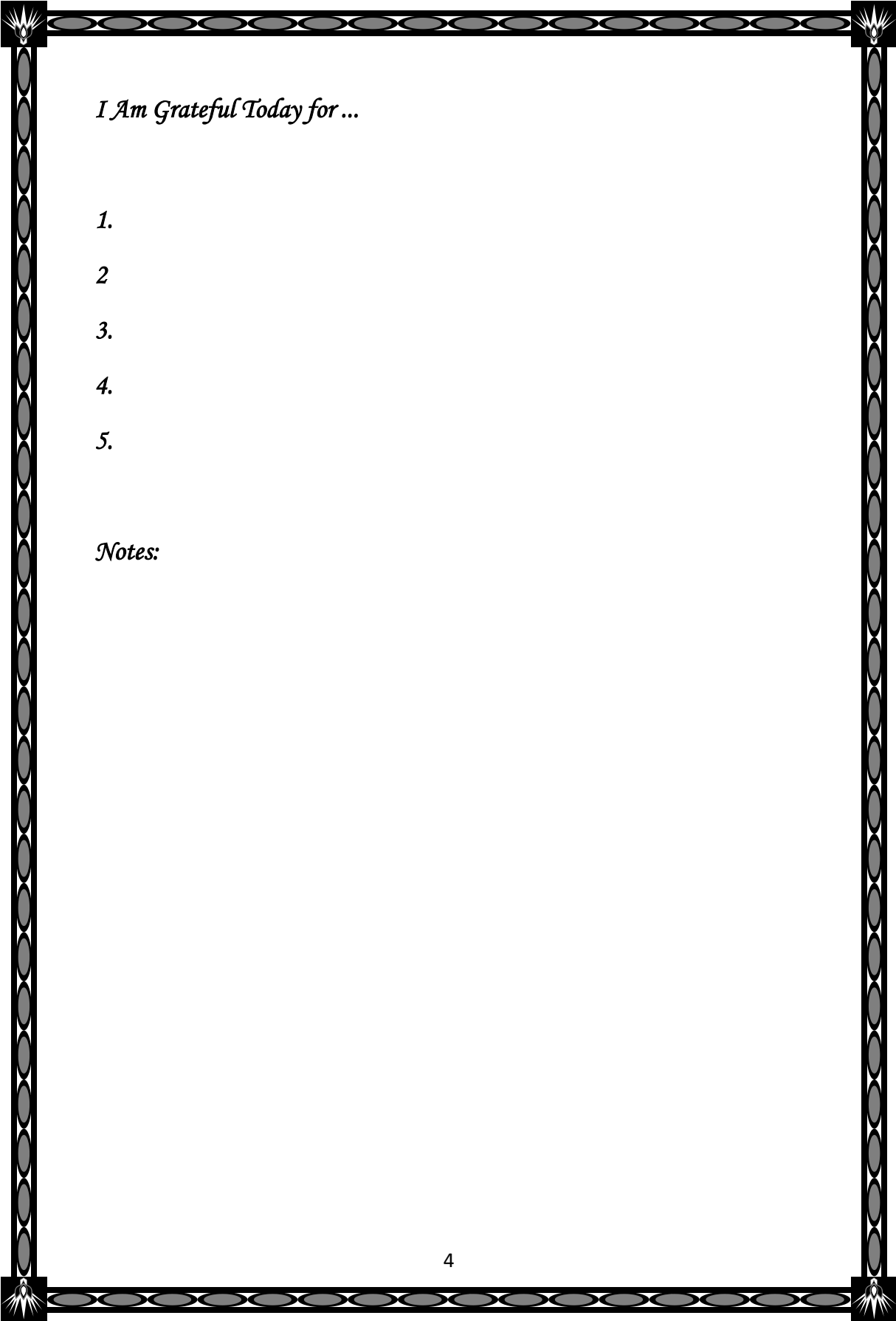
Notes:



I Am Grateful Today for ...

- 1.
- 2.
- 3.
- 4.
- 5.

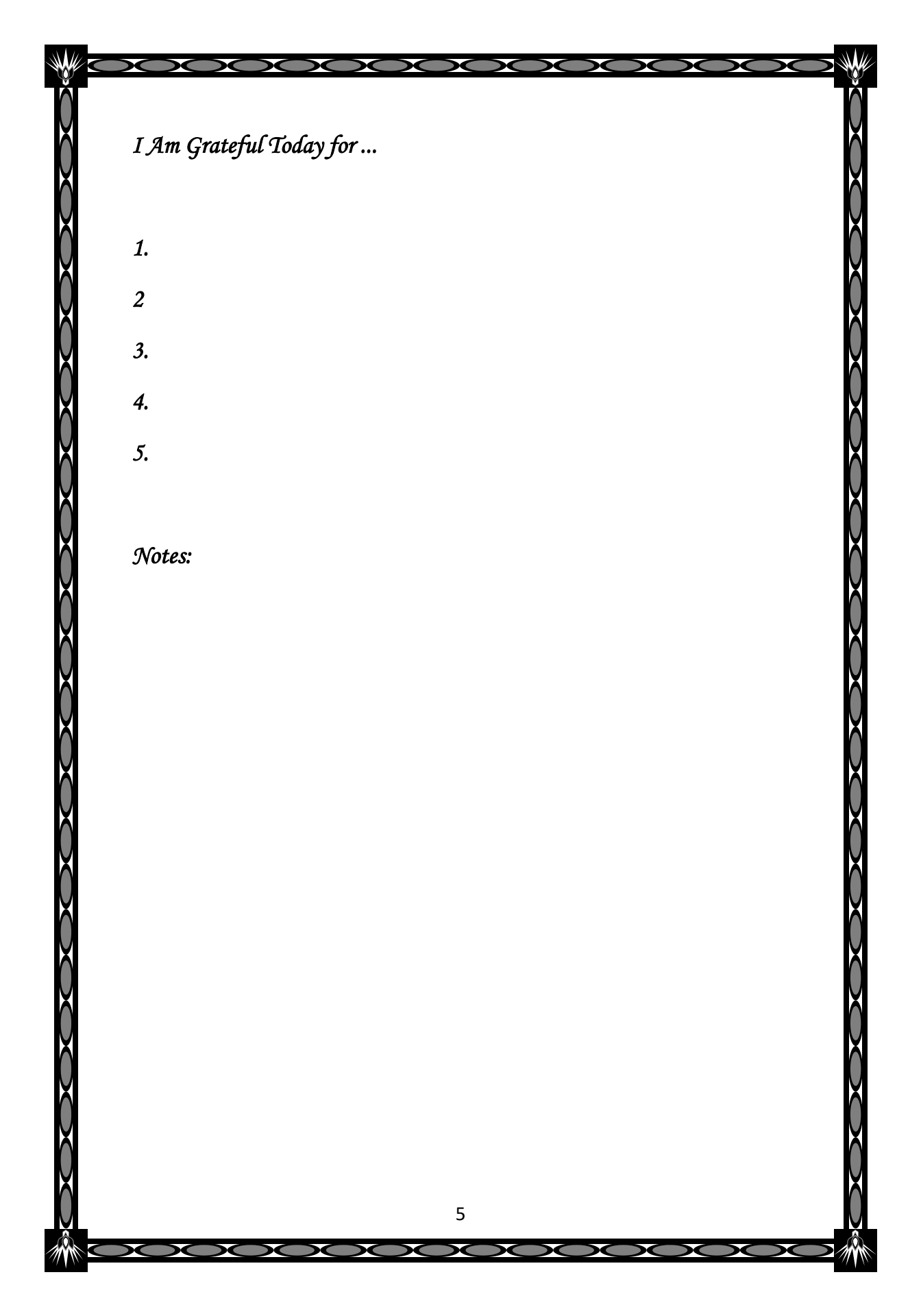
Notes:



I Am Grateful Today for ...

- 1.
- 2.
- 3.
- 4.
- 5.

Notes:



I Am Grateful Today for ...

1.

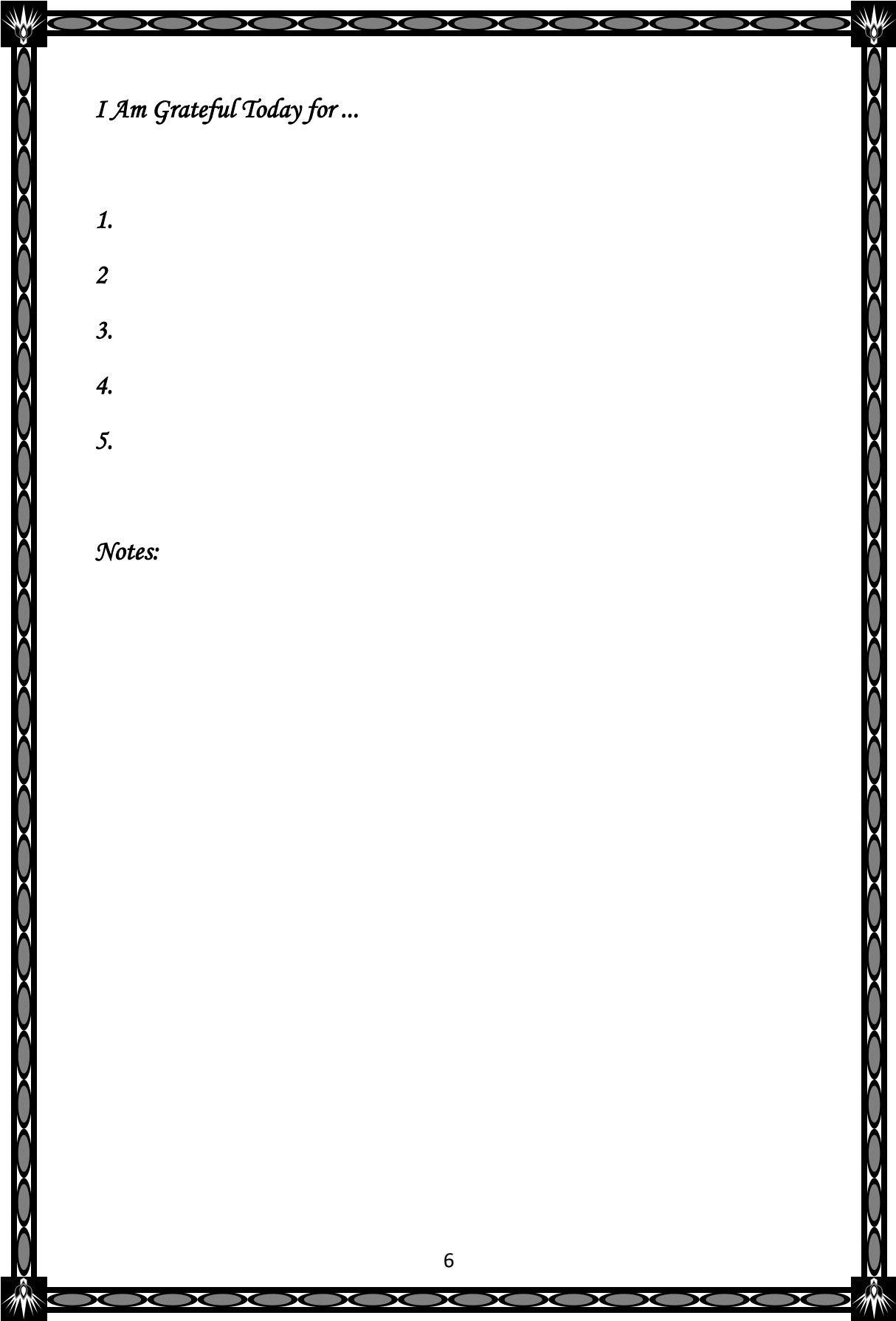
2.

3.

4.

5.

