

# *Gratitude Journal*

*“We are grateful for you.”*

-THE OASIS FAMILY MEDICINE TEAM



# *Journal for Vibrant Health*

Gratitude makes a healthier you. It's that plain and simple... and scientifically proven. Gratitude is powerful. When we train ourselves to be grateful on a daily basis we form and then strengthen new and beneficial neural pathways. These neural pathways then lead to improved overall health. How? Because your thoughts literally change the levels of neurotransmitters, growth factors and hormones that are produced (happens within seconds) which then improves sleep, energy, blood pressure, immune system, inflammation, pain, stress, anxiety, depression, mental clarity, and happiness. That all leads to improved emotions and empathy which then leads to better relationships. These in turn further strengthen and reinforce the new beneficial neural circuit to create an endless loop of health due to the drastic and measurable physical benefits. Gratitude really is *that* powerful! Please join in using this journal daily (or nearly daily basis 😊) Consistency is the key.

This is a simple and super easy-to-use guide using specific questions based on proven research to help you create the habit of gratitude to gain vibrant health. Each page has a morning and an evening section so you get to experience gratitude as you begin and end each day.

*"You will never change your life until you change something you do daily. The secret of your success is found in your daily routine."*

-JOHN C. MAXWELL

Date: \_\_\_\_\_

*Be willing to be a beginner every single morning.*

-MEISTER ECKHART



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*The secret of change is to focus all of your energy, not on fighting the old, but on building the new.*

-SOCRATES



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*Laugh my friend, for laughter ignites a fire within the pit of your belly and awakens your being.*

-STELLA MCCARTNEY



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*I love when people that have been through hell walk out of the flames carrying buckets of water for those still consumed by the fire.*

-STEPHANIE SPARKLES



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*Talk to yourself like you would to someone you love.*

-BRENE BROWN



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How could I have made today even better?

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Date: \_\_\_\_\_

*You can't stop the storm, so stop trying. What you can do is calm yourself. The storm will pass.*

- TIMBER HAWKEYE



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*If 'Plan A' didn't work, the alphabet has 25 more letters! Stay Cool.*

-CURIANO.COM



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Date: \_\_\_\_\_

*Prayer should not be regarded as a duty which must be performed, but rather as a privilege to be enjoyed, a rare delight that is always revealing some new beauty.*

-E.M. BOUNDS



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*The practice of forgiveness is our most important contribution to the healing of the world.*

-MARIANNE WILLIAMSON



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*The wise man in the storm prays to God, not for safety from danger, but for the deliverance from fear.*

-RALPH WALDO EMERSON



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*Our real blessings often appear to us in the shape of pain, loss, and disappointment.*

-JOSEPH ADDISON



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*Every time you feel the need to blame someone for a painful experience, but you choose consciously not to act on that need, you take a step toward love.*

-GARY ZUKAV



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Date: \_\_\_\_\_

*Write this down: My life is full of unlimited possibilities.*

-PABLO VALLE



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Date: \_\_\_\_\_

*The only way beyond, when it comes to emotions, is through.*

-JOEY KLEIN



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*A mind at peace, a mind centered and not focused on harming others, is stronger than any physical force in the universe.*

-WAYNE DYER



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*Nothing outside of you has power over you. You decide how you think, feel, and do things in your life. Take full ownership and become free.*

-ITSALLABOUTMAKEUPS.COM



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*Forgive yourself for not knowing what you didn't know before you learned it.*

-MINDMOVIES



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*Never be afraid to start over. It's a chance to rebuild your life the way you wanted all along.*

-THEGOODVIBE.COM



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*He who blames others has a long way to go on his journey. He who blames himself is halfway there. He who blames no one has arrived.*

-CHINESE PROVERB



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*The cyclone drives its powers from a calm center. So does a person.*

-NORMAN VINCENT PEALE



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*Improvement isn't inevitable. Change is.*

-UNKNOWN



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*And if I asked you to name all the things that you love, how long would it take for you to name yourself?*

-CINDY G. CASTILLO



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*Life's challenges are not supposed to paralyze you, they're supposed to help you discover who you are.*

-BERNICE JOHNSON REAGON



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*You are more than a human being, you are a human becoming.*

-OG MANDINO



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*Life isn't a problem to be solved, but a reality to be experienced.*

