

Gratitude

THINGS I AM GRATEFUL FOR:

1.

2.

3.



FREE THOUGHTS

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A large, empty rectangular box with a thin black border, intended for writing free thoughts.

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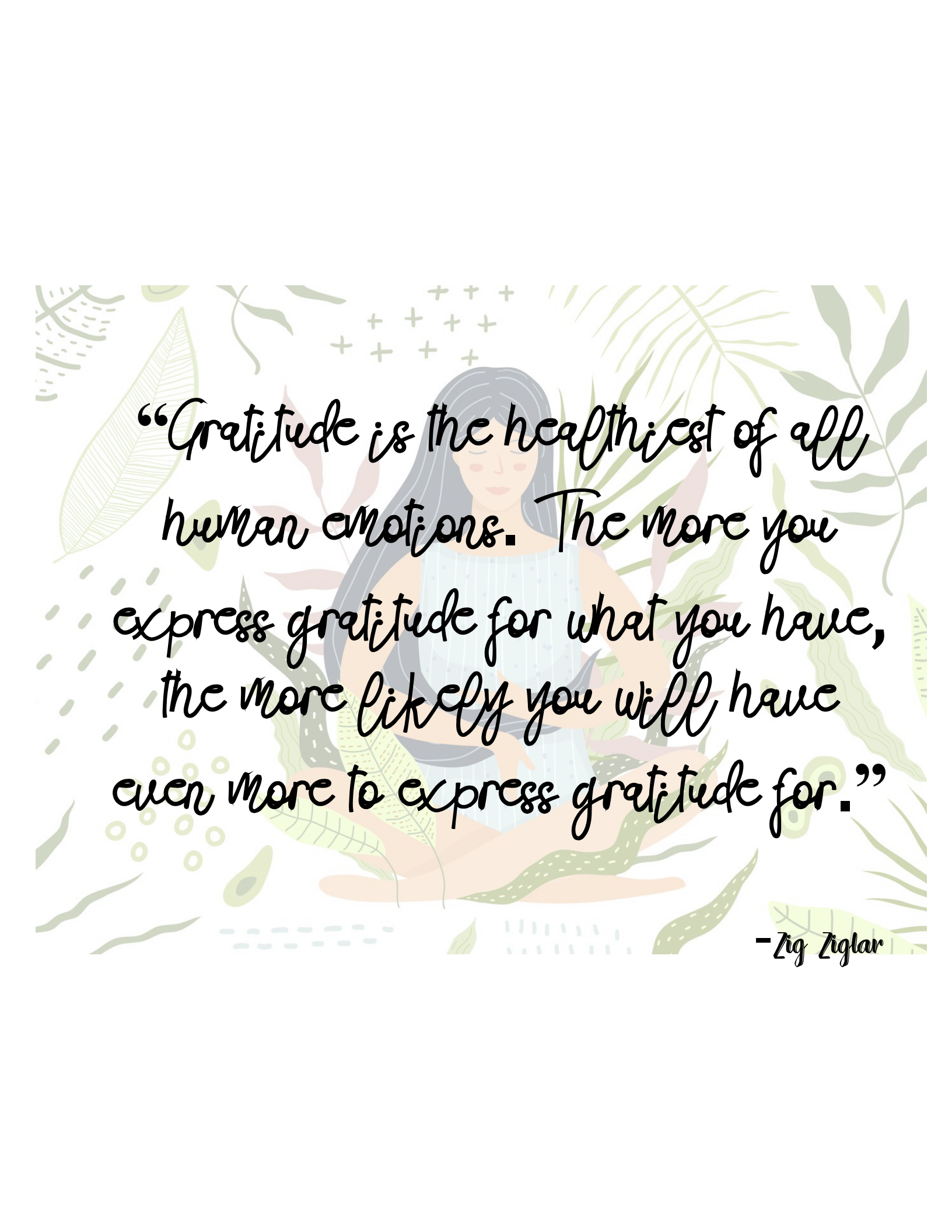
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“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.”

- Zig Ziglar

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A stylized illustration of a person with dark hair, wearing a yellow t-shirt and dark shorts, sitting in a lotus position. The person's hands are resting on their knees in a mudra. The background features soft, light green and blue washes with faint leaf patterns. The overall style is clean and modern.

“Learn to be thankful for what you already have, while you pursue all that you want.”