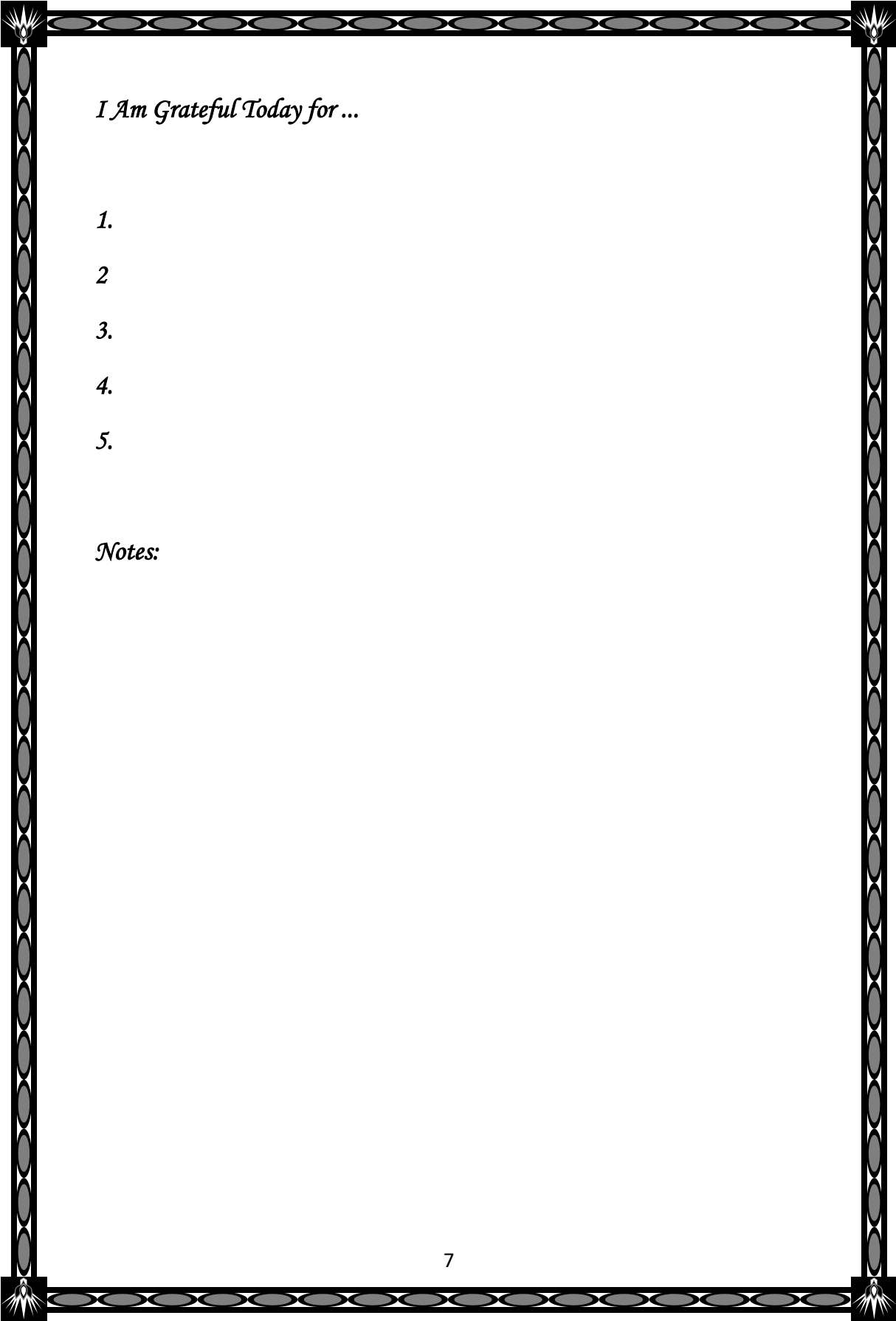
Notes:



I Am Grateful Today for ...

- 1.
- 2.
- 3.
- 4.
- 5.

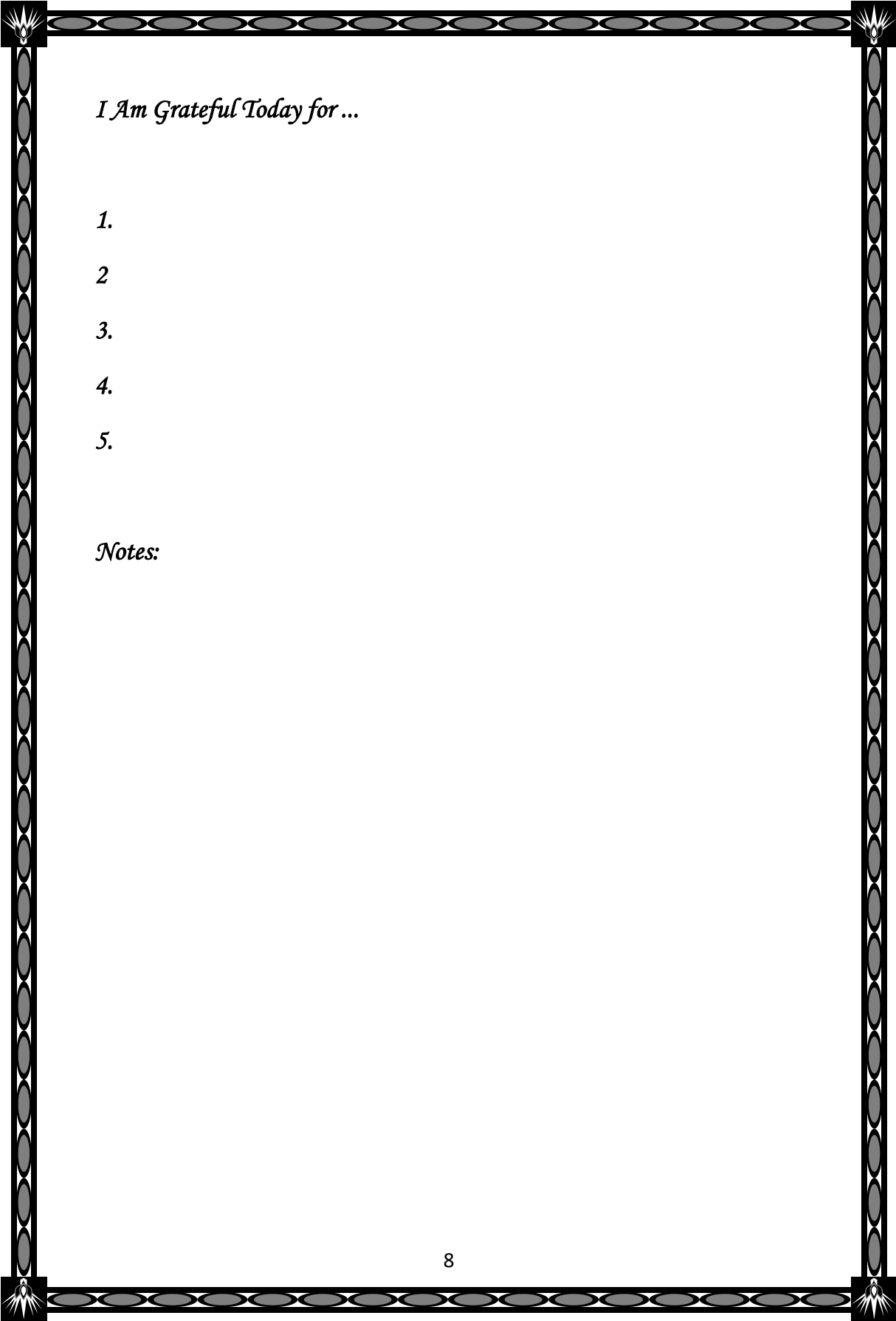
Notes:



I Am Grateful Today for ...

- 1.
- 2.
- 3.
- 4.
- 5.

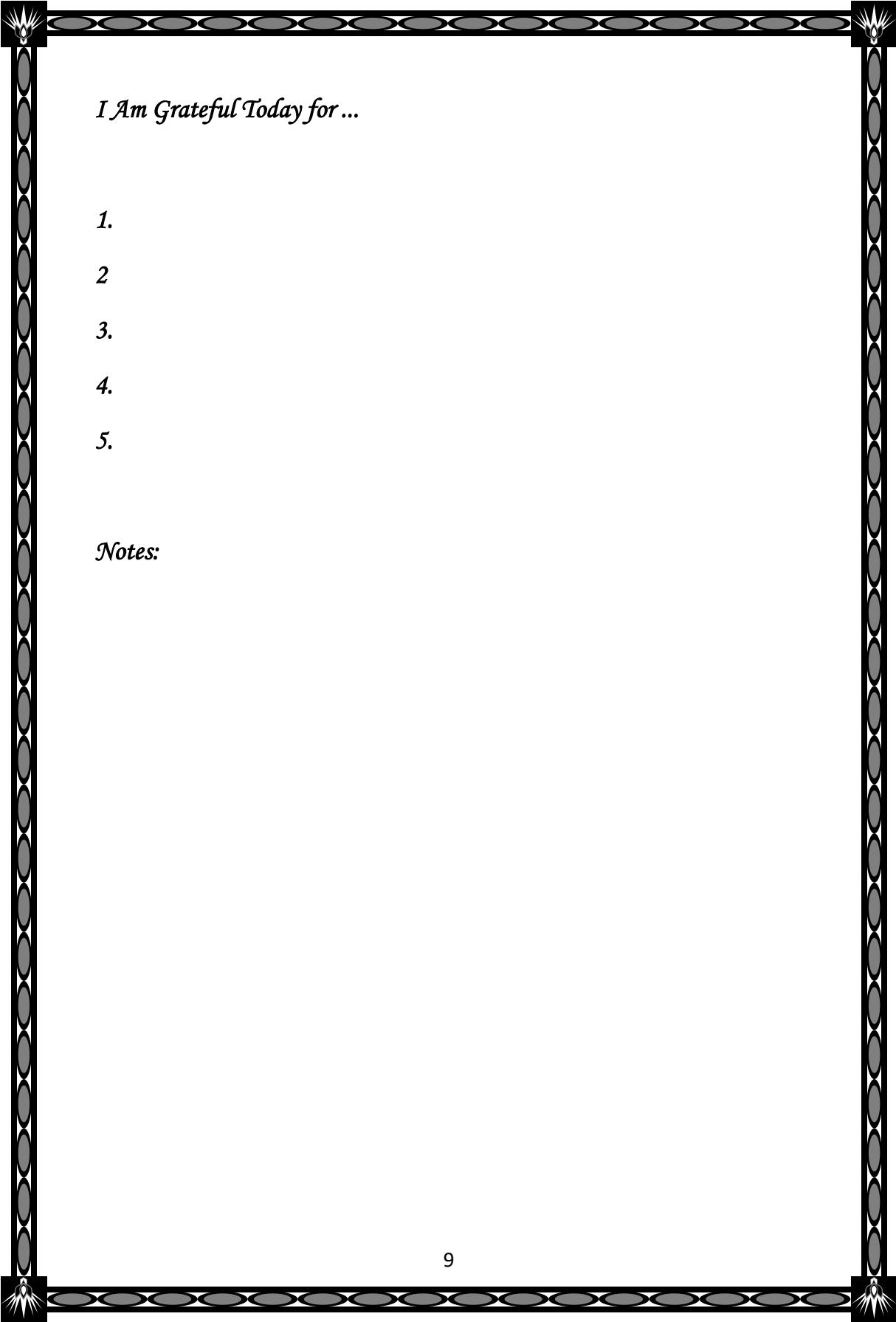
Notes:



I Am Grateful Today for ...

- 1.
- 2.
- 3.
- 4.
- 5.

Notes:



I Am Grateful Today for ...

1.

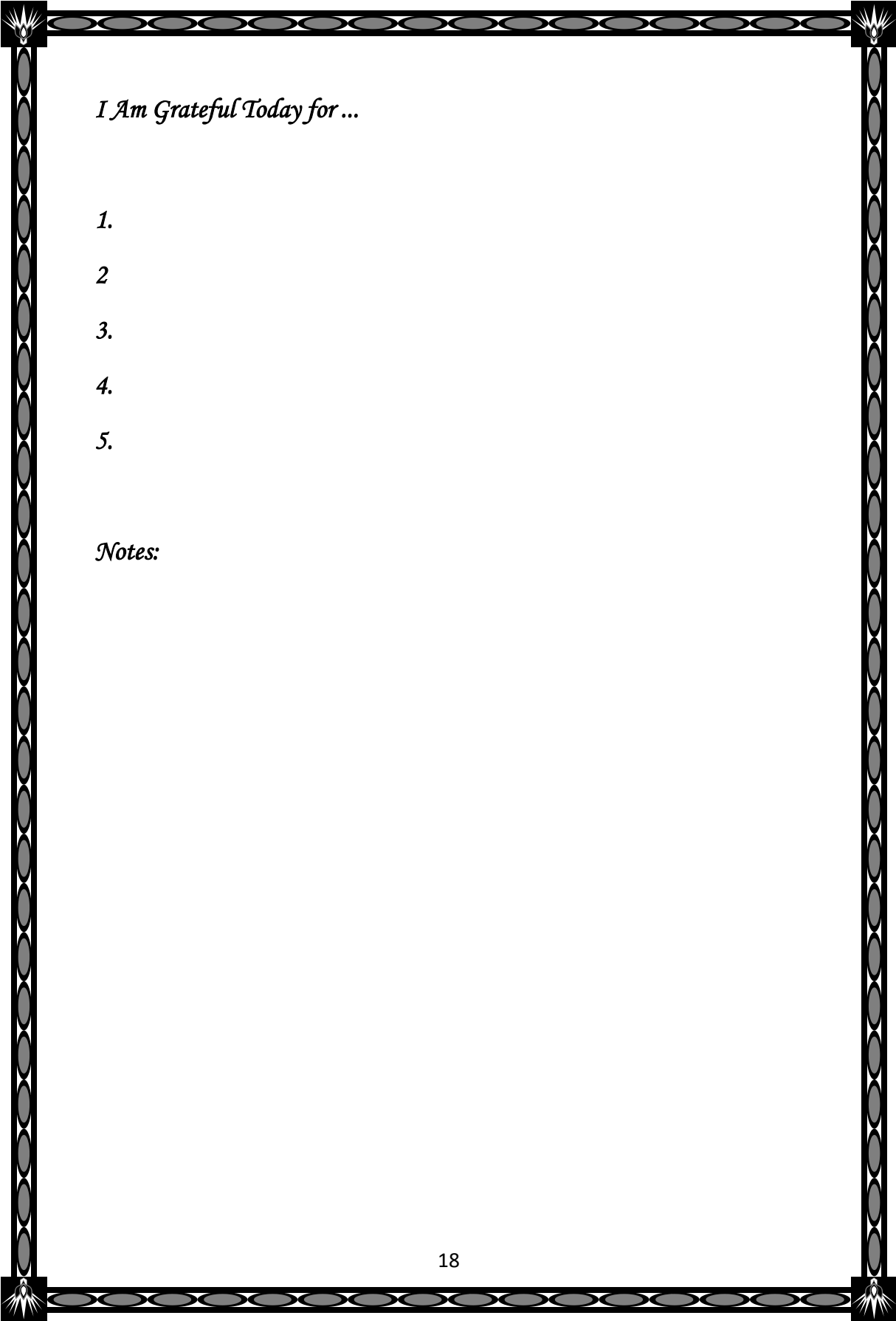
2.