-SOREN KIERKEGAARD



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Date: \_\_\_\_\_

*When you think everything is someone else's fault, you will suffer a lot. When you realize that everything springs only from yourself, you will learn both peace and joy.*

- DALAI LAMA



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*There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self.*

-ERNEST HEMINGWAY



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*Happiness is not a possession to be prized, it is a quality of thought, a state of mind.*

-DAPHNE DU MAURIER



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*Your life becomes a masterpiece when you learn to master peace.*

-PRATHMESH PANDEY



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Date: \_\_\_\_\_

*Every human life is worth the same, and worth saving.*

-J.K.ROWLING



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*There is only one success: To be able to spend your life in your own way.*

-CHRISTOPHER MORLEY



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*If you suffer, it is because of you. If you feel blissful, it is because of you. Nobody else is responsible, only you and you alone. You are your hell and heaven too.*

-OSHO



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Date: \_\_\_\_\_

*The fastest way to change yourself is to hang out with people who are already the way you want to be.*

-BEN CASNOCHA



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*Being Loved: the feeling that another person properly recognizes and amply sympathizes with one's buried distress.*

-ALAIN DE BOTTON



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*None of us really changes over time. We only become more fully what we are.*

-ANNE RICE



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*I am the master of my fate: I am the captain of my soul.*

-WILLIAM ERNEST HENLY



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Date: \_\_\_\_\_

*Life is a story we create moment by moment.*

-ALEX IKONN



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Date: \_\_\_\_\_

*Shoot for the moon. Even if you miss it, you will land among the stars.*

-LES BROWN



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*I know not all that may be coming, but be it what it will, I'll go at it laughing.*

-HERMAN MELVILLE



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Date: \_\_\_\_\_

*How wonderful it is that nobody need wait a single moment before starting to improve the world.*

-ANNE FRANK



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*First you have to believe in yourself before others can believe in you.*

-MIMI IKONN



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Date: \_\_\_\_\_

*Excellence is the best deterrent to racism or sexism.*

-OPRAH WINFREY



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*When I let go of what I am, I become what I might be.*

-LAO TZU



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Date: \_\_\_\_\_

*If you think you don't have time to do it right, what makes you think you'll have time to do it over?*

-SETH GODIN



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Date: \_\_\_\_\_

*Change is what happens when the pain of staying the same is greater than the pain of change.*

-TONY ROBBINS



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*Peace is a daily, a weekly, a monthly process, gradually changing opinions, slowly eroding old barriers, quietly building new structures.*

-JOHN F. KENNEDY



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*Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.*

-RUMI



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*The greatest of human emotions is love. The most valuable of human gifts is the ability to learn. Therefore learn to love.*

-UJ RAMDAS



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*Knowing what you don't know is more useful than being brilliant.*

-CHARLIE MUNGER



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What would make today great?

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Three amazing things that happened today...

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How could I have made today even better?

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Date: \_\_\_\_\_

*Postpone joy, it will diminish. Postpone a problem, it will grow.*

-PAULO COELHO



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...

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How could I have made today even better?

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Date: \_\_\_\_\_

*We don't really want things. We want the feelings we think those things will give us.*

-GARY TAN



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Sometimes you can't see yourself clearly until you see yourself through the eyes of others.*

-ELLEN DEGENERES



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*The whole purpose of education is to turn mirrors into windows.*

-SYDNEY HARRIS



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...

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How could I have made today even better?

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Date: \_\_\_\_\_

*The cave you fear to enter holds the treasure you seek.*

-JOSEPH CAMPBELL



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Your actions reveal not what you want, but what you choose.*

-SHANE PARRISH



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...

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How could I have made today even better?

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Date: \_\_\_\_\_

*He is happiest who hath power to gather wisdom from a flower.*

-MARY HOWITT



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...

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How could I have made today even better?

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Date: \_\_\_\_\_

*The point is not to pay back kindness but to pass it on.*

-JULIA ALVAREZ



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Fear doesn't shut you down; it wakes you up.*

-VERONICA ROTH



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Life moves pretty fast. If you don't stop and look around once in a while, you could miss it.*

-FERRIS BUELLER



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Faith is to believe what you do not yet see; the reward for this faith is to see what you believe.*

-SAINT AUGUSTINE



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*No one can make you feel inferior without your consent.*

-ELEANOR ROOSEVELT



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Everyone wants to live on the top of the mountain, but all the happiness and growth occurs while you're climbing it.*

-ANDY ROONEY



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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How could I have made today even better?

