

I AM
GRATEFUL

I AM
GRATEFUL

Copyright © 2021 by IAM Editorial Team

All rights reserved. No part of this book may be reproduced, scanned, or distributed in any print or electronic form without permission. Please do not participate in or encourage piracy of copyrighted materials in violation of the author's right.

THIS BOOK BELONGS TO

INTRODUCTION

Practicing gratitude can be so simple, yet so powerful. When we start feeling grateful for the little things, bigger things start to follow. It's a simple act which requires very little input, but offers big results.

How often do we give thanks for the things we already have? The prompts in this journal will guide you to find reasons to be grateful for both the little things and the big things in life, and even the tough experiences.

Taking a few moments out of our day to pause and observe all the good things in our lives will provide us with a fresh perspective. Feeling thankful often leads us to feel happier, more satisfied, and less stressed. And practicing gratitude can make us better equipped to handle the difficulties in life that inevitably arise, because we frequently check in with what's truly important and can focus on what really matters.

It is said that all habits start small. If so, journaling about gratitude is the perfect way to turn gratitude from an occasional occurrence into a consistent practice. The more we do it, the more it becomes a habit. The more it becomes a habit, the easier it becomes for us to do it every day.

Best of all? Gratitude is available to everyone. It's free, it's flexible, and it's also really contagious. Whether you can devote 5 minutes a week or an hour a day to practicing gratitude, the amazing benefits are yours to reap.

ABOUT i'preciate

I'PRECIMATE is an initiative by IAM Advisory Group.

It is a program launched to appreciate our valued clients and loved ones for their utmost support and trust in us, borne out of the desire to create a holistic and educational space for clients to network with each other and unite over common passions.

We believe life is beyond just dollars and cents. But, in order for you to fulfil your goals in life, the topic of money is unavoidable. Hence here at IAM Advisory, we strive to not only help you to build up your financial nest egg, but help you achieve your aspirations as well.

Putting you before us, and going above and beyond for you will not only ensure that you are happy, but is also a testament to our mission in helping our beloved clients. We are thankful to our clients and friends, for being with us since the beginning and for constantly bringing along your loved ones to build a community of like-minded people.

For being a part of our journey, thank you.

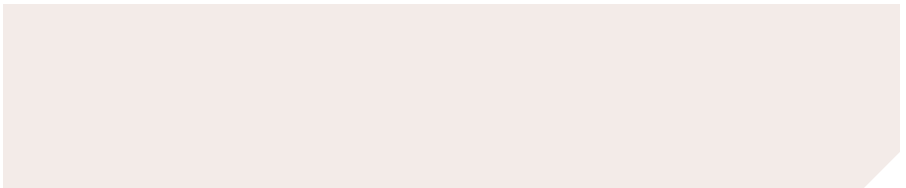
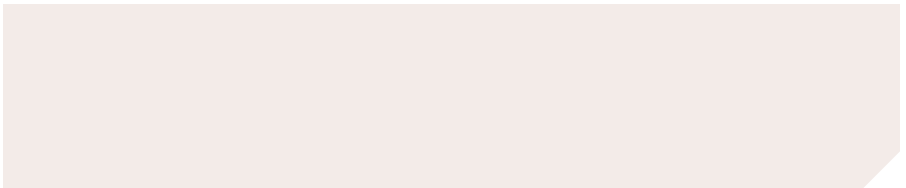
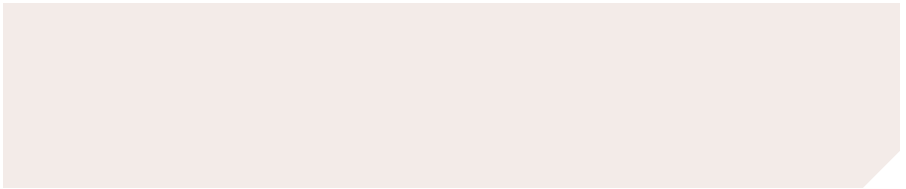
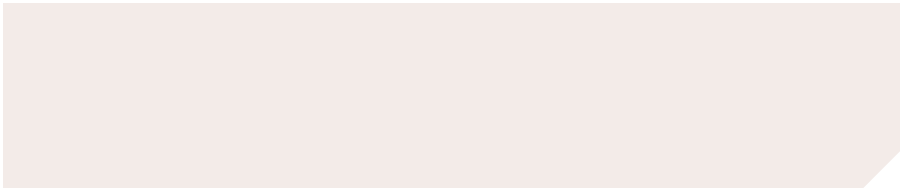
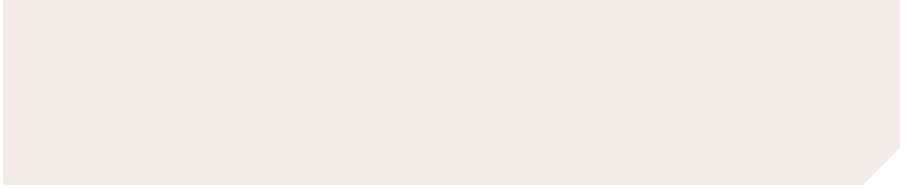
This journal has been created as another avenue to show our appreciation to you. If you find it useful, if you've been a recipient of someone's goodness, we hope you will pay it forward and spread more goodness to someone else's life. This way, gratitude becomes a gift, creating an endless cycle of giving and receiving.

"I Am, Because You Are."

I DON'T HAVE TO CHASE
EXTRAORDINARY MOMENTS
TO FIND HAPPINESS - IT'S
RIGHT IN FRONT OF ME IF I'M
PAYING ATTENTION.

- Brene Brown

FIVE REASONS TO SMILE TODAY



THE FIRST THING THAT COMES TO MIND,
WHEN I THINK OF WHAT BRINGS ME
HAPPINESS.