3.

4.

5.

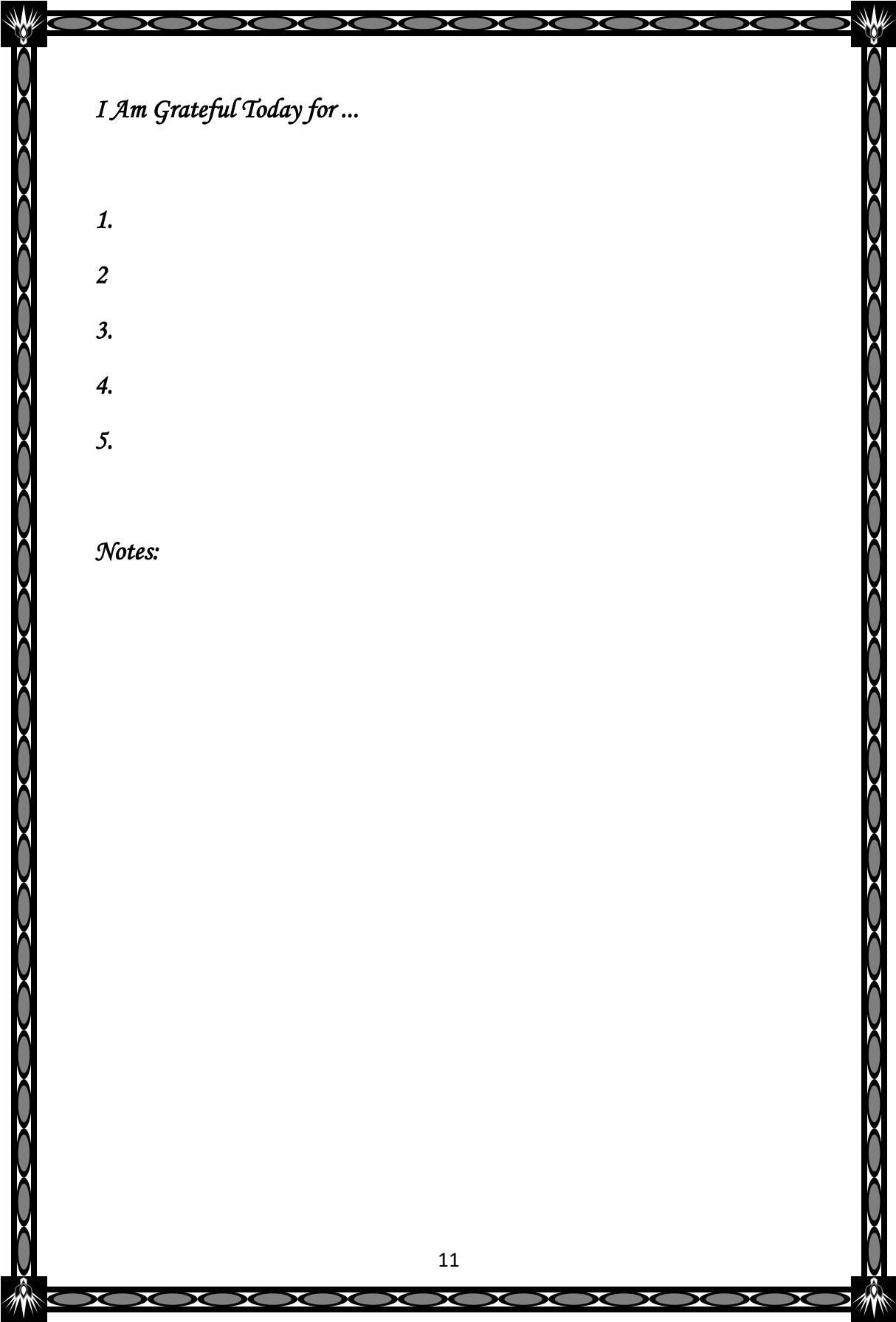
Notes:



I Am Grateful Today for ...

- 1.
- 2.
- 3.
- 4.
- 5.

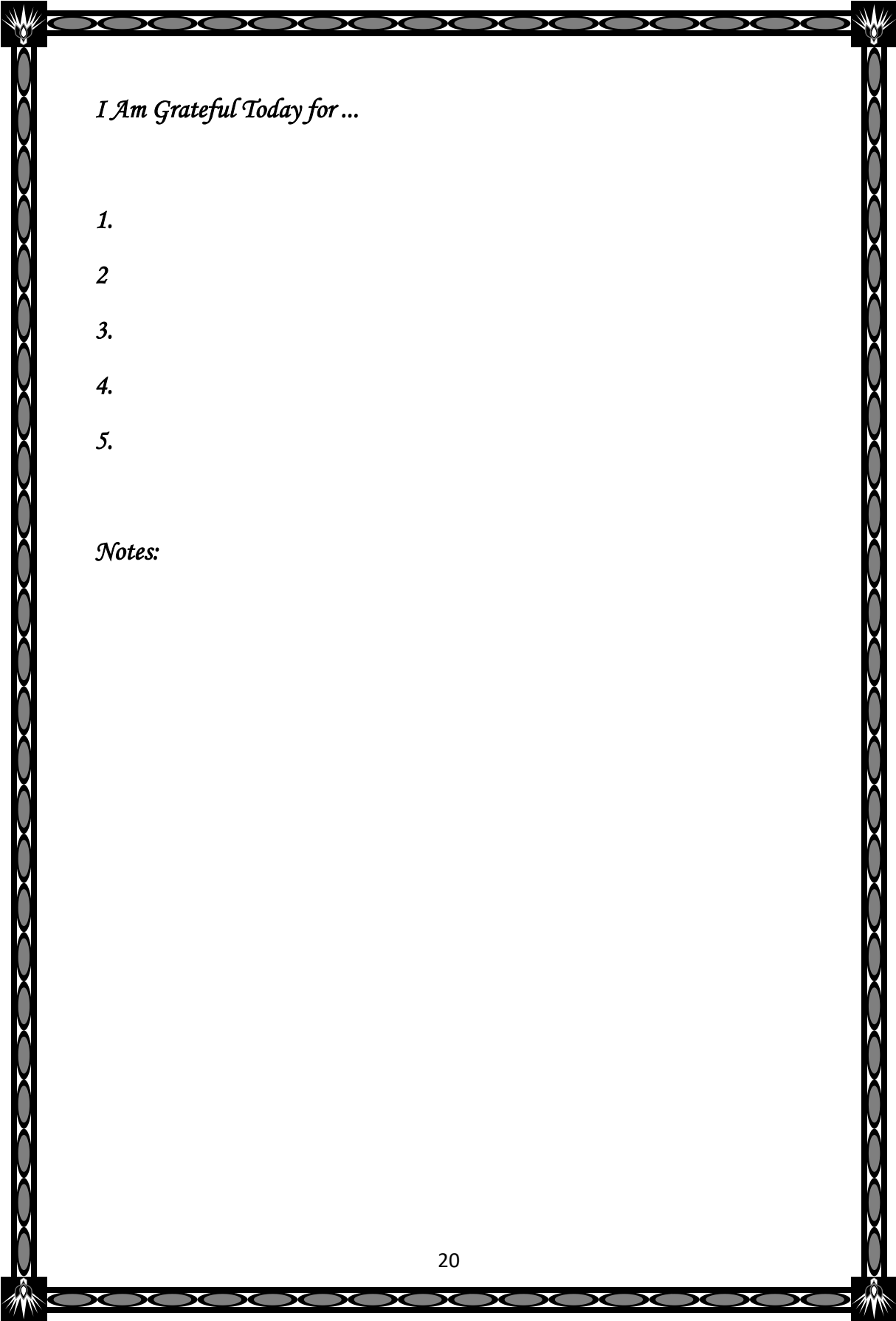
Notes:



I Am Grateful Today for ...

- 1.
- 2.
- 3.
- 4.
- 5.

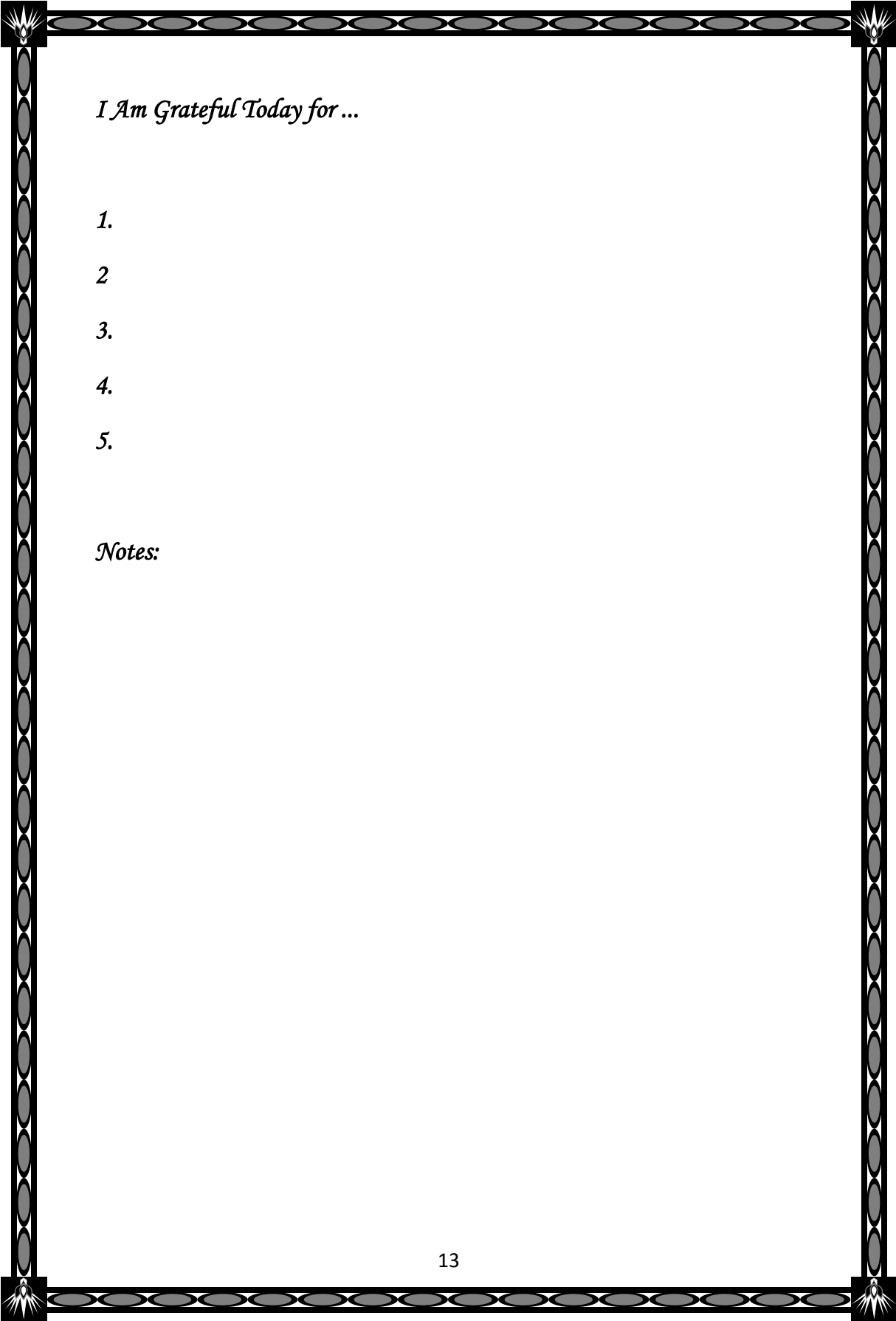
Notes:



I Am Grateful Today for ...

- 1.
- 2.
- 3.
- 4.
- 5.

Notes:



I Am Grateful Today for ...

1.