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Date: \_\_\_\_\_

*Light tomorrow with today.*

-ELIZABETH BARRETT BROWNING



What am I grateful for today?

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Who can I help/serve today and how?

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How could I have made today even better?

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Date: \_\_\_\_\_

*You cannot teach a man anything; you can only help him find it within himself.*

-GALILEO



What am I grateful for today?

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Who can I help/serve today and how?

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How could I have made today even better?

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Date: \_\_\_\_\_

*The art of listening is not to hear what someone says but to hear how they feel.*

-BOB CHAPMAN



What am I grateful for today?

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Who can I help/serve today and how?

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How could I have made today even better?

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Date: \_\_\_\_\_

*Anything you want to ask a teacher, ask yourself, and wait for the answer in silence.*

-BYRON KATIE



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*The goal isn't to live forever, the goal is to create something that will.*

-CHUCK PALAHNIUK



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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How could I have made today even better?

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Date: \_\_\_\_\_

*Promise me you'll always remember: You're braver than you believe,  
and stronger than you seem, and smarter than you think.*

-CHRISTOPHER ROBIN



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.*

-MARIE CURIE



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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How could I have made today even better?

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Date: \_\_\_\_\_

*A happy life consists not in the absence, but in the mastery of hardships.*

-HELEN KELLER



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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...

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How could I have made today even better?

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Date: \_\_\_\_\_

*It is better to be hated for what you are than to be loved for what you are not.*

-ANDRE GIDE



What am I grateful for today?

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Who can I help/serve today and how?

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How could I have made today even better?

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Date: \_\_\_\_\_

*What a wonderful life I've had! I only wish I'd realized it sooner.*

-SIDONIE-GABRIELLE COLETTE



What am I grateful for today?

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Who can I help/serve today and how?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*If you spend your whole life waiting for the storm, you'll never enjoy the sunshine.*

-MORRIS WEST



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Good manners have much to do with emotions. To make them ring true, one must feel them, not merely exhibit them.*

-AMY VANDERBILT



What am I grateful for today?

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Who can I help/serve today and how?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*If you are not willing to risk the unusual, you will have to settle for the ordinary.*

-JIM ROHN



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Do not follow where the path may lead. Go instead where there is no path and leave a trail.*

-DOUG LARSON



What am I grateful for today?

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Who can I help/serve today and how?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Turn your face to the sun and the shadows fall behind you.*

-MAORI PROVERB



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...

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How could I have made today even better?

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Date: \_\_\_\_\_

*If you want to live a happy life, tie it to a goal, not to people or things.*

-ALBERT EINSTEIN



What am I grateful for today?

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Who can I help/serve today and how?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Do. Or do not. There is no try.*

-YODA



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Eighty percent of success is showing up.*

-WOODY ALLEN



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*The most effective way to do it, is to do it.*

-AMELIA EARHART



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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...

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How could I have made today even better?

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Date: \_\_\_\_\_

*Things won are done, joy's soul lies in the doing.*

-WILLIAM SHAKESPEARE



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Good things come to those who wait, but better things come to those who go out and get them.*

-ANONYMOUS



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*We think, mistakenly, that success is the result of the amount of time we put in at work, instead of the quality of time we put in.*

-ARIANNA HUFFINGTON



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*I find that the harder I work, the more luck I seem to have.*

-THOMAS JEFFERSON



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Start where you are. Use what you have. Do what you can.*

-ARTHUR ASHE



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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*When I hear somebody sigh, 'Life is hard,' I am always tempted to ask, 'Compared to what?'*

-SYDNEY HARRIS



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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Your time is limited, so don't waste it living someone else's life.*

-STEVE JOBS



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Three amazing things that happened today...

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How could I have made today even better?

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Date: \_\_\_\_\_

*Amateurs sit and wait for inspiration, the rest of us just get up and go to work.*

-STEPHEN KING



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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*I am not a product of my circumstances. I am a product of my decisions.*

-STEPHEN COVEY



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Who can I help/serve today and how?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*The trouble with having a goal is that you can spend your life running up and down the field and never score.*

-BILL COPELAND



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What would make today great?

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How could I have made today even better?

