



HealingthePlanetfromWithin.com

Gratitude and Good Vibes Journal

A worksheet to help you remember
the good in your life.

*"Gratitude opens the door to the power, the wisdom, the
creativity of the universe. You open the door through
gratitude." ~ Deepak Chopra*

Studies have proven that you can't hold negativity in
your heart and mind when you're feeling Gratitude.

Start a daily practice of being grateful for things in your life,
and start to feel better every day.



Gratitude is High Vibes!

LET'S HAVE SOME FUN!

[Go to: HealingthePlanetfromWithin.com](http://HealingthePlanetfromWithin.com) for more worksheets! :)

Write down (and listen to) 5 songs that you are grateful for.

1

2

3

4

5



“Today, I choose to live with gratitude for the love that fills my heart, the peace that rests within my spirit, and the voice of hope that says all things are possible.”

Hey Lovely, sharing is caring... feel free to sharing
this worksheet with your family and friends!

Starting an Attitude of Gratitude

Today I'm grateful for...

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the gift of family	a bed to sleep in	my health and well-being		the freedom to be my true self
simple joys that lift me up	my friends	food on the table	peace of mind	herbal tea
personal development	smiles on faces	Free	the stars in the sky	new opportunities around every corner
a chance to begin again	the roof over my head	internet connection	giving and receiving forgiveness	my pets
encouraging words from lovely people	the kindness of strangers	God's love	rainbows in the sky	laughter



GRATITUDE PLANNER

MONTH:

WEEK:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

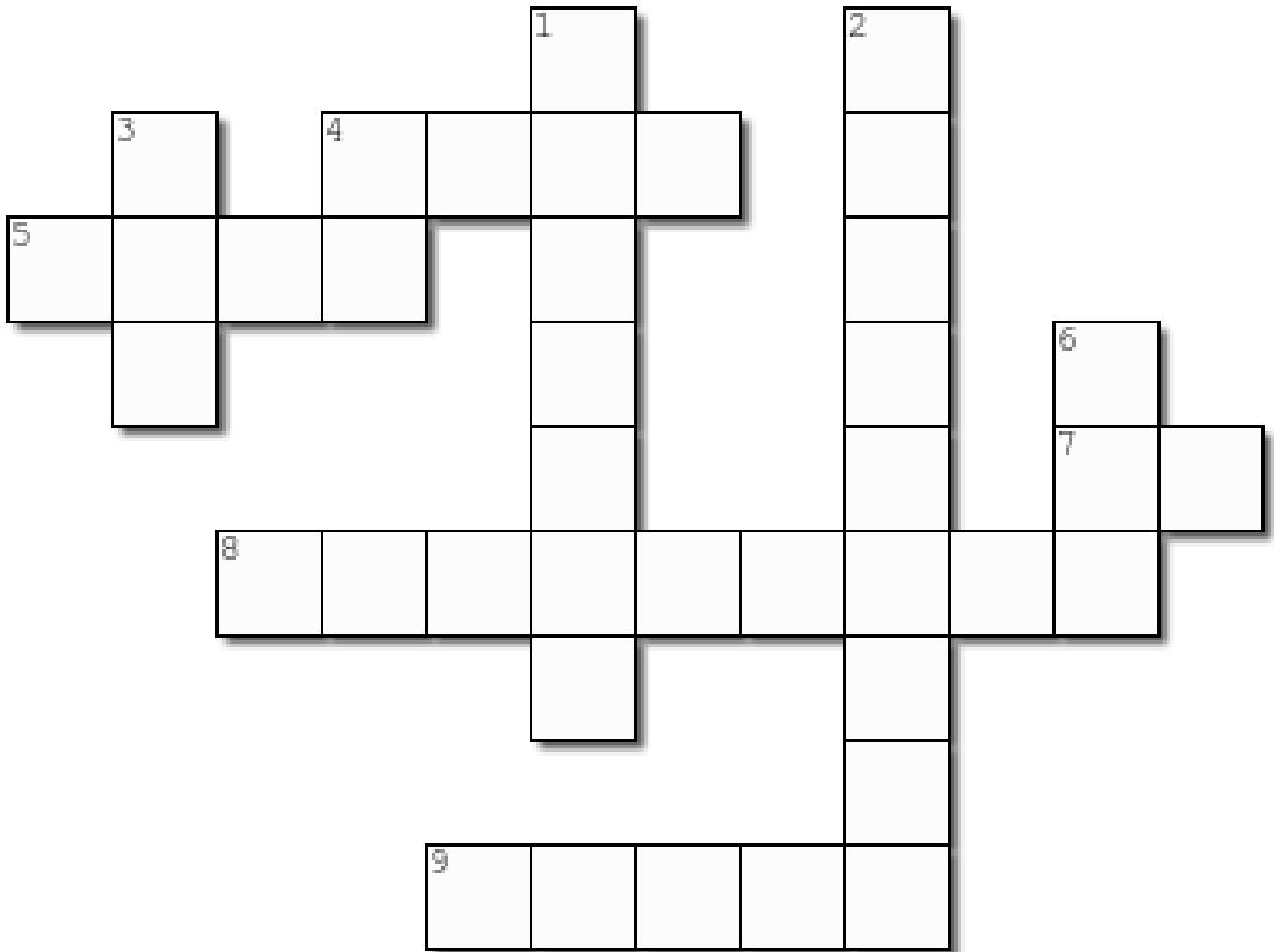
YOU ARE AWESOME! Keep up the good work! HealingthePlanetfromWithin.com



Super Awesome Crossword!

Hi! I made this super awesome crossword puzzle for you!
Google the answers you don't know yet!

[While you're here can you go Subscribe to our YouTube Channel too! Thanks!](#)



Across

4. In Reiki, Nentatsu-ho is a technique to reprogram your subconscious

5. What four letter word is great to feel?

7. What is the Bija Mantra of the Ajna Chakra?

8. I am always safe and

9. Sitting in a hammock you might feel

Down

1. What is the name of the heart chakra in India?

2. Name the attitude that can heal your life.

3. A stronger energy vibration than happiness.

4. Who is the number 1 person you should love?

6. You are _____