

# GRATITUDE JOURNAL



JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

TODAY I AM  
**GRATEFUL FOR**

THREE GREAT THINGS  
**THAT HAPPENED TODAY**

1

2

3

I AM LOOKING  
**FORWARD TO**

TODAY'S  
**AFFIRMATION**

“

**"If You Don't  
Like The Road  
You're Walking,  
START  
PAVING  
ANOTHER  
ONE"**

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- DOLLY PARTON

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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TODAY'S  
**AFFIRMATION**

“

**"Act As If What  
You Do Makes A  
Difference. It  
DOES**

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**- WILLIAM JAMES**

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I AM LOOKING  
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TODAY'S  
**AFFIRMATION**

“

**"Dearly Beloved,  
We Are Gathered  
Here Today To  
Get Through This  
Thing Called  
LIFE "**

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– PRINCE

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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I AM LOOKING  
**FORWARD TO**

TODAY'S  
**AFFIRMATION**

“

**“It Will Feel  
A Little Bit  
More**

**OK**

**Day By Day”**

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**– THE DIVORCE PLANNER**

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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**FORWARD TO**

TODAY'S  
**AFFIRMATION**

“

**"Owning Your  
Story Is The  
BRAVEST  
Thing You Will  
Ever Do"**

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– BRENE BROWN

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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**FORWARD TO**

TODAY'S  
**AFFIRMATION**

“

**"You Have To  
EMBRACE  
The Hard Bits To  
Get To The  
Good Stuff"**

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**- THE DIVORCE PLANNER**

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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TODAY'S  
**AFFIRMATION**

“

**"You Can't Start  
The Next Chapter  
Of Your Life If  
You Keep  
RE-READING  
The Last One"**

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- MICHAEL MCMILLAN

*I hope this journal helps you address the emotional side of divorce and keeps you focused what's in your control during this challenging time.*

**Want to take your next steps with clarity and confidence?**

Schedule a consultation with us to discuss the benefits of resolving your case without litigation, through mediation.

**Click Here**

Dianne | Families First Mediation