(STARTING WITH EACH LETTER)

A _____

B _____

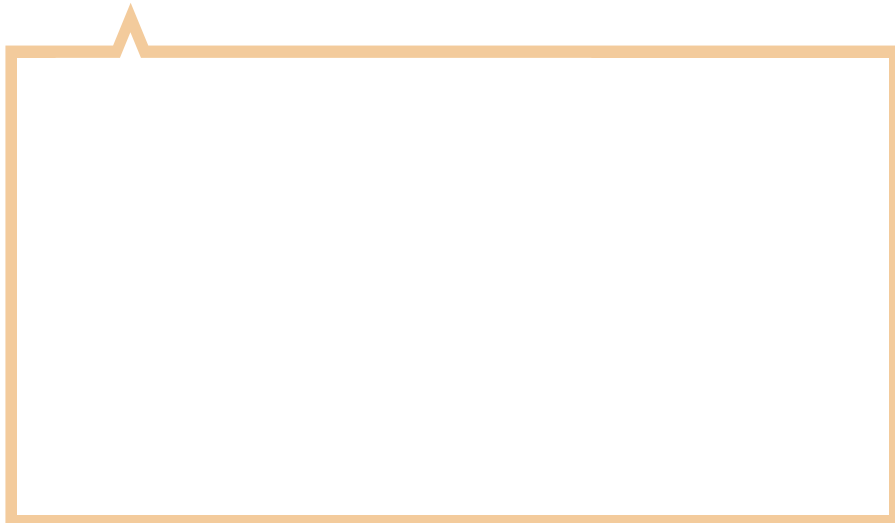
C _____

D _____

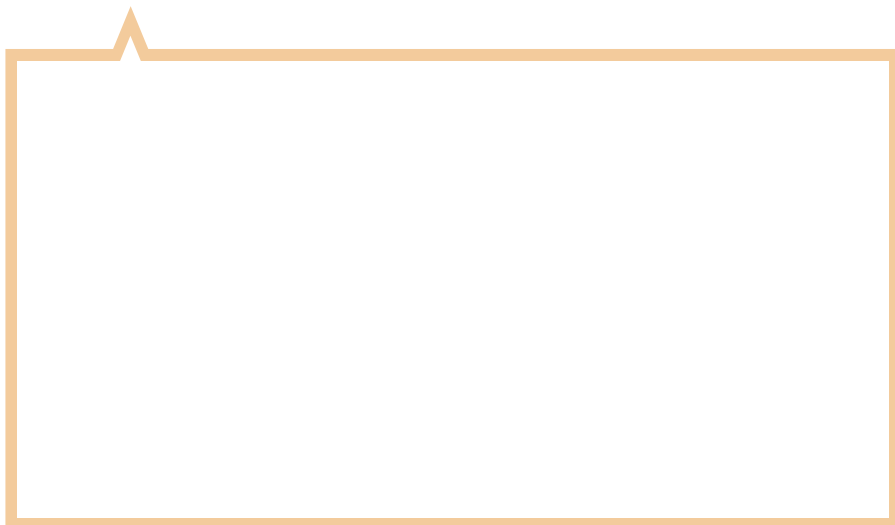
E _____

F _____

WHAT PLEASANTLY SURPRISED ME TODAY



SOMEONE WHOSE PRESENCE
MAKES MY LIFE SWEETER



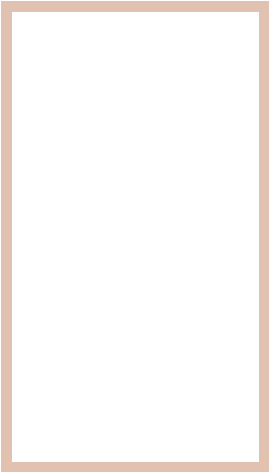
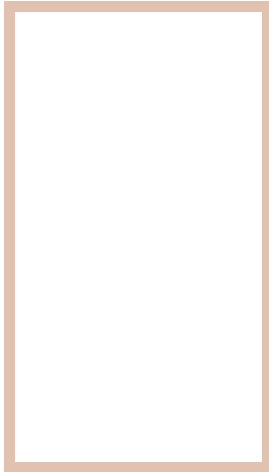
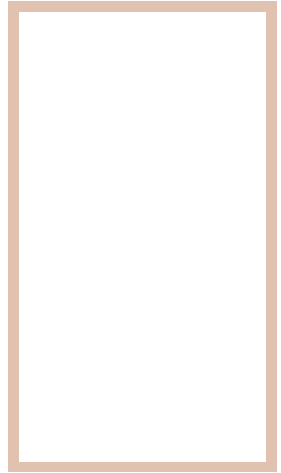
BE THANKFUL FOR WHAT
YOU HAVE AND YOU`LL END
UP HAVING MORE.
IF YOU CONCENTRATE ON
WHAT YOU DON`T HAVE,
YOU WILL NEVER EVER
HAVE ENOUGH.