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Date: \_\_\_\_\_

*Leadership is the expectation that you can use your voice for good. That you can make the world a better place.*

-SHERYL SANDBERG



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Who can I help/serve today and how?

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How could I have made today even better?

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Date: \_\_\_\_\_

*The successful warrior is the average man, with laser-like focus.*

-BRUCE LEE



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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*It's not about ideas. It's about making ideas happen.*

-SCOTT BELSKY



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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.*

-CARL BARD



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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*The best time to plant a tree was 20 years ago. The second best time is now.*

-CHINESE PROVERB



What am I grateful for today?

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Who can I help/serve today and how?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*I learned that we can do anything, but we can't do everything...at least not at the same time.*

-DAN MILLMAN



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Every artist was first an amateur.*

-RALPH WALDO EMERSON



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Much of the stress that people feel doesn't come from having too much to do. It comes from not finishing what they started.*

-DAVID ALLEN



What am I grateful for today?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*I am always more interested in what I am about to do than what I have already done.*

-RACHEL CARSON



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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Nothing is less productive than to make more efficient what should not be done at all.*

-PETER DRUCKER



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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*You have brains in your head. You have feet in your shoes. You can steer yourself, any direction you choose.*

-DR. SEUSS



What am I grateful for today?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*The best way to make your dreams come true is to wake up.*

-PAUL VALERY



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Three amazing things that happened today...

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How could I have made today even better?

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Date: \_\_\_\_\_

*Only put off until tomorrow what you are willing to die having left undone.*

-PABLO PICASSO



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Date: \_\_\_\_\_

*If you want to accomplish the goals of your life, you have to begin with the spirit.*

-OPRAH WINFREY



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How could I have made today even better?

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Date: \_\_\_\_\_

*With the new day comes new strength and new thoughts.*

-ELEANOR ROOSEVELT



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Three amazing things that happened today...

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How could I have made today even better?

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Date: \_\_\_\_\_

*Know what you want, work to get it, then value it once you have it.*

-NORA ROBERTS



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How could I have made today even better?

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Date: \_\_\_\_\_

*It's not always that we need to do more but rather that we need to focus on less.*

-NATHAN W. MORRIS



What am I grateful for today?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Don't wait. The time will never be just right.*

-EPICTETUS



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How could I have made today even better?

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Date: \_\_\_\_\_

*To think too long about doing a thing often becomes its undoing.*

-EVA YOUNG



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How could I have made today even better?

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Date: \_\_\_\_\_

*Sometimes, things may not go your way, but the effort should be there every single night.*

-MICHAEL JORDAN



What am I grateful for today?

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Date: \_\_\_\_\_

*You've got to get up every morning with determination if you're going to go to bed with satisfaction.*

-GEORGE LORIMER



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Date: \_\_\_\_\_

*The secret of getting ahead is getting started.*

-MARK TWAIN



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\_\_\_\_\_

Date: \_\_\_\_\_

*The world is but a canvas to the imagination.*

-HENRY DAVID THOREAU



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Date: \_\_\_\_\_

*A year from now you may wish you had started today.*

-KAREN LAMB



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Date: \_\_\_\_\_

*In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of things not meant for you.*

-BUDDHA



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Date: \_\_\_\_\_

*Always be a first-rate version of yourself and not a second-rate version of someone else.*

-JUDY GARLAND



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How could I have made today even better?

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Date: \_\_\_\_\_

*If opportunity doesn't knock, build a door.*

-MILTON BERLE



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Date: \_\_\_\_\_

*Remember that life is not measured by the number of breaths we take, but by the moments that take our breath away!*

-VICKI CORONA



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Date: \_\_\_\_\_

*Spread love everywhere you go. Let no one ever come to you without leaving happier.*

-MOTHER THERESA



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Date: \_\_\_\_\_

*Those who wish to sing, always find a song.*

-SWEDISH PROVERB



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Date: \_\_\_\_\_

*Love makes your soul crawl out from its hiding place.*

-ZORA NEALE HURST



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How could I have made today even better?

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Date: \_\_\_\_\_

*Honesty is the first chapter in the book of wisdom.*

-THOMAS JEFFERSON



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How could I have made today even better?

