

# Connecting to Greatness Gratitude Journal

KIMATRA MAXWELL

*Gratitude Journal*

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I am grounded in gratitude, seeing blessings everywhere. I speak and feel gratitude in my heart, letting it guide my life with love and clarity.

*Gratitude Journal*

*Connecting to Greatness*

*Learn . Grow . Heal.*

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# *Gratitude Journal*

This Journal belongs to:

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# *Gratitude Journal*

## Welcome

As a teenager, my mom gave me a cute little journal and told me to write when I couldn't find the words to speak. That simple gesture sparked my lifelong love for journaling. Over the years, journaling has been my companion through relationships, milestones, and achievements. I've discovered the transformative power of putting my thoughts on paper—it has completely changed my life. I believe journaling can help you create the life you've always envisioned. It's a tool that can support healing, build emotional intelligence, foster discipline, and help you achieve your goals.

This journal is for anyone looking to develop and maintain a gratitude practice. Gratitude is one of the core values of Connecting to Greatness because, much like journaling, gratitude has profoundly shaped my life. Scientific research has shown that practicing gratitude can boost self-esteem, improve sleep, reduce stress, increase self-awareness, shift perspectives, and bring greater happiness. There are countless reasons to embrace gratitude.

This journal is designed for those ready to start and sustain a gratitude practice. I'm excited for the journey you're about to begin. The journal is simple to use. Start by setting aside a specific time each day for journaling—preferably right before bed or in the morning as you start your day. You can set an alarm on your phone to remind you. Keep your journal by your nightstand as a friendly prompt. After completing your gratitude entry, take 20 seconds to repeat the affirmation at the end of the page and sit with the feelings it evokes. Lastly, be kind to yourself if you miss a day or two—it's okay. Journal when it feels right and enjoyable for you.

Thank you for supporting Connecting to Greatness and for choosing to cultivate your gratitude practice. Let your spirit be guided by gratitude, and may your life be transformed through it.

Your sister on the journey,  
Kimatra Maxwell, MSW LICSW

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*Gratitude Journal*

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

What qualities about myself am I most grateful for and love the most?

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