- Oprah Winfrey

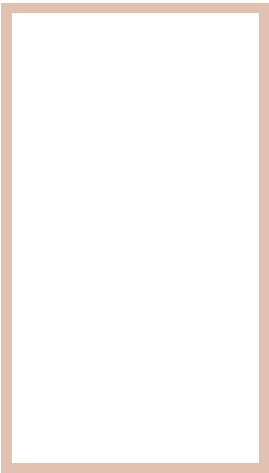
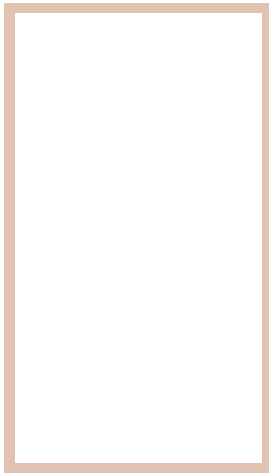
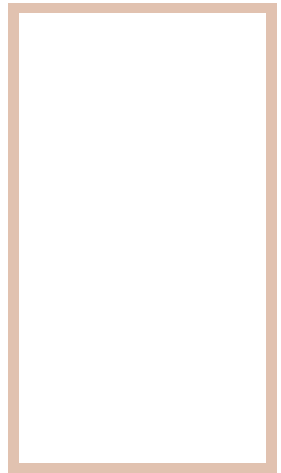
AN ENCOURAGING TEXT I RECENTLY RECEIVED

AN ENCOURAGING TEXT I RECENTLY SENT

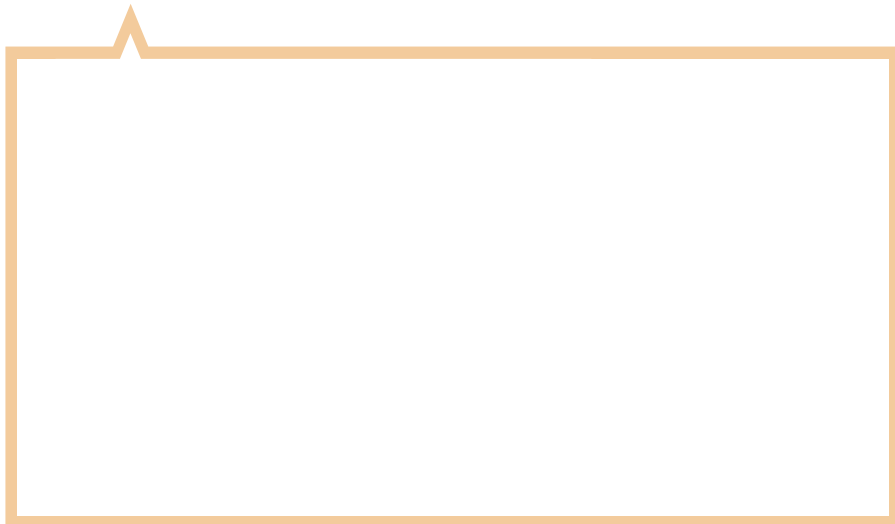
THREE BEAUTIFUL THINGS
I'VE SEEN THIS WEEK

An empty rectangular box with a thin brown border, intended for writing one of the three beautiful things seen this week.An empty rectangular box with a thin brown border, intended for writing one of the three beautiful things seen this week.An empty rectangular box with a thin brown border, intended for writing one of the three beautiful things seen this week.

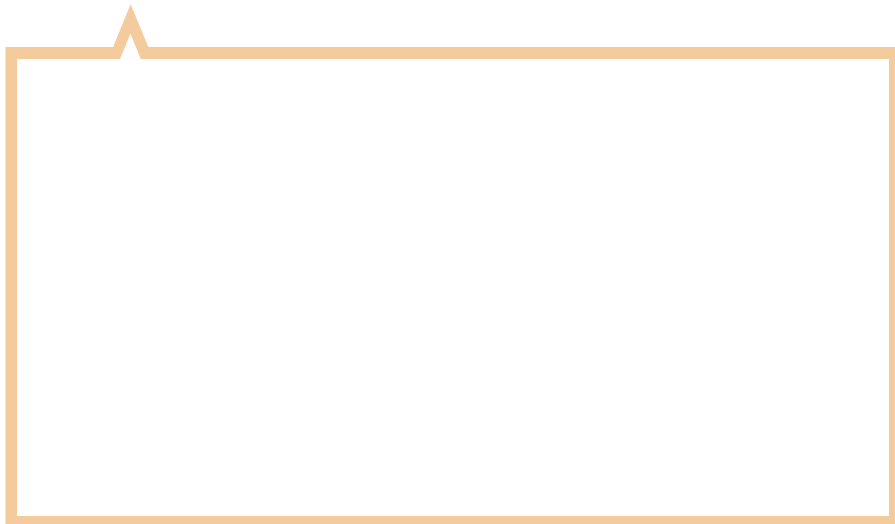
THREE THINGS
I REALLY APPRECIATE ABOUT MY JOB

An empty rectangular box with a thin brown border, intended for writing one of the three things appreciated about the job.An empty rectangular box with a thin brown border, intended for writing one of the three things appreciated about the job.An empty rectangular box with a thin brown border, intended for writing one of the three things appreciated about the job.