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Date: \_\_\_\_\_

*You can be a host to God or a hostage to your ego.*

-WAYNE DYER



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Date: \_\_\_\_\_

*There are two ways of spreading light; to be the candle or the mirror that reflects it.*

-EDITH WHARTON



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Date: \_\_\_\_\_

*Sometime your only available transportation is a leap of faith.*

-MARGARET SHEPPARD



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Date: \_\_\_\_\_

*One kind word can warm three winter months.*

-JAPANESE PROVERB



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Date: \_\_\_\_\_

*Happiness can be found in even the darkest of times, but only to those who remember to turn on the light.*

-J.K. ROWLING



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How could I have made today even better?

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Date: \_\_\_\_\_

*Whatever the problem, be part of the solution. Don't just sit around raising the questions and pointing out obstacles.*

-TINA FEY



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Date: \_\_\_\_\_

*The sun himself is weak when he first rises, and gathers strength and courage as the day gets on.*

-CHARLES DICKENS



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How could I have made today even better?

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Date: \_\_\_\_\_

*Self-reflection encourages great bravery. Rationalization is your greatest enemy.*

-AWA KENZO



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Date: \_\_\_\_\_

*The art of living lies less in eliminating our troubles than in growing with them.*

-BERNARD BARUCH



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Date: \_\_\_\_\_

*Nobody is superior, nobody is inferior, but nobody is equal either.  
People are simply unique, incomparable. You are you. I am I.*

-OSHO



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Date: \_\_\_\_\_

*Nothing ever goes away until it teaches us what we need to know.*

-PEMA CHODRON



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Date: \_\_\_\_\_

*I didn't lose the gold. I won the silver.*

-MICHELLE KWAN



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Date: \_\_\_\_\_

*There are no traffic jams along the extra mile.*

-ROGER STAUBACH



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Date: \_\_\_\_\_

*And you ask, "what if I fall?" Oh but my darling, what if you fly?*

-ERIN HANSON



What am I grateful for today?

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Who can I help/serve today and how?

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Three amazing things that happened today...

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How could I have made today even better?

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Date: \_\_\_\_\_

*Trade your expectation for appreciation and the world changes for you.*

-TONY ROBBINS



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Date: \_\_\_\_\_

*Nobody has ever measured, not even poets, how much the heart can hold.*

-ZELDA FITZGERALD



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Date: \_\_\_\_\_

*Nurture your mind with great thoughts. To believe in the heroic makes heroes.*

-BENJAMIN DISRAELI



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Date: \_\_\_\_\_

*Compassion isn't about solutions. It's about giving all the love that you got.*

-CHERYL STRAYED



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Date: \_\_\_\_\_

*When we are no longer able to change a situation, we are challenged to change ourselves.*

-VIKTOR FRANKL



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Date: \_\_\_\_\_

*To be fully seen by somebody...and be loved anyhow—this is a human offering that can border on miraculous.*

-ELIABETH GILBERT



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Date: \_\_\_\_\_

*Give me six hours to chop down a tree, and I will spend the first four sharpening the ax.*

-ABRAHAM LINCOLN



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Date: \_\_\_\_\_

*If we don't change, we don't grow. If we don't grow, we are not really living. Growth demands a temporary surrender of security.*

-GAIL SHEEHY



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Date: \_\_\_\_\_

*It was character that got us out of bed, commitment that moved us into action, and discipline that enabled us to follow through.*

-ZIG ZIGLAR



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Date: \_\_\_\_\_

*If you want to go fast, go alone. If you want to go far, go together.*

-AFRICAN PROVERB



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How could I have made today even better?

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Date: \_\_\_\_\_

*Home is people. Not a place. If you go back there after the people are gone, then all you can see is what is not there any more.*

-ROBIN HOBB



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Date: \_\_\_\_\_

*The best index to a person's character is a) how he treats people who can't do him any good and b) how he treats people who can't fight back.*

-ABIGAIL VAN BUREN



What am I grateful for today?

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Who can I help/serve today and how?

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What would make today great?

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Three amazing things that happened today...



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How could I have made today even better?

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Date: \_\_\_\_\_

*Mix a little foolishness with your prudence; it's good to be silly at the right moment.*

-HORACE



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Date: \_\_\_\_\_

*Cut not the wings of your dreams, for they are the heartbeat and freedom of your soul.*

-FLAVIA ARNA BAARTZ



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Date: \_\_\_\_\_

*All human beings should try to learn before they die what they are running from, and to, and why.*

-JAMES THURBER



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Date: \_\_\_\_\_

*Take your life in you own hands, and what happens? A terrible thing;  
no one to blame.*

-ERICA JONG



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Date: \_\_\_\_\_

*We never know how high we are till we are called to rise. Then, if we are true to plan, our statures touch the skies.*

-EMILY DICKINSON



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Date: \_\_\_\_\_

*Happiness is a how; not a what. A talent, not an object.*

-HERMAN HESSE



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How could I have made today even better?