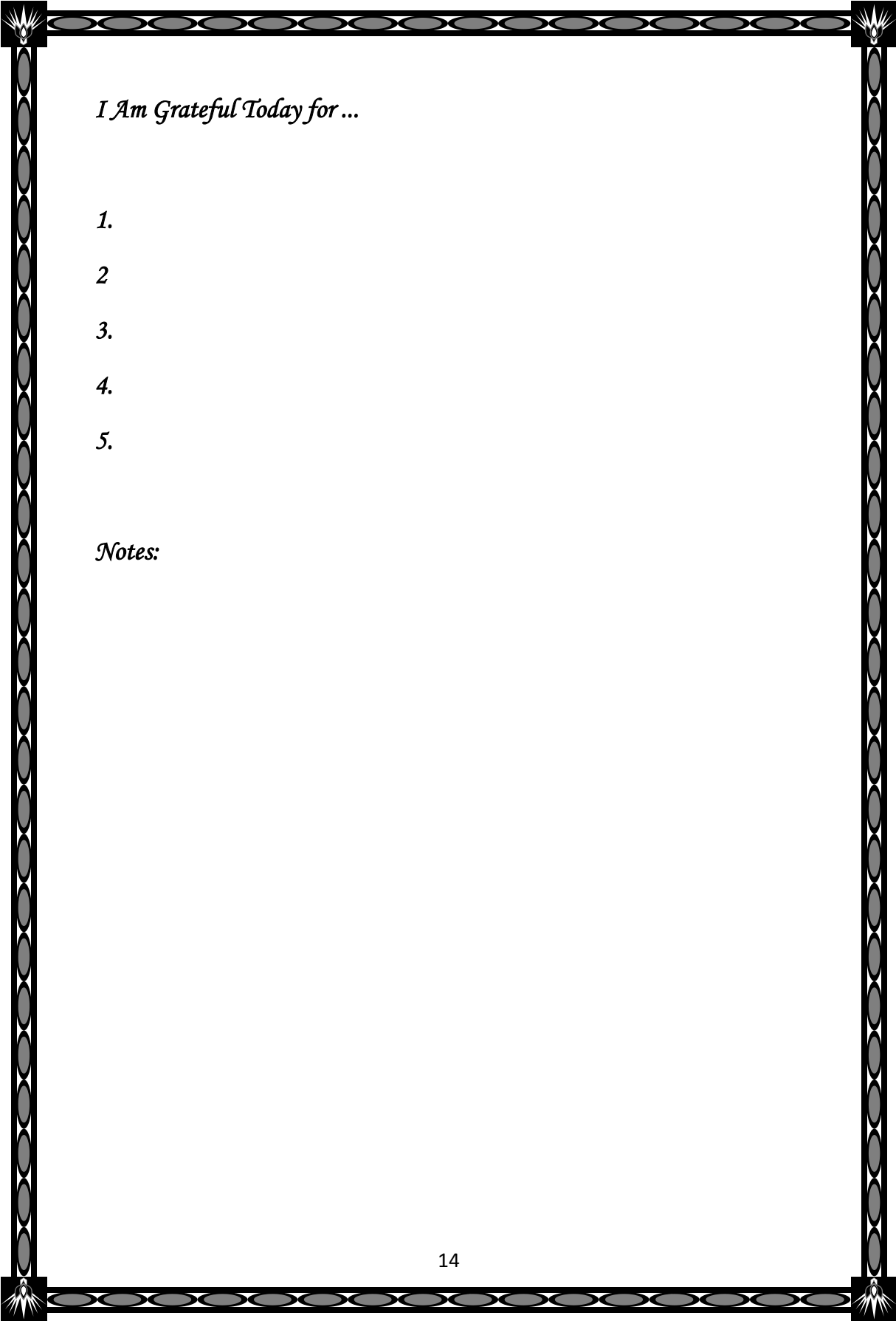
2.

3.

4.

5.

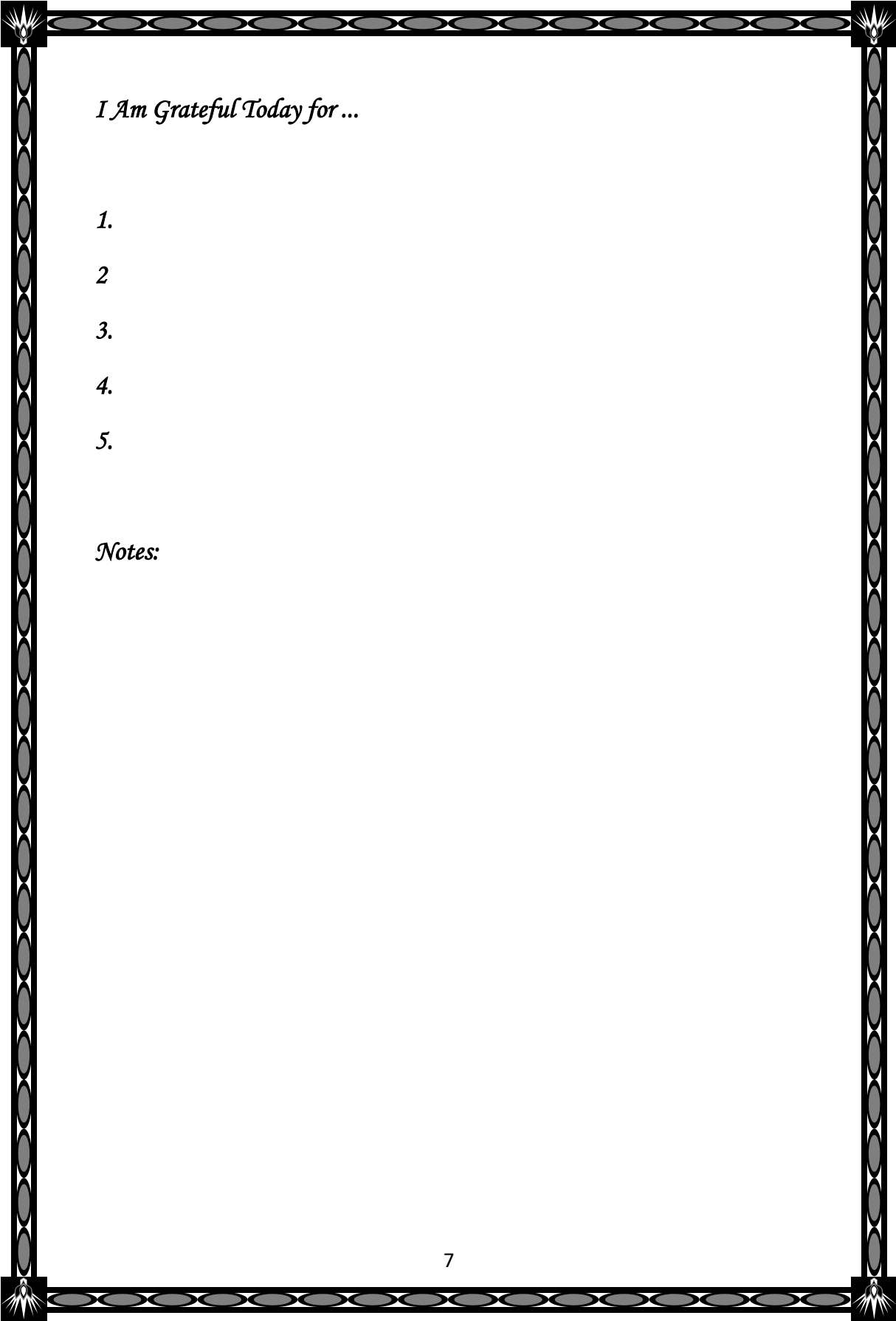
Notes:



I Am Grateful Today for ...

- 1.
- 2.
- 3.
- 4.
- 5.

Notes:



I Am Grateful Today for ...

1.

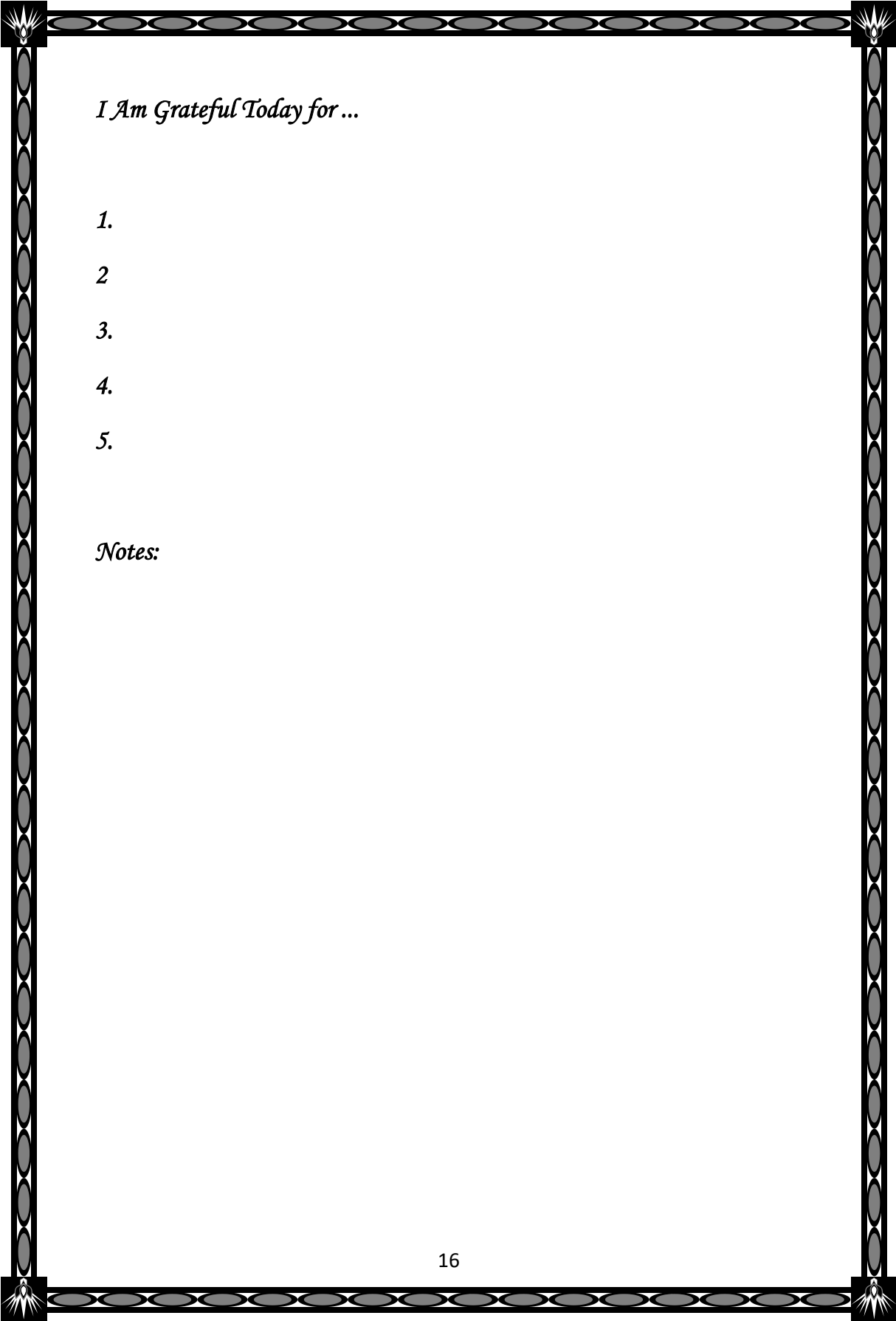
2.

3.

4.

5.

Notes:



I Am Grateful Today for ...

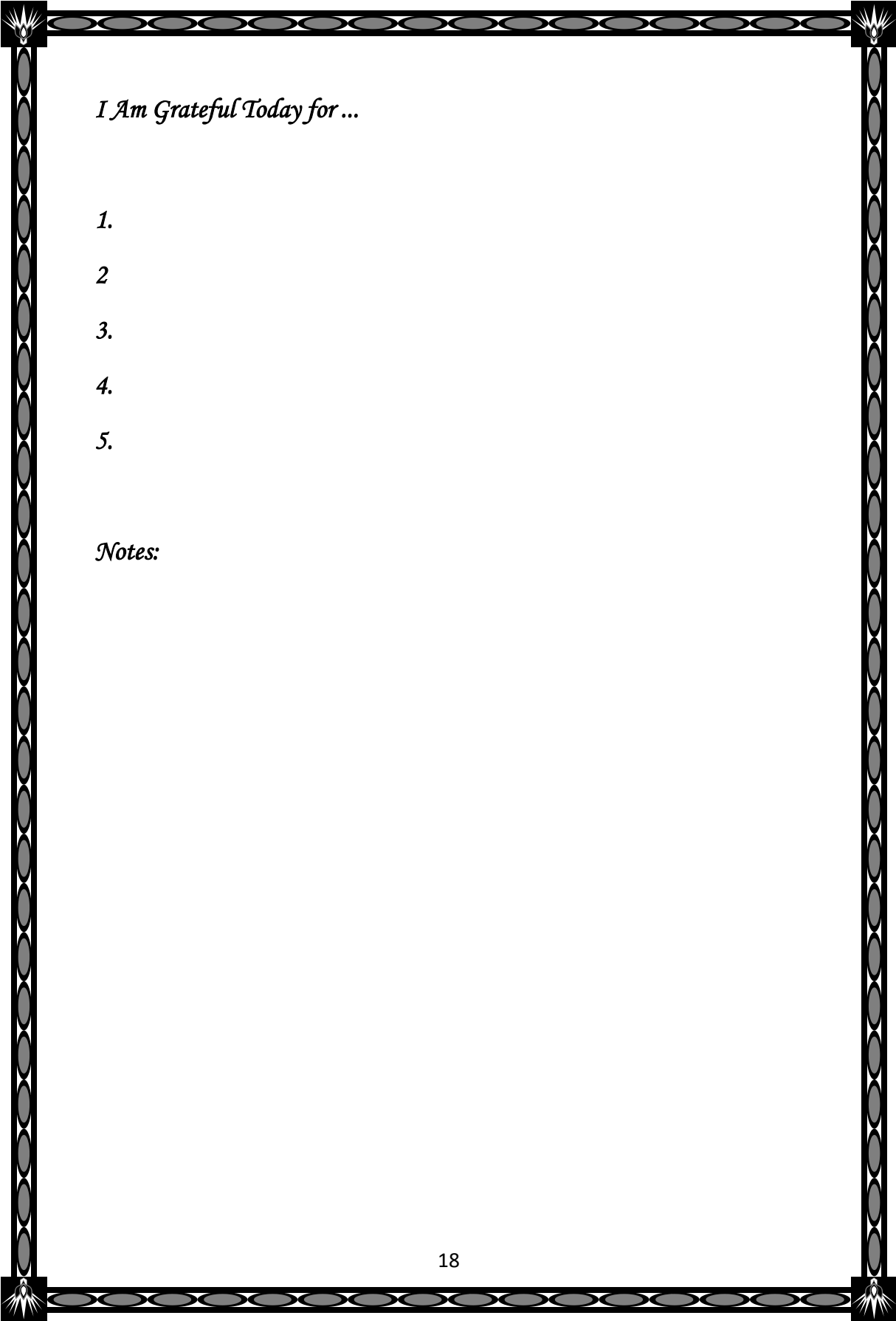
- 1.
- 2.
- 3.
- 4.
- 5.