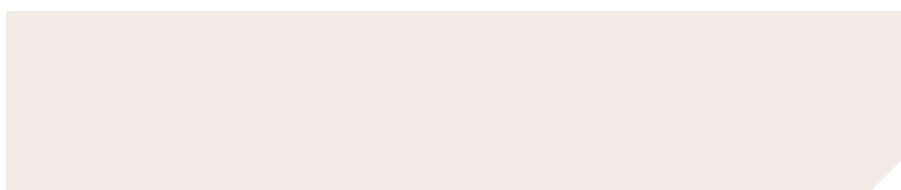
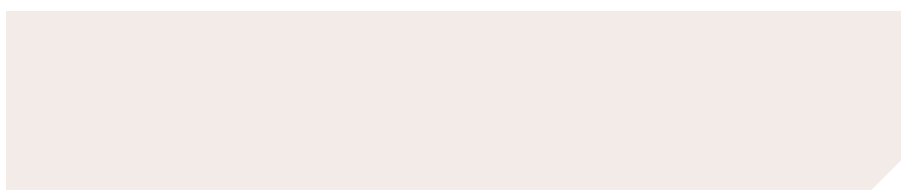
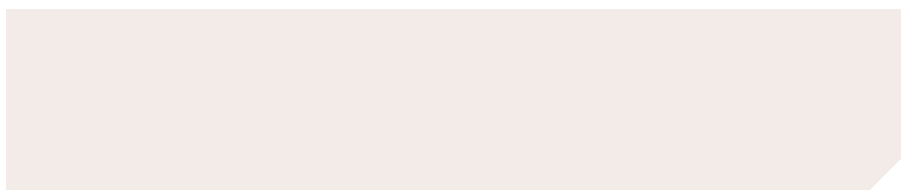
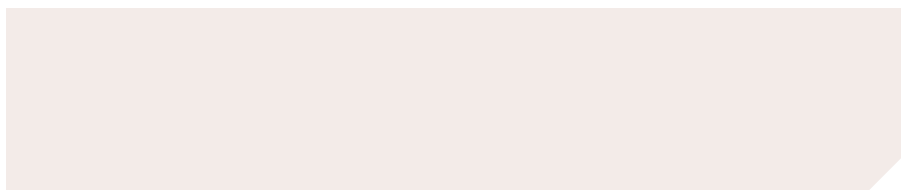
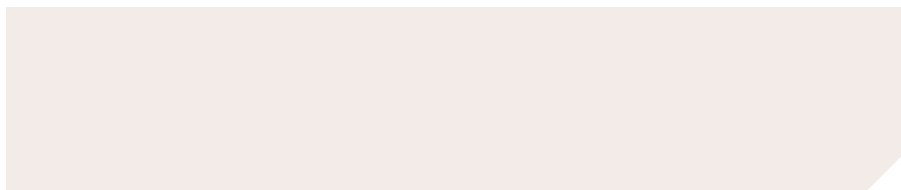
ONE REASON MY LIFE IS GREAT



SOMEONE WHO MAKES MY LIFE BETTER
JUST BY BEING IN IT



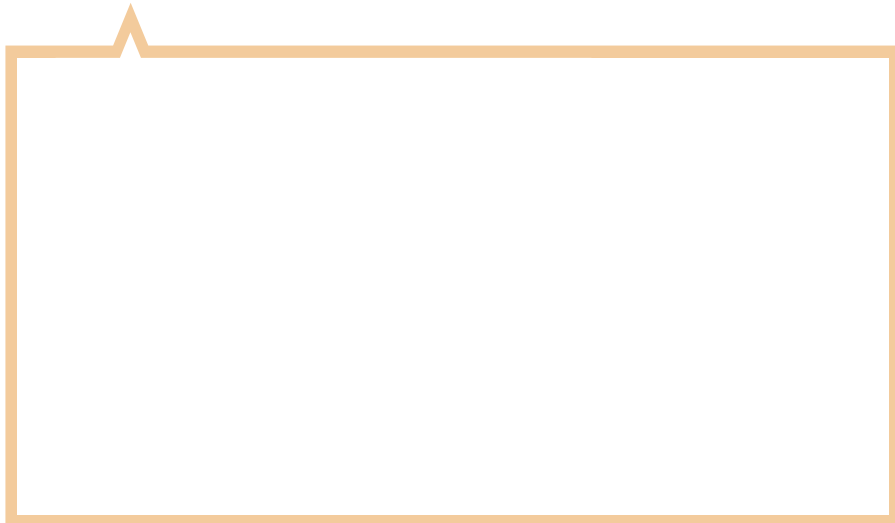
FIVE THINGS
I'M LOOKING FORWARD TO THIS MONTH



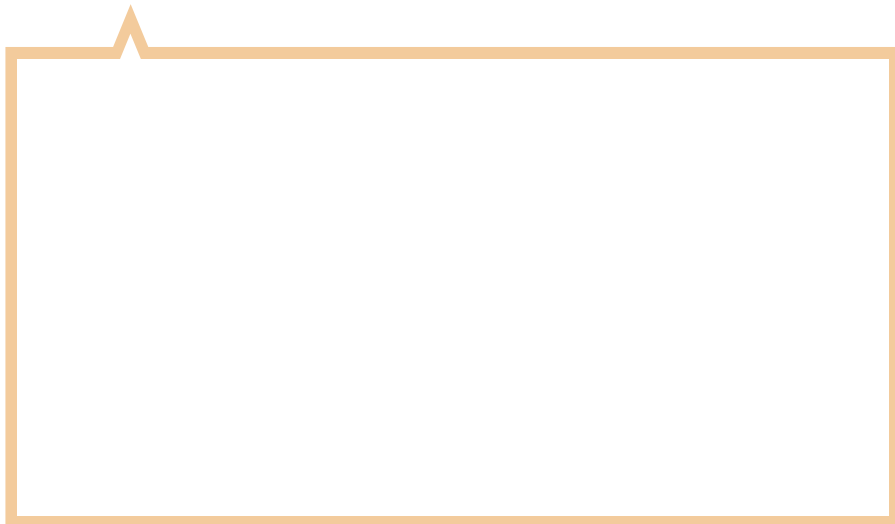
APPRECIATION IS A
WONDERFUL THING.
IT MAKES WHAT IS
EXCELLENT IN OTHERS
BELONG TO US AS WELL.