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Date: \_\_\_\_\_

*Uncertainty is the only certainty there is, and knowing how to love with insecurity is the only security.*

-JOHN ALLEN PAULOS



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Date: \_\_\_\_\_

*You must learn to be still in the midst of activity and to be vibrantly alive in repose.*

-INDIRA GANDHI



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Date: \_\_\_\_\_

*You bring out the best in yourself by looking for the best in others.*

-GENE BEDLEY



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Date: \_\_\_\_\_

*Anyone who isn't embarrassed of who they were last year probably isn't learning enough.*

-ALAIN DE BOTTON



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Date: \_\_\_\_\_

*A ship is safe in harbor, but that's not what ships are for.*

-JOHN A. SHEDD



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Date: \_\_\_\_\_

*Remove those 'I want you to like me' stickers from your forehead and, instead, place them where they truly will do the most good—on your mirror!*

-SUSAN JEFFERS



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Date: \_\_\_\_\_

*To love oneself is the beginning of a lifelong romance.*

-OSCAR WILDE



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Date: \_\_\_\_\_

*Thought is cause, experience is effect. If you don't like the effects in your life, you have to change the nature of your thinking.*

-MARIANNE WILLIAMSON



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Date: \_\_\_\_\_

*Everything is possible. The impossible just takes longer.*

-DAN BROWN



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Date: \_\_\_\_\_

*What is right for one soul may not be right for another. It may mean having to stand on your own and do something strange in the eyes of others.*

-EILEEN CADDY



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Date: \_\_\_\_\_

*The highest reward for man's toil is not what he gets for it, but what he becomes by it.*

-JOHN RUSKIN



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How could I have made today even better?

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Date: \_\_\_\_\_

*I can be changed by what happens to me. But I refuse to be reduced by it.*

-MAYA ANGELOU



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Date: \_\_\_\_\_

*If you obey all the rules, you miss all the fun.*

-KATHERINE HEPBURN



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Date: \_\_\_\_\_

*Until you value yourself you will not value your time. Until you value your time, you will not do anything with it.*

-M. SCOTT. PECK



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Date: \_\_\_\_\_

*To the world you may be just one person, but to one person you may be the world.*

-H. JACKSON BROWN



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Date: \_\_\_\_\_

*In every walk with nature one receives far more than he seeks.*

-JOHN MUIR



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Date: \_\_\_\_\_

*I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear.*

-ROSA PARKS



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Date: \_\_\_\_\_

*There is more hunger for love and appreciation in this world than for bread.*

-MOTHER TERESA



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Date: \_\_\_\_\_

*The more you mature, the more you realize that these imperfections make you more beautiful.*

-BEYONCE KNOWLES



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Date: \_\_\_\_\_

*In the depths of winter I finally learned there was in me an invincible summer.*

-ALBERT CAMUS



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Date: \_\_\_\_\_

*In a basic way, acceptance is seeing clearly what's happening and holding it with kindness. This is a radical antidote to the suffering of a judging mind.*

-TARA BRACH



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Date: \_\_\_\_\_

*Sometimes it's not the strength but gentleness that cracks the hardest shells.*

-RICHARD PAUL EVANS



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Date: \_\_\_\_\_

*Only when we are brave enough to explore the darkness will we discover the infinite power of our light.*

-BRENE BROWN



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Date: \_\_\_\_\_

*Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.*

-MARCEL PROUST



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Date: \_\_\_\_\_

*It's time for you to move, realizing that the thing you are seeking is also seeking you.*

-IYANLA VANZANT



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Date: \_\_\_\_\_

*Often when you think you're at the end of something, you're at the beginning of something else.*

-FRED ROGERS



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Date: \_\_\_\_\_

*Those who do not move, do not notice their chains.*

-ROSA LUXEMBURG



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Date: \_\_\_\_\_

*We choose to consistently generate Love & Vitality for ourselves,  
each other and to those we serve.*

—YOSHI RAHM



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