- Jim Rohn

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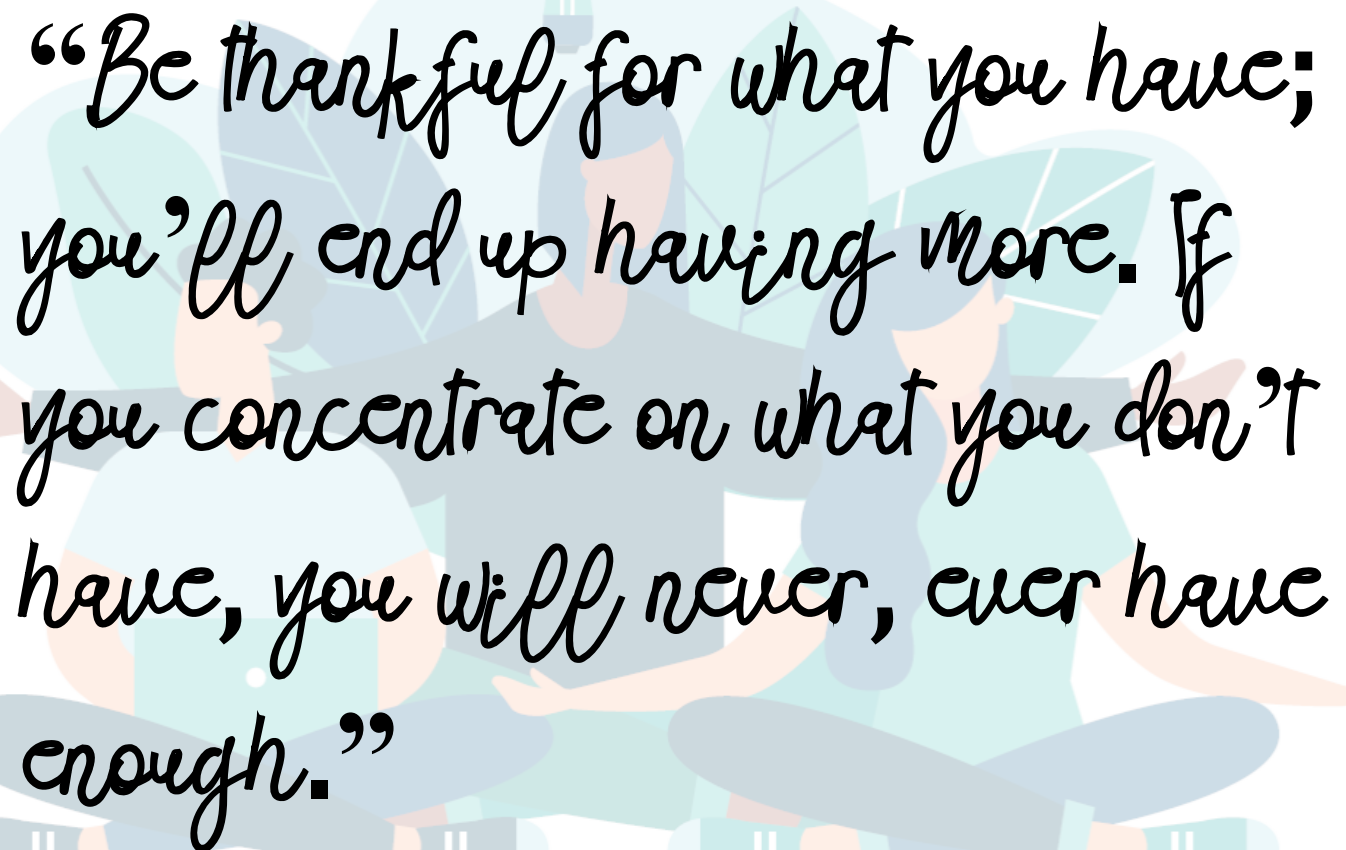
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An illustration in the background shows two stylized figures sitting in a meditative pose on the floor. They are wearing light blue and teal clothing. Above them is a glowing lightbulb with rays emanating from it, symbolizing an idea or enlightenment. The overall style is soft and illustrative.

*“Be thankful for what you have;
you’ll end up having more. If
you concentrate on what you don’t
have, you will never, ever have
enough.”*

- Oprah Winfrey

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“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

-William Arthur Ward

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*“When I started counting my
blessings, my whole life turned
around.”*

-Willie Nelson