Notes:

I Am Grateful Today for ...

- 1.
- 2.
- 3.
- 4.
- 5.

Notes:



I Am Grateful Today for ...

1.

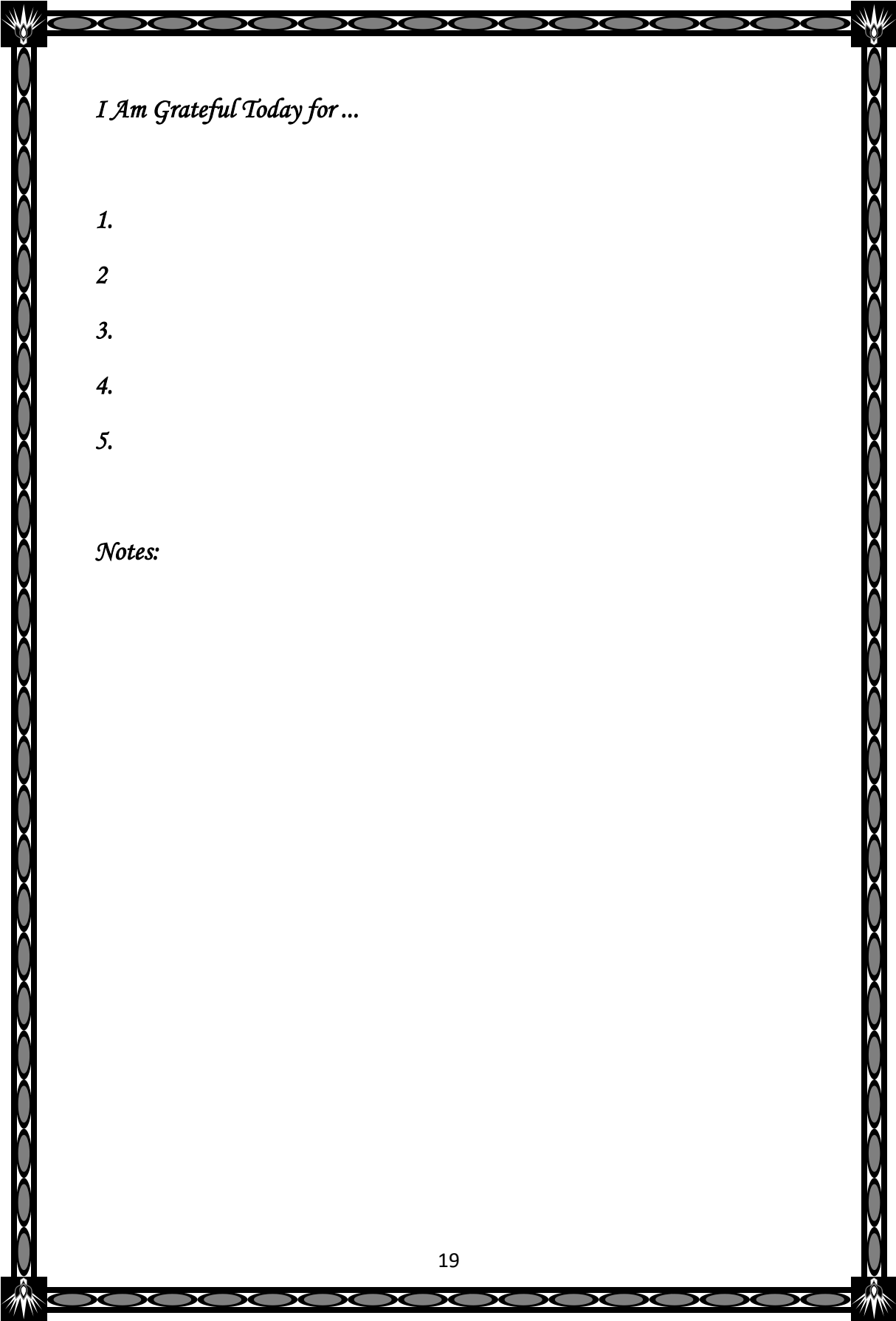
2.

3.

4.

5.

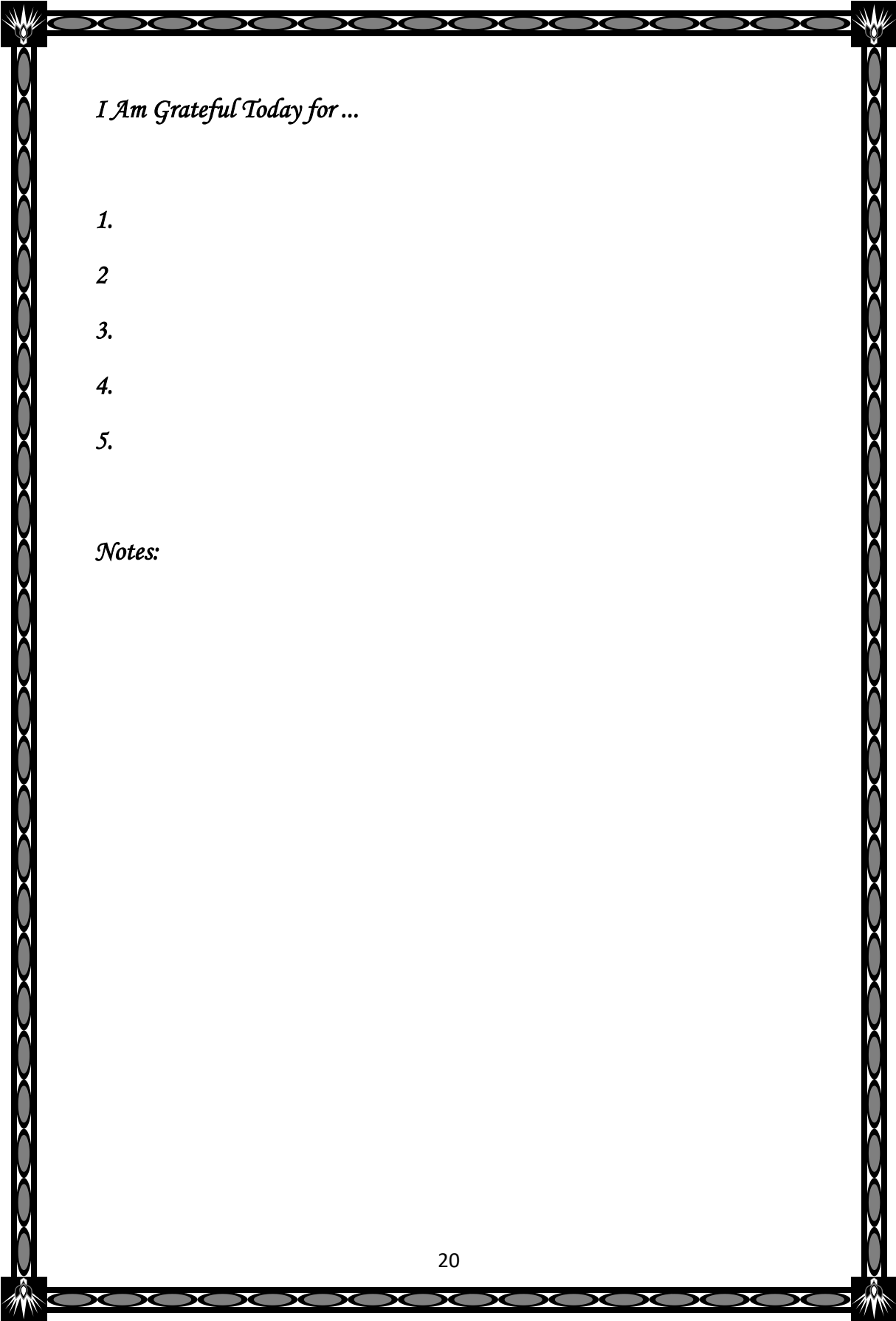
Notes:



I Am Grateful Today for ...

- 1.
- 2.
- 3.
- 4.
- 5.

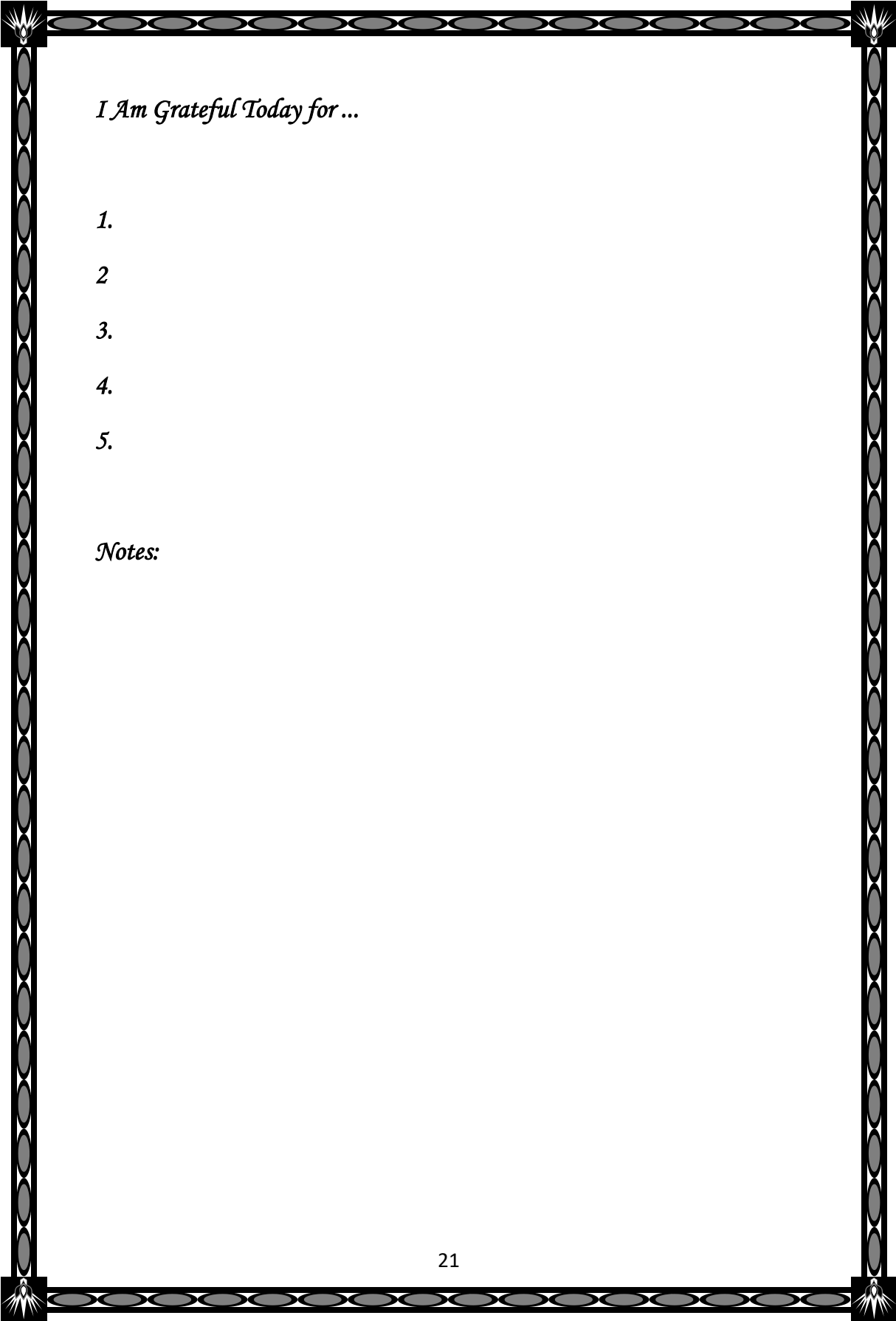
Notes:



I Am Grateful Today for ...

