



Awakening to Awareness

A Thirty-day Gratitude Journal

NOVEMBER
2018

Thankful:
appreciative, pleased,
indebted, satisfied,

Gratitude:
acknowledgement,
appreciate, thanks,
recognition

Your Name



Awakening to Awareness
A Thirty-day Gratitude Journal

How to Use your Gratitude Journal

In November our thoughts turn to what we are thankful for and our gratitude as we start planning for the Thanksgiving Day Feast.

Listing your thoughts and adding a few words will enhance your Holiday experience.

- Don't know what to put down? Look at the beauty around you. What made you a better you today?
- Wait three days before you repeat a used gratitude.
- When you are grateful for a person, let them know. Send a card with a handwritten note, post on their timeline; craft a text telling them why you are thinking of them; and a simple phone call, are all easy ways to show gratitude.

*Designed by
Lyn Livingston*

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Praise the Lord!

Give thanks to the Lord,
for he is good!

His faithful love
endures forever.

Psalm 106:1 NLT

November 1

I am grateful for _____

November 2

I am grateful for _____



November 3

I am grateful for _____





November 4

I am grateful for

November 5

I am grateful for



November 6

I am grateful for



November 7

I am grateful for



“The thing that awakens the deepest fountain of **gratitude** in a human being is that God has forgiven his sin.” Oswald Chambers



Lord, I will worship you with extended
hands as my whole heart explodes
with praise!

I will tell everyone everywhere about
your wonderful works and how your
marvelous miracles exceed
expectations!

Psalm 9:1 (TPT)

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November 8

I am grateful for _____

November 9

I am grateful for _____



November 10

I am grateful for





November 11

I am grateful for _____



November 12

I am grateful for _____

November 13

I am grateful for _____



November 14

I am grateful for _____





November 15

I am grateful for _____

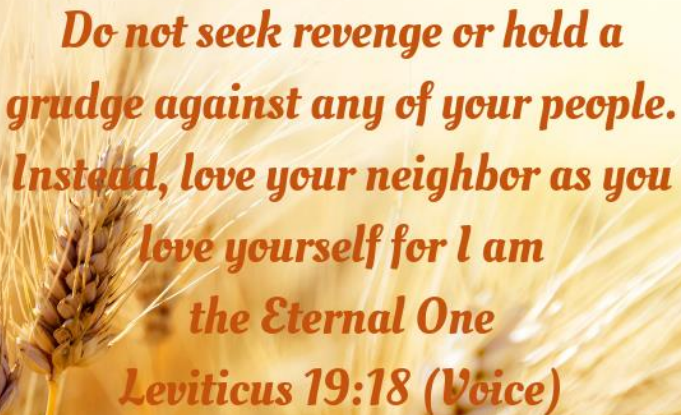
November 16

I am grateful for _____



November 17

I am grateful for _____



**Do not seek revenge or hold a
grudge against any of your people.
Instead, love your neighbor as you
love yourself for I am
the Eternal One
Leviticus 19:18 (Voice)**



Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow. – Melody Beattie

November 18

I am grateful for _____

November 19

I am grateful for _____

November 20

I am grateful for _____



November 21

I am grateful for _____



Happy Thanksgiving

From his abundance, we have all
received one gracious blessing
after another.

JOHN 1:16

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November 22

I am grateful for _____

November 23

I am grateful for _____



November 24

I am grateful for _____



November 25



I am grateful for _____

November 26

I am grateful for _____



November 27

I am grateful for _____

November 28

I am grateful for _____



*Gratitude exclaims, very properly,
'How good of God to give me this.'*

C. S. Lewis

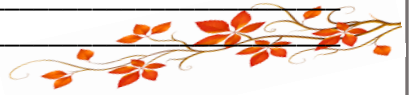


November 29

I am grateful for _____

November 30

I am grateful for _____



December 1

I am grateful for _____

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