



# *Give Thanks*

A Gratitude Journal



*Hello & welcome! I'm so glad you're here...*

*G*ive THANKS is a practice I created to help you gain greater happiness, and I've found that people find this practice when they're ready to make a big positive shift in their life.

If that sounds like you, then you're in the right place.

By spending just a few minutes Giving THANKS each day, you'll notice your thoughts start to shift in a remarkably short period of time.

As you notice your thoughts shifting, you'll also notice your mood shifting. You'll feel better. Joyous, even. And when you're in that joyous, happy place—that's when the miracles start happening.

I know, I know, it sounds too good to be true, right? You might think I'm exaggerating, but I'm definitely not.

I truly believe Giving THANKS on a daily basis will bring about more positive changes than any other thing you've tried before.

It certainly did for me, and the countless others who have reached out to me to share their own amazing stories of transformation using this practice.



I encourage you to try this practice for 30 days, and see what happens. It might just change your whole life...

Included in this free journal are step-by-step instructions for how to use the Give THANKS practice to heal and transform your life, along with beautiful journal pages you can print out and write your gratitudes on each day.

My suggestion is to print out 30 journal pages, then make a commitment to Give THANKS for 30 days. Or more.

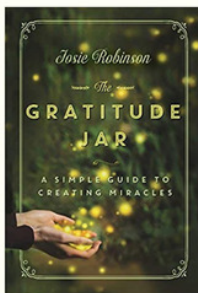
Once you start practicing gratitude, you might find yourself wanting to continue indefinitely.

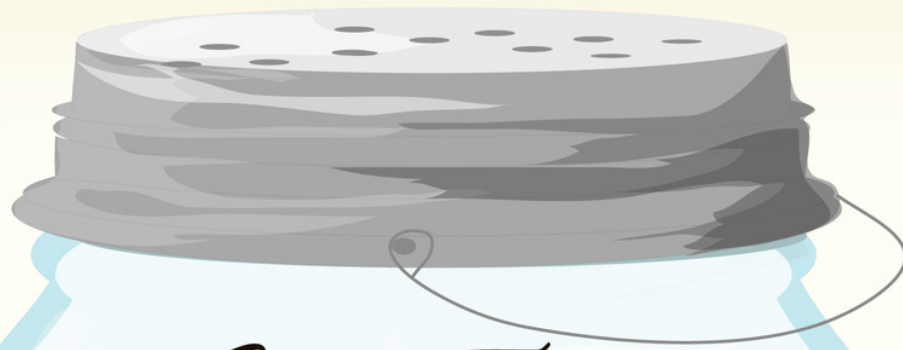
*That's a good thing.*

With love & GRATITUDE,

*Josie Robinson*

*Bestselling author of The Gratitude Jar: A Simple Guide to Creating Miracles*





# Give Thanks

## Instructions

**Think about what you're grateful for.**

*At the end of the day or very beginning, reflect on the events, people, places, or things you're most grateful for.*

**Have an open mind.**

*Don't judge what comes up; be open to what your intuition tells you.*

**Allow yourself to feel gratitude.**

*Go deeper into the feeling of gratitude - it's a healing emotion.*

**Note your gratitude.**

*Write, "I am thankful for..." and fill it in as best you can.*

**Keep the gratitude note in your journal.**

*Print out your journal and place it in a prominent spot of your home to serve as a beautiful visual reminder of your blessings.*

**Share it with someone else.**

*Practice Give THANKS with someone else, a relative, spouse, close friend, or church group. Happiness shared is happiness doubled.*



*I'm Grateful for..*





# Thank You

Thank you for downloading this journal and joining the gratitude revolution!

Please feel free to share this journal with anyone and everyone. We all benefit from having a little more gratitude goodness in our life.



For more joy + inspiration visit me at [josierobinson.com](http://josierobinson.com)