- 1.
- 2.
- 3.
- 4.
- 5.

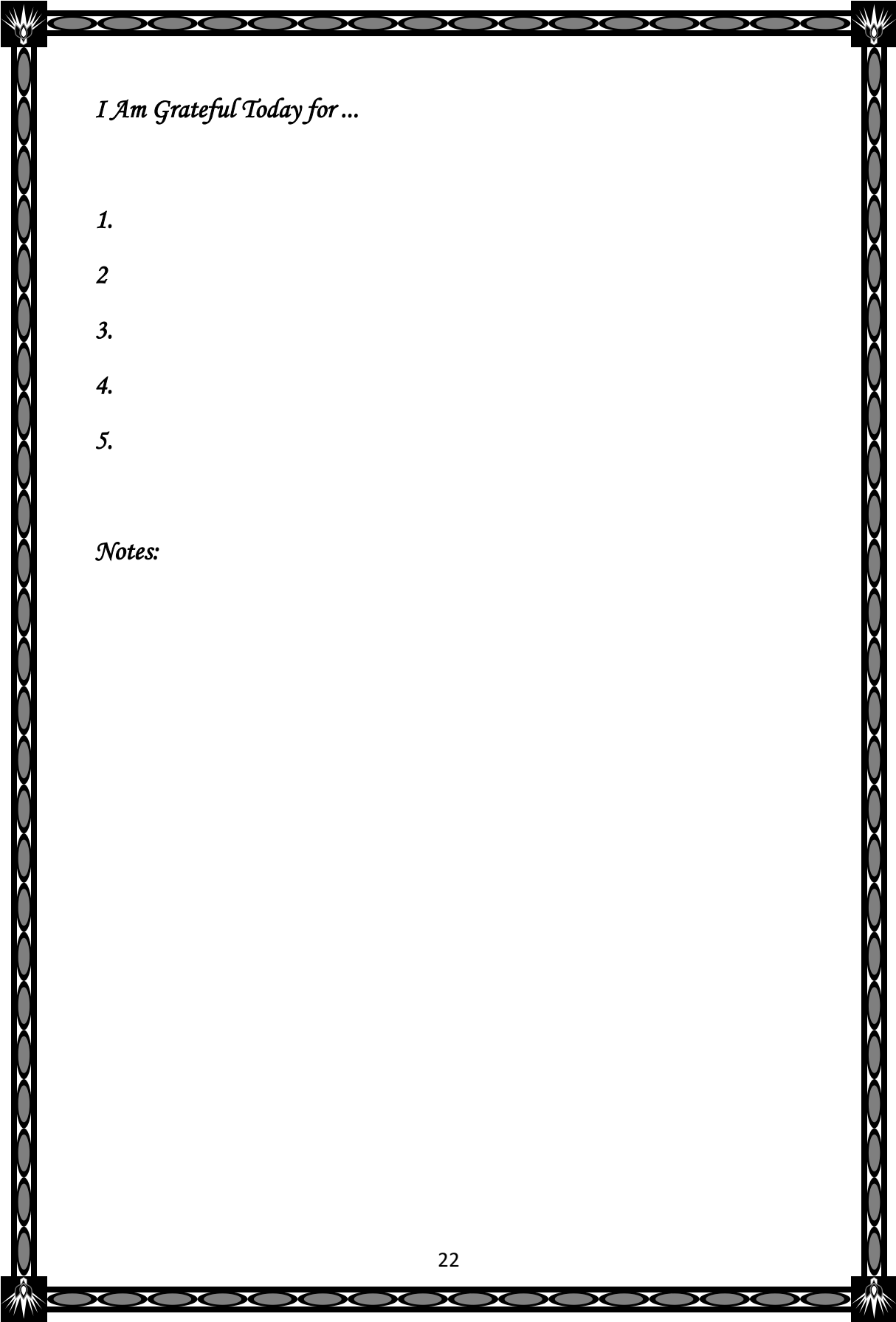
Notes:



I Am Grateful Today for ...

- 1.
- 2.
- 3.
- 4.
- 5.

Notes:



I Am Grateful Today for ...

1.

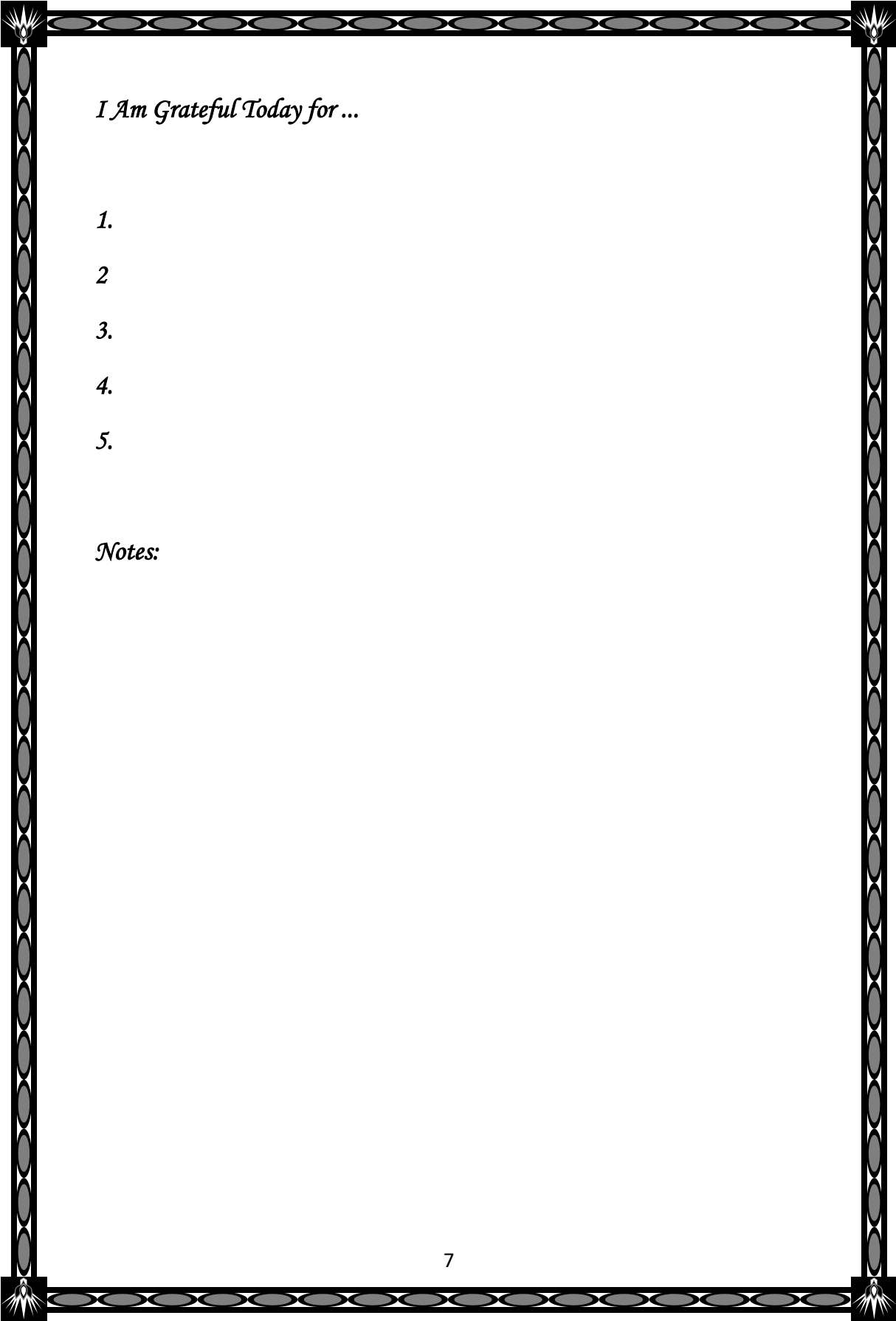
2.

3.

4.

5.

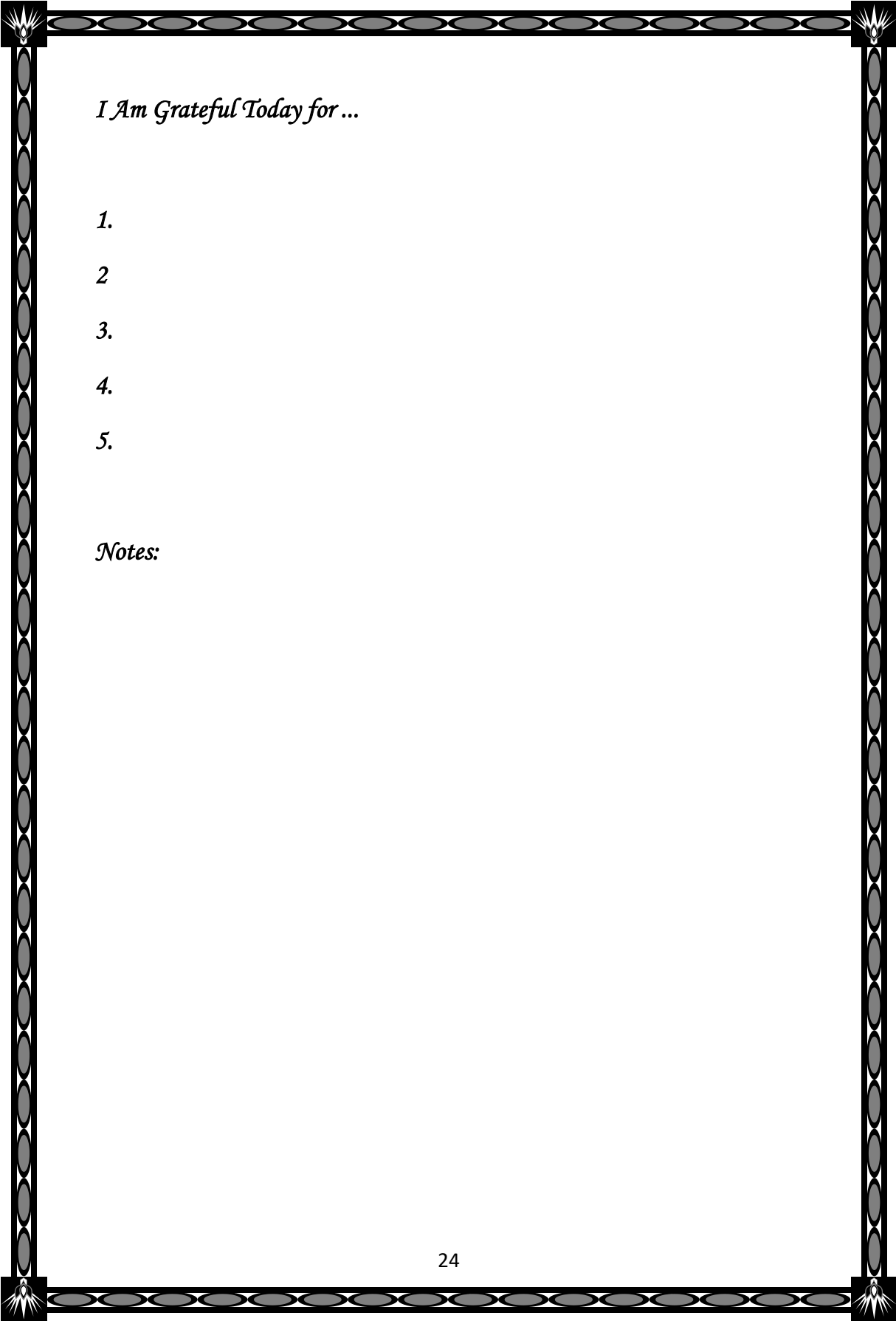
Notes:



I Am Grateful Today for ...

- 1.
- 2.
- 3.
- 4.
- 5.

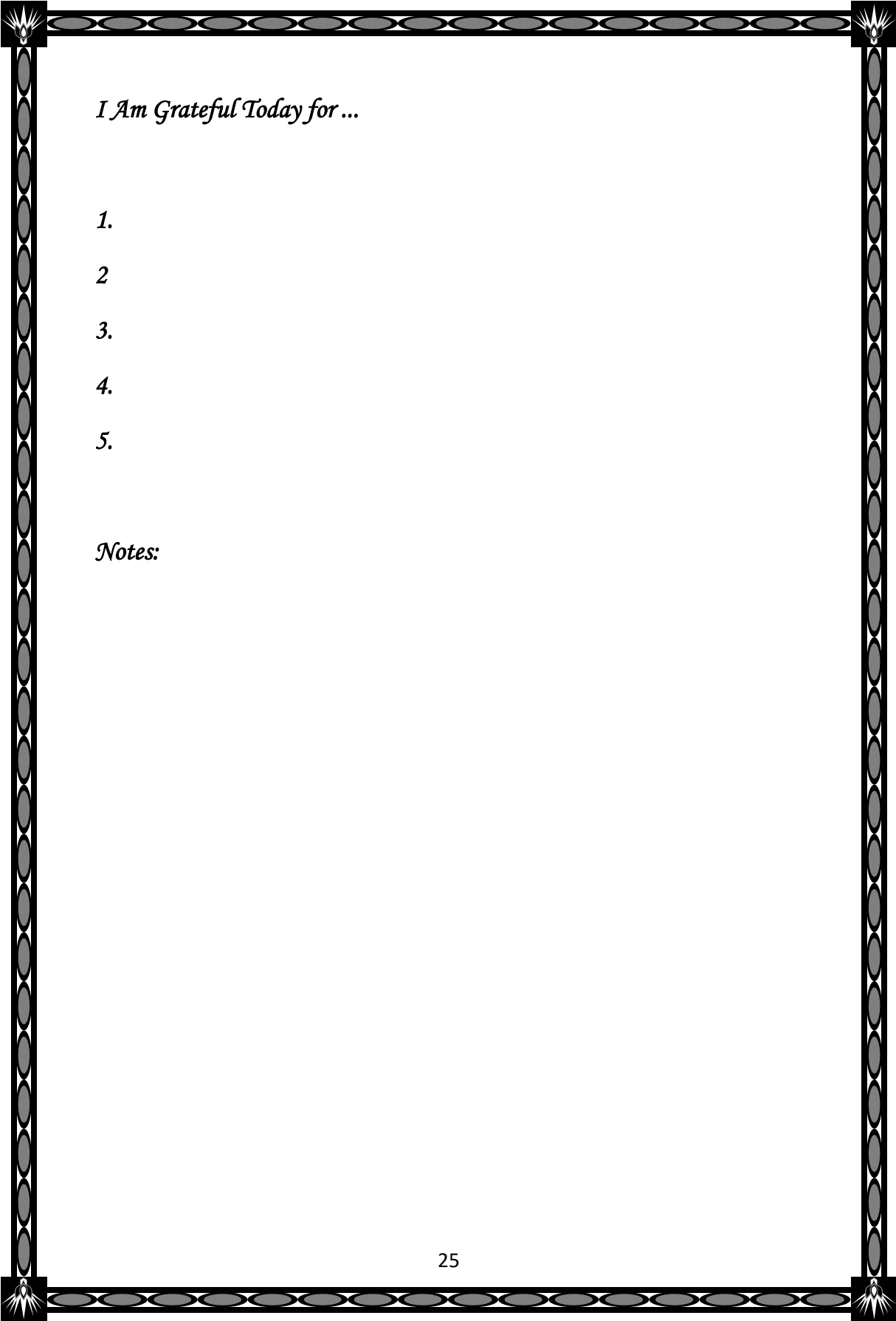
Notes:



I Am Grateful Today for ...

- 1.
- 2.
- 3.
- 4.
- 5.

Notes:



I Am Grateful Today for ...

1.

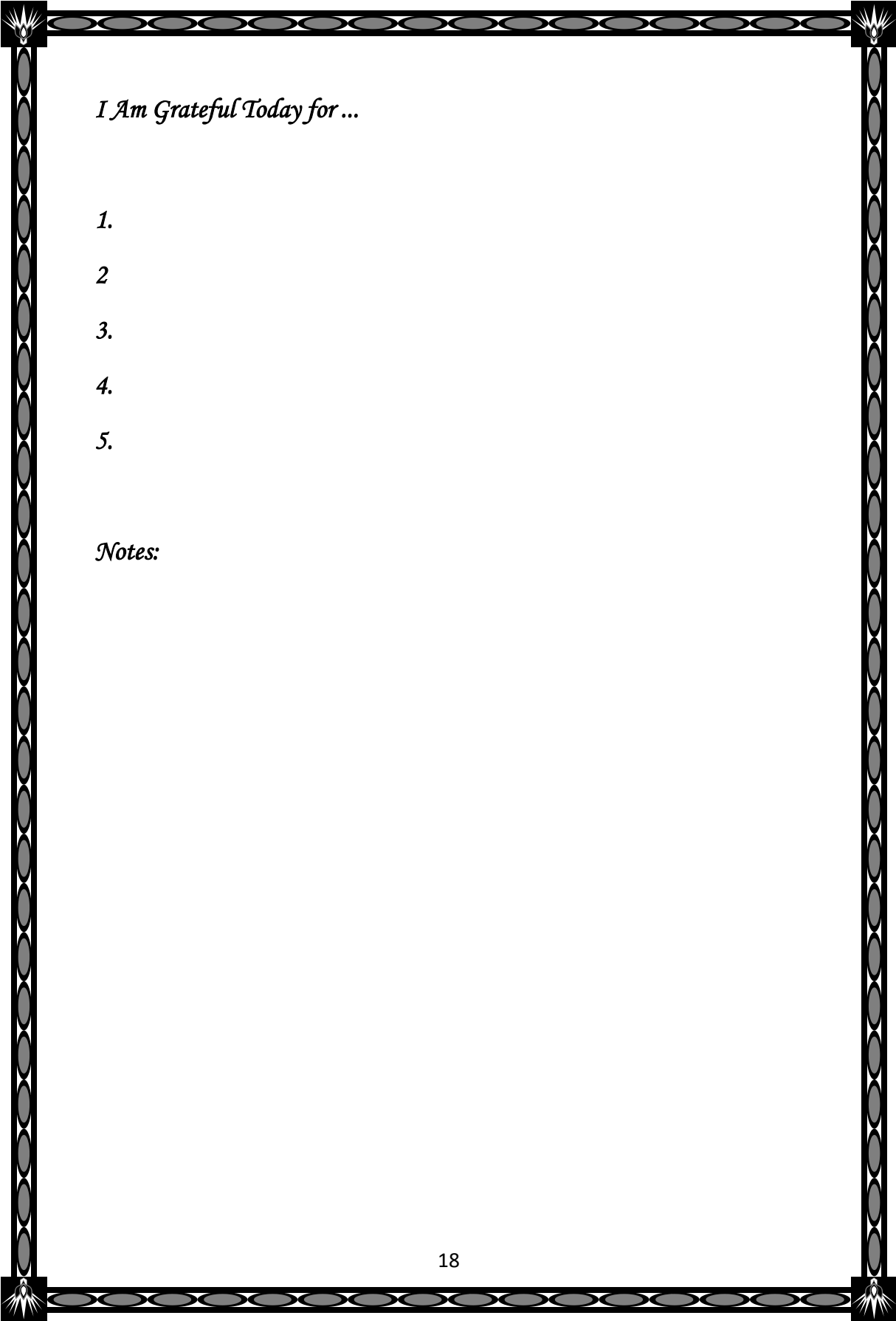
2.

3.

4.

5.

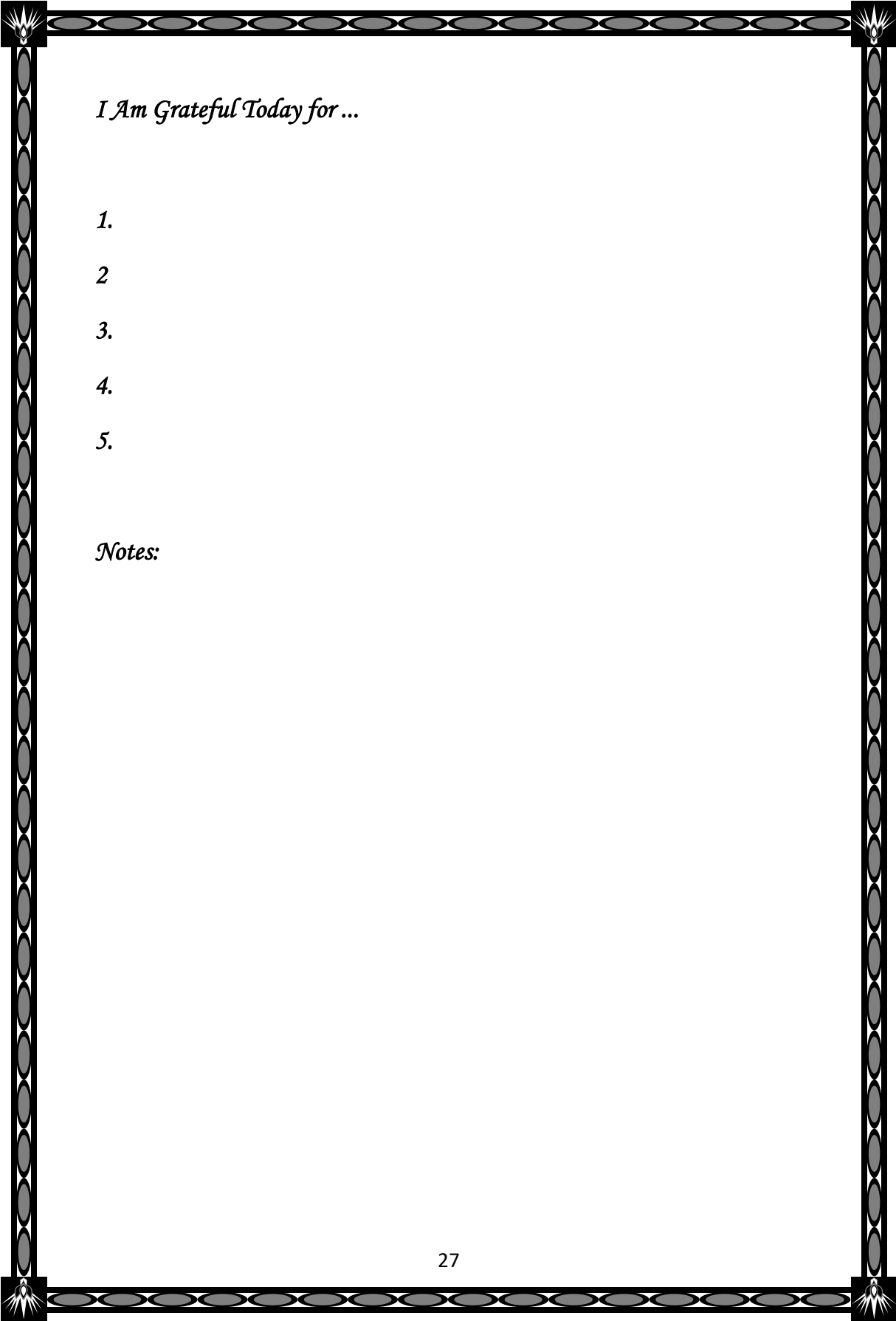
Notes:



I Am Grateful Today for ...

- 1.
- 2.
- 3.
- 4.
- 5.

Notes:



I Am Grateful Today for ...

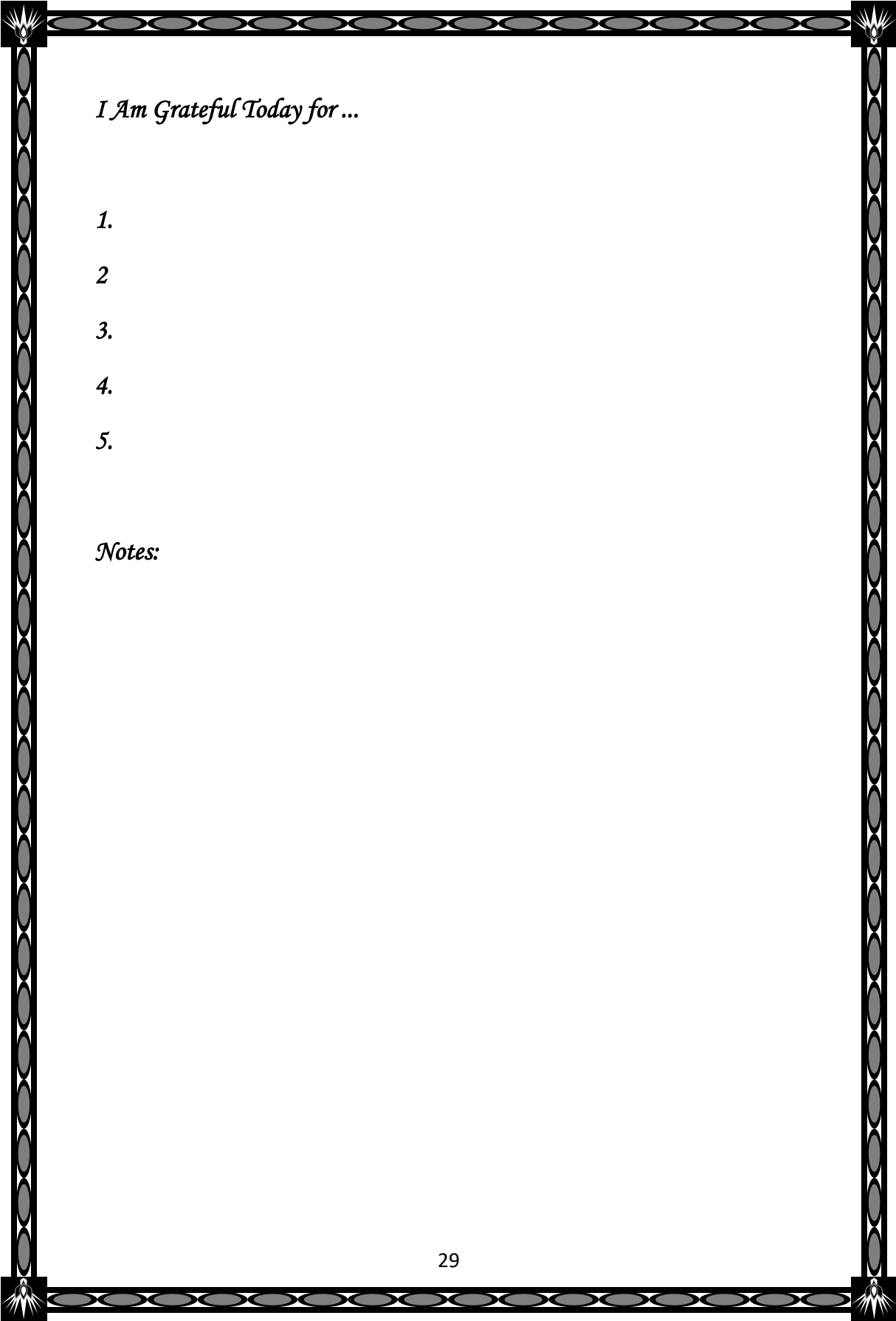
- 1.
- 2.
- 3.
- 4.
- 5.

