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# My Gratitude Journal

"what we appreciate - appreciates"

Positive thoughts about my day ...

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The 3 things I'm most grateful for today ...

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

'Sleep well and know that your last thoughts of what you are most grateful for today will fill your heart & your dreams, and leak Cosmic Orders into the ether, creating even more things to be grateful for tomorrow'.  
It's the Law of Gratitude!

xxx

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