- *Voltaire*

ONE OF THE BEST PARTS ABOUT BEING ME



SOMETHING I CURRENTLY HAVE
THAT I'VE ALWAYS WANTED

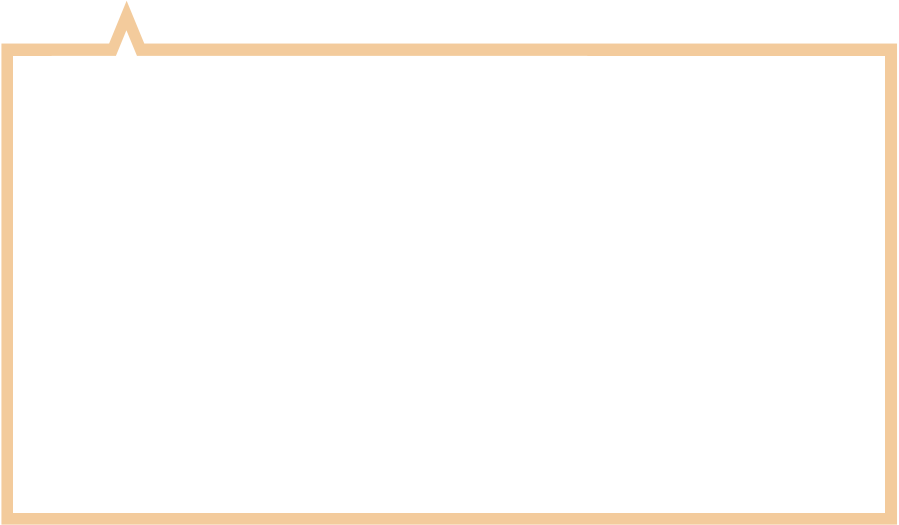


FIVE WAYS
I ENJOY MOVING MY BODY

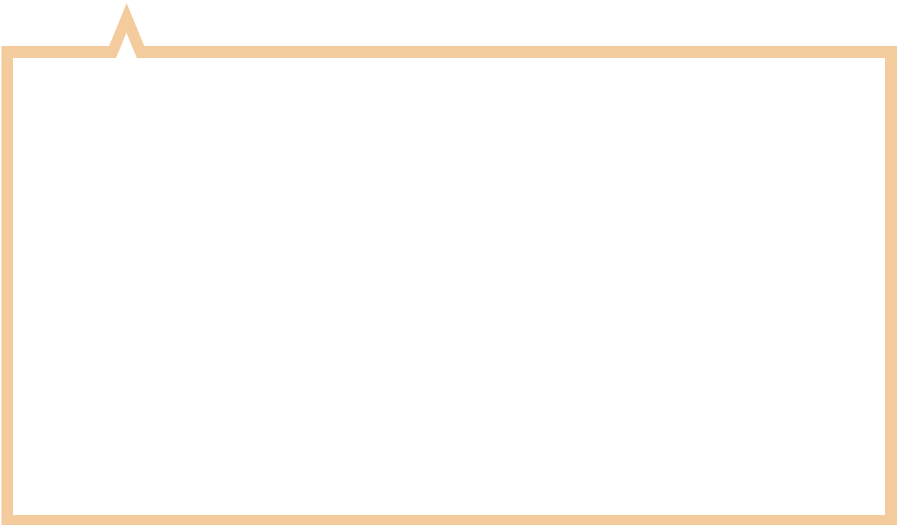
I CAN'T HELP BUT SMILE WHEN ...

I AM PROUD OF MYSELF FOR ...

THE MOST BEAUTIFUL THING I SAW TODAY



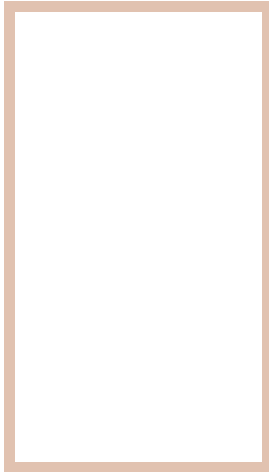
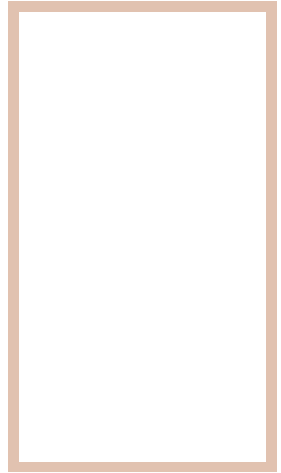
SOMEONE OR SOMETHING THAT
MAKES ME SMILE LIKE A LITTLE KID AGAIN



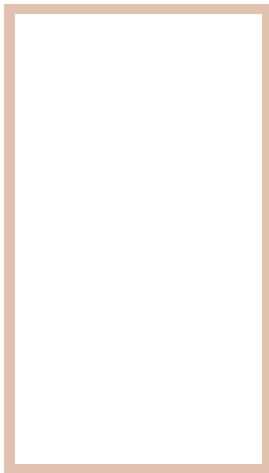
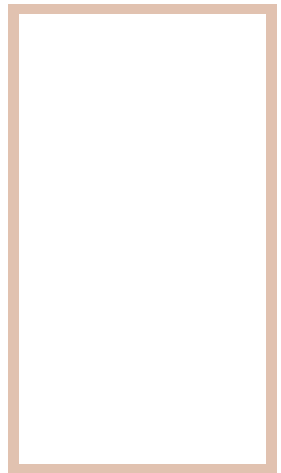
BE IN LOVE WITH YOUR LIFE,
EVERY DETAIL OF IT.

- Jack Kerduac

THREE FAVOURITE THINGS TO DO
WITH MY FAMILY

An empty rectangular box with a thin brown border, intended for writing the first of three favorite activities to do with family.An empty rectangular box with a thin brown border, intended for writing the second of three favorite activities to do with family.An empty rectangular box with a thin brown border, intended for writing the third of three favorite activities to do with family.