Notes:

I Am Grateful Today for ...

- 1.
- 2.
- 3.
- 4.
- 5.

Notes:



I Am Grateful Today for ...

1.

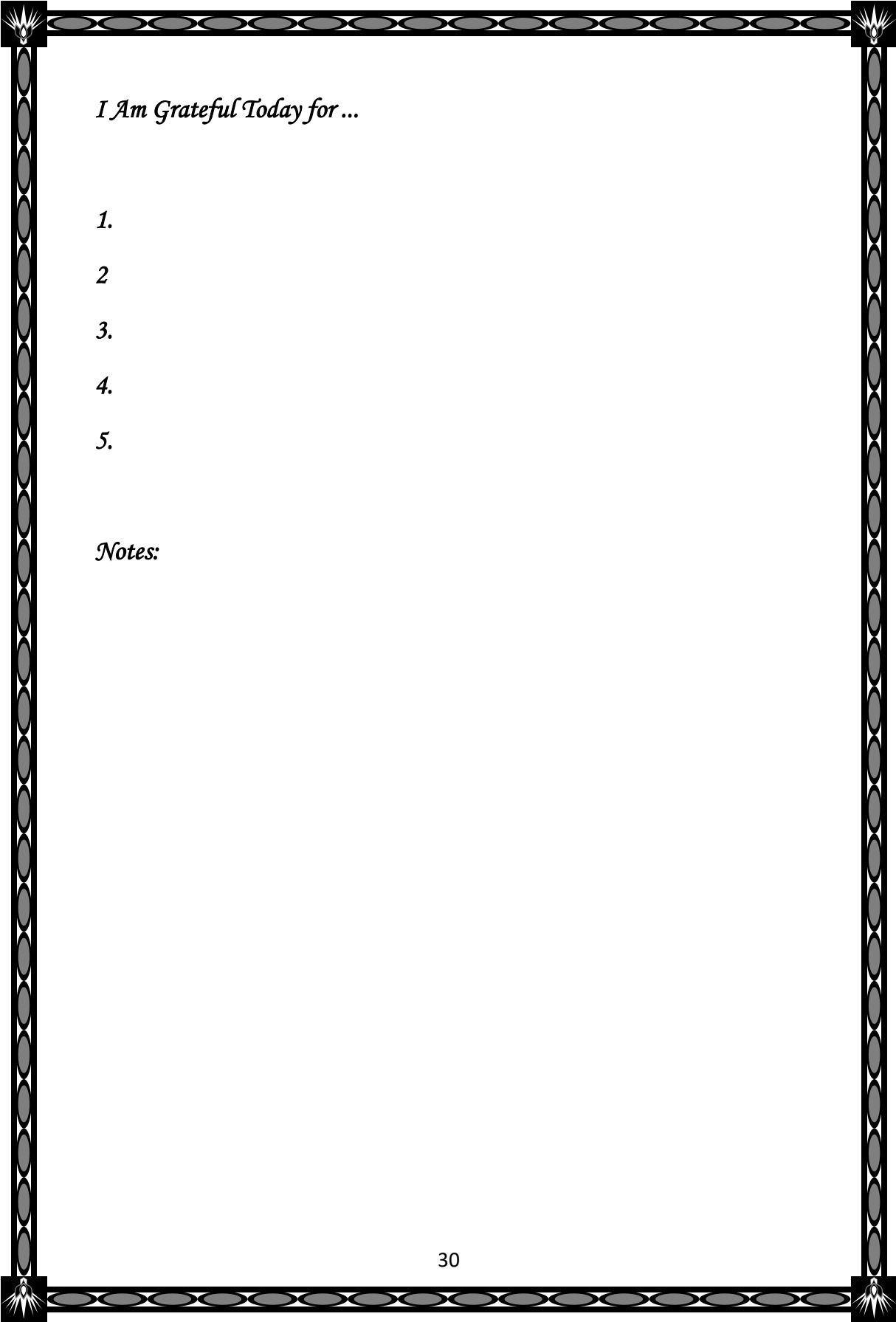
2.

3.

4.

5.

Notes:



I Am Grateful Today for ...

1.

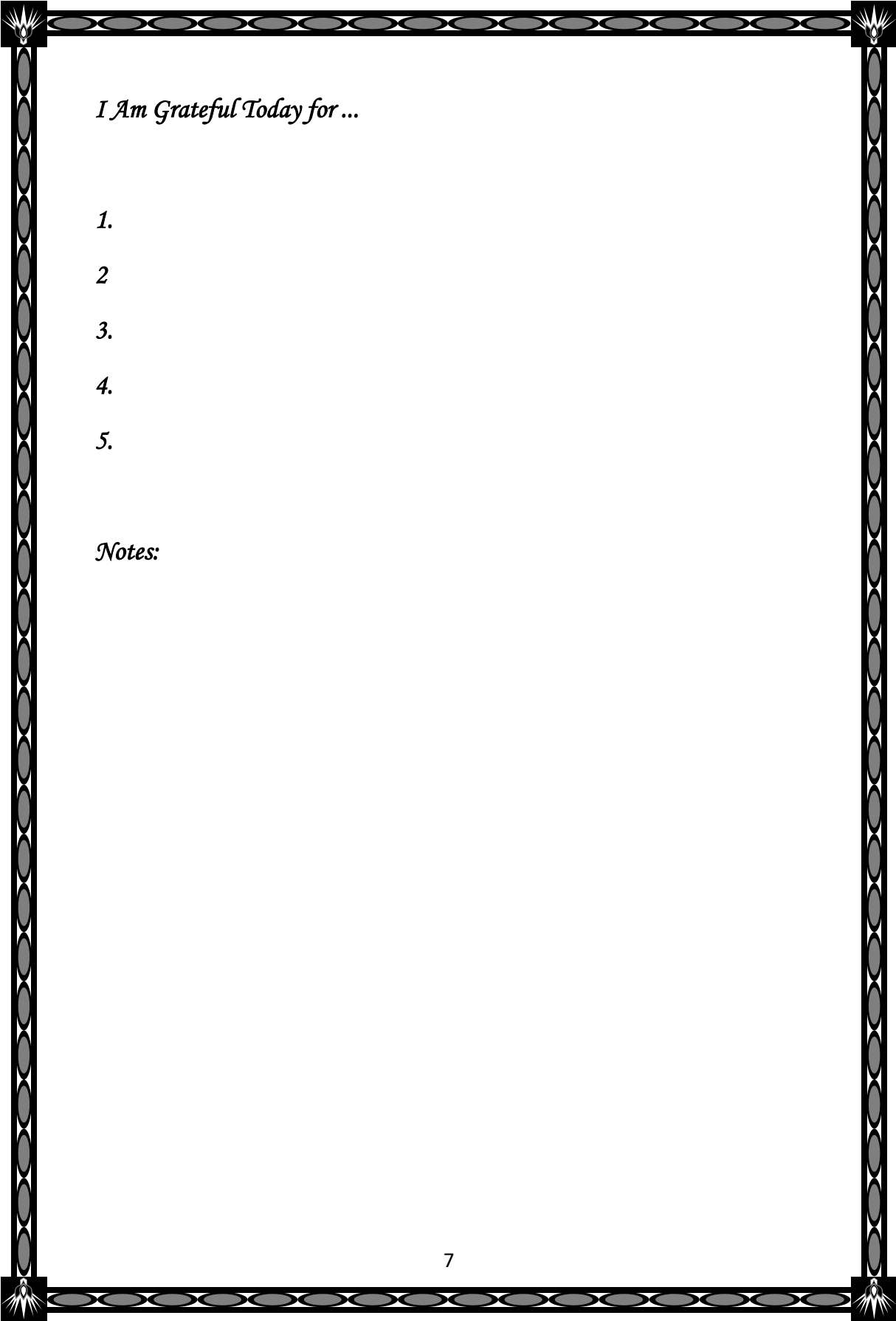
2.

3.

4.

5.

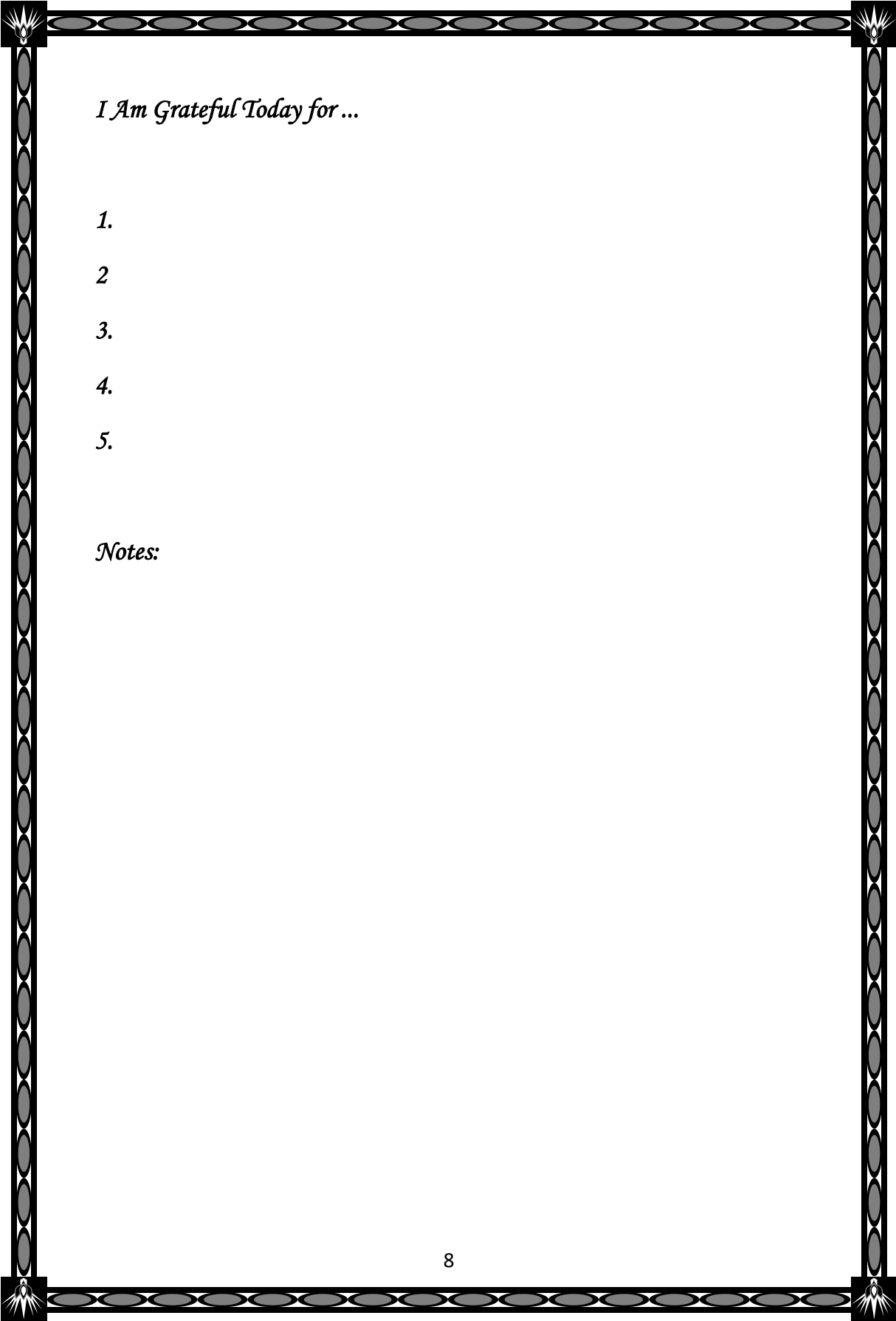
Notes:



I Am Grateful Today for ...

- 1.
- 2.
- 3.
- 4.
- 5.

Notes:



I Am Grateful Today for ...

- 1.
- 2.
- 3.
- 4.
- 5.

Notes:

Recommended Resources:

[The Life Coach Dr.](#) – Life Coaching assistance to add Satisfaction &

Contentment in Your Life: Visit <http://thelifecoachdr.com/coach>



*Marlene Shiple, Ph.D.
The Life Coach Dr.
(602) 266 – 6662
<http://thelifecoachdr.com>*