



# HEALTHY LIVING challenge



## 14 Day Gratitude Journal

WE CAN ONLY BE SAID TO BE ALIVE IN THOSE MOMENTS  
WHEN OUR HEARTS ARE CONSCIOUS OF OUR TREASURES.

Thornton Wilder



Today, I am grateful for...

**Day 1**

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**Day 2**

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**Day 3**

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## 14 Day Gratitude Journal

**Day 4**

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**Day 5**

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**Day 6**

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**Day 7**

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# HEALTHY LIVING challenge



## 14 Day Gratitude Journal

**Day 8**

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**Day 9**

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**Day 10**

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**Day 11**

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## 14 Day Gratitude Journal

Day 12

Three horizontal dashed lines for writing.

Day 13

Three horizontal dashed lines for writing.

Day 14

Three horizontal dashed lines for writing.

Practicing *gratitude* and being *grateful*  
are keys to a *happier* life.