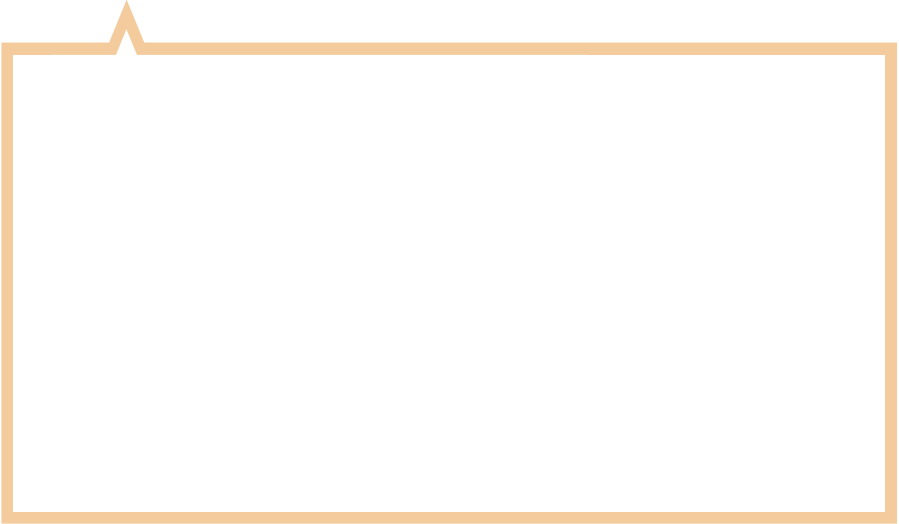
THREE FAVOURITE THINGS TO DO
WITH MY FRIENDS

An empty rectangular box with a thin brown border, intended for writing the first of three favorite activities to do with friends.An empty rectangular box with a thin brown border, intended for writing the second of three favorite activities to do with friends.An empty rectangular box with a thin brown border, intended for writing the third of three favorite activities to do with friends.

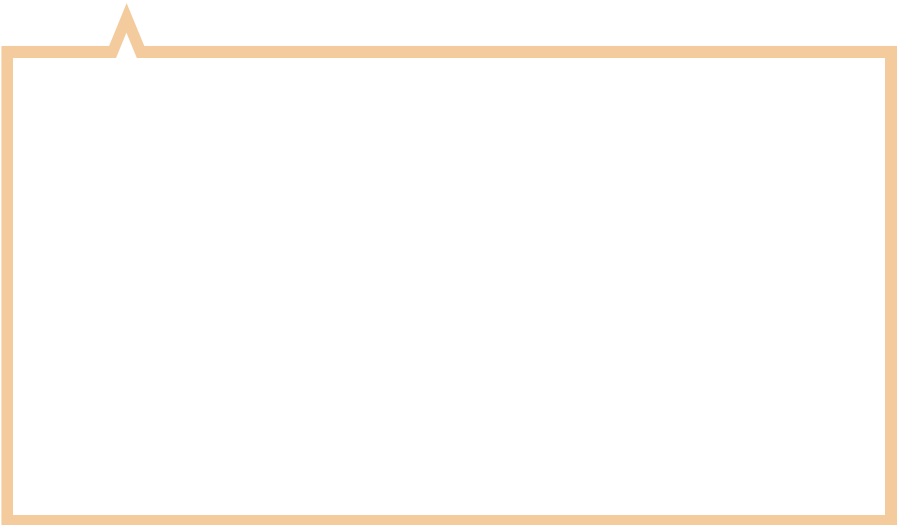
IF EVERYTHING WAS
PERFECT, YOU WOULD
NEVER LEARN AND YOU
WOULD NEVER GROW.

- Beyonce Knowles

THE BEST TEXT I'VE RECEIVED THIS WEEK



A TIME WHEN I FELT LIKE
EVERYTHING WAS RIGHT IN THE WORLD



MY THOUGHTS AND FEELINGS WHEN I
THINK OF THE WORD 'BEAUTIFUL' ARE ...

SOME INNER-BEAUTY CHARACTERISTICS
I SEE IN MYSELF ARE ...

