

# NOW

My 1-Month Gratitude Journal



**“I AM HAPPY BECAUSE I’M GRATEFUL.  
I CHOOSE TO BE GRATEFUL.  
THAT GRATITUDE ALLOWS ME TO BE HAPPY.”**

**– WILL ARNETT**

Let me express how grateful I am that you have taken the time to open this gratitude journal, and to either start to or continue to being grateful for all of the amazing things in your life!

This gratitude journal is about NOW – look around you right now and think about what you could be grateful for. Now, write that down on the following pages. Or complete your journal in the morning when you get up, or at night before you go to bed.

It doesn’t matter how or when you just, it does matter that you use it.

Gratitude has been shown to be an important factor in happiness, resilience and overall mental wellbeing. Having an attitude of gratitude changes your emotional state ... instantly.

There is a section at the start of the journal, where you can make an affirmation for the month (“I am happy and content”, for example – you make up your own affirmation, and read it every time you write in your journal.

I hope that gratitude has the same impact in your life as it has had in mine.



Name:

Month:

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Affirmation:

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# GRATITUDE JOURNAL

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# GRATITUDE JOURNAL

Congratulations, you have completed a month of gratitude.

Please reach out and share your gratitude story with me;  
It would be great to hear about how this journal  
has made a difference in your life!

anton@theguineagroup.com.au

And don't stop now!

To purchase your NOW Gratitude Journal for next month, just go to:

**<https://theguineagroup.com.au/product/gratitudejournal/>**

**“THIS IS A WONDERFUL DAY  
I HAVE NEVER SEEN THIS ONE BEFORE”**

**– MAYA ANGELOU**