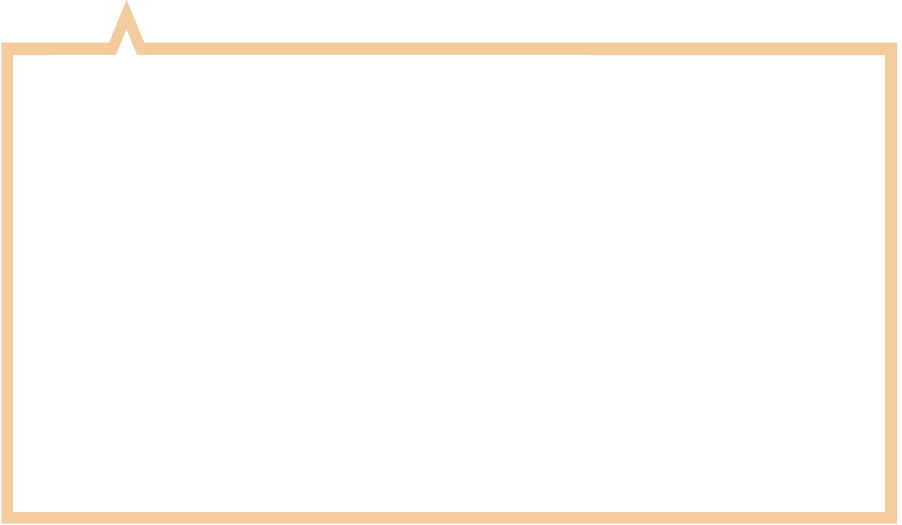
THE LAST EXPERIENCE THAT
MADE ME LAUGH UNCONTROLLABLY

THE LAST EXPERIENCE THAT
MOVED ME TO TEARS OF JOY

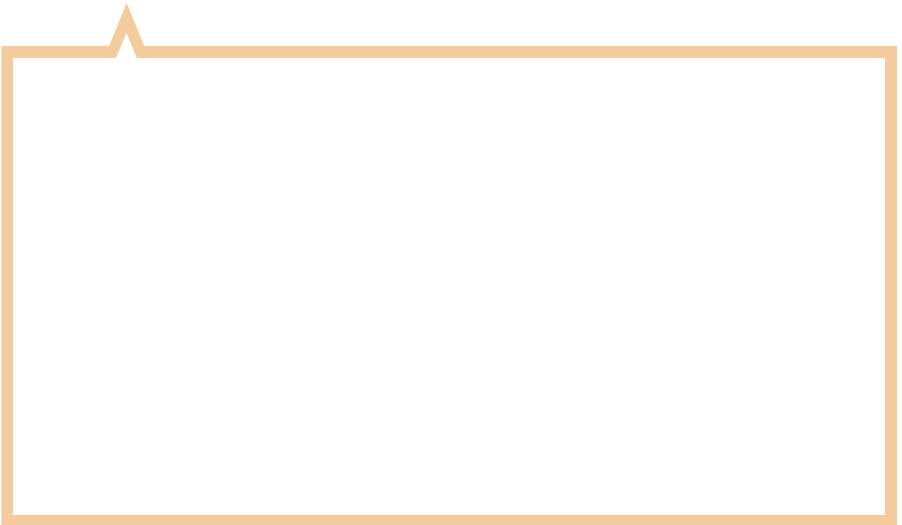
WHEN YOU ARISE IN THE
MORNING, THINK OF WHAT A
PRECIOUS PRIVILEGE IT IS TO
BE ALIVE - TO BREATHE, TO
THINK, TO ENJOY, TO LOVE.

- Marcus Aurelius

THE PLACE I MOST ENJOYED SPENDING TIME



A DETOUR IN LIFE THAT TURNED OUT
HAPPIER THAN THE ROAD I PLANNED TO TAKE



THINGS I'M GRATEFUL FOR TODAY

(CHECK THE BOXES)

- THE SMELL OF RAIN IN THE AIR
- THE WARMTH OF THE SUN ON MY FACE
- LISTENING TO MY FAVOURITE SONG
- A HOT CUP OF COFFEE OR TEA IN THE MORNING
- THE STARRY NIGHT SKY
- BEING ALIVE AND WELL
- THE COLOURS I CAN SEE
- SOMEONE BELIEVING IN ME

IT IS ONLY WITH GRATITUDE
THAT LIFE BECOMES RICH.

- Dietrich Bonhoeffer

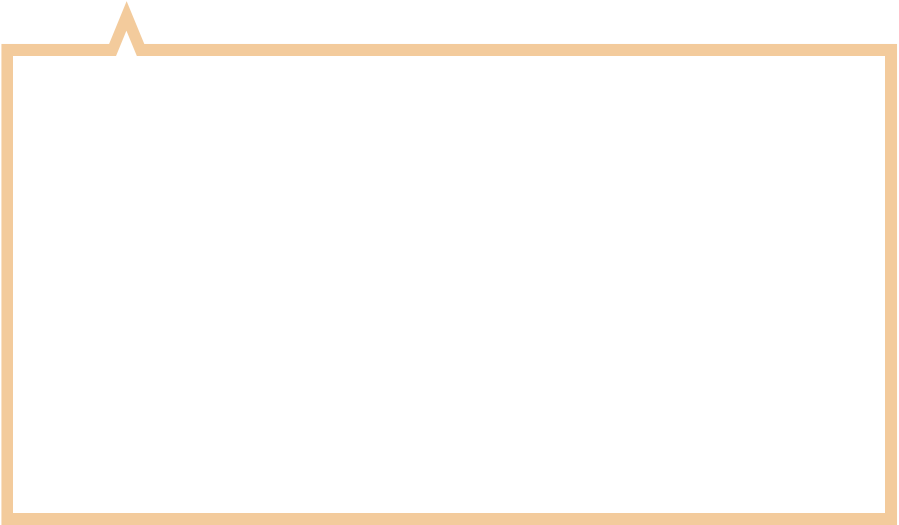
I AM A STRONG ...

TODAY I GOT TO TRY ...

A BOOK I LOVED AS A CHILD



AN ACT OF KINDNESS THAT
I EXPERIENCED OR WITNESSED TODAY



HAPPINESS IS NOT A GOAL,
IT IS A BY-PRODUCT.

- Eleanor Roosevelt

POSITIVE AFFIRMATIONS
TO REMIND MYSELF TODAY

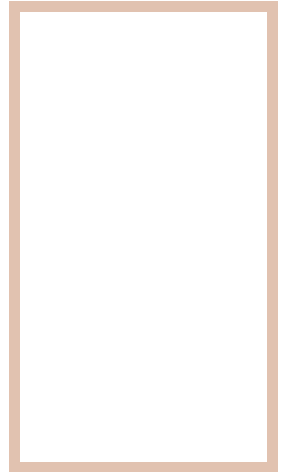
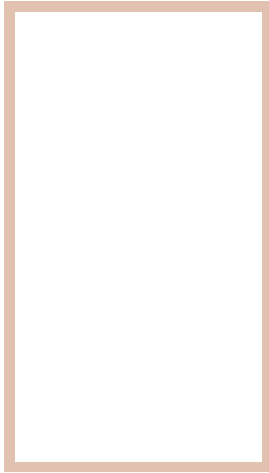
I BELIEVE
IN MYSELF

I DESERVE
TO BE HAPPY

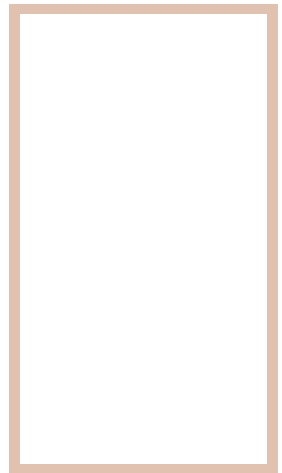
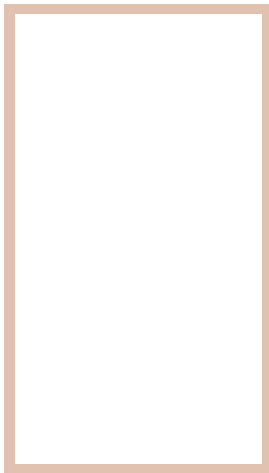
I AM
FORGIVING

I LOVE
BEING ME

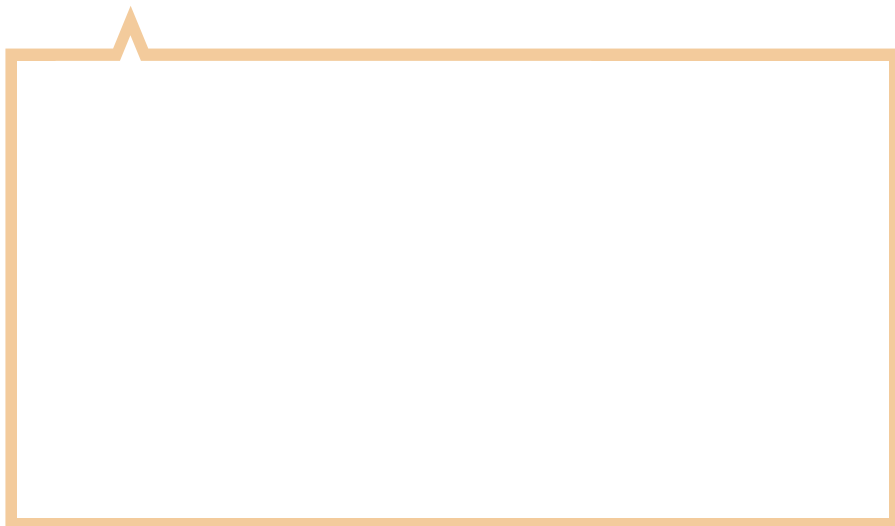
THREE PEOPLE IN MY LIFE
I FEEL LUCKY TO KNOW



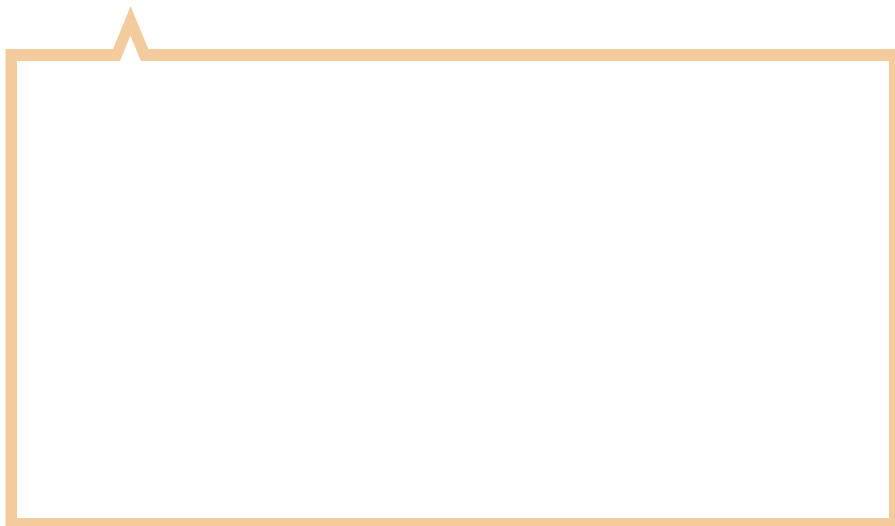
THREE GOOD THINGS
THAT HAVE HAPPENED TO ME THIS WEEK



SOMEONE I GOT TO SPEND TIME WITH TODAY



A QUALITY OF ONE OF MY CLOSEST FRIENDS
THAT I ABSOLUTELY LOVE



I LOVE MY ...

I'M HAPPIEST WHEN I ...

THE FIRST THING THAT COMES TO MIND,
WHEN I THINK OF WHAT BRINGS ME
HAPPINESS.

(STARTING WITH EACH LETTER)

G _____

H _____

I _____

J _____

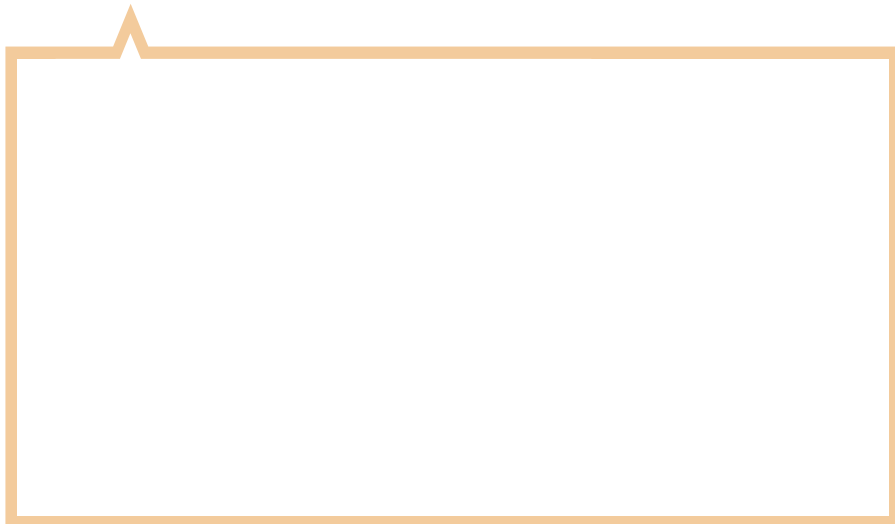
K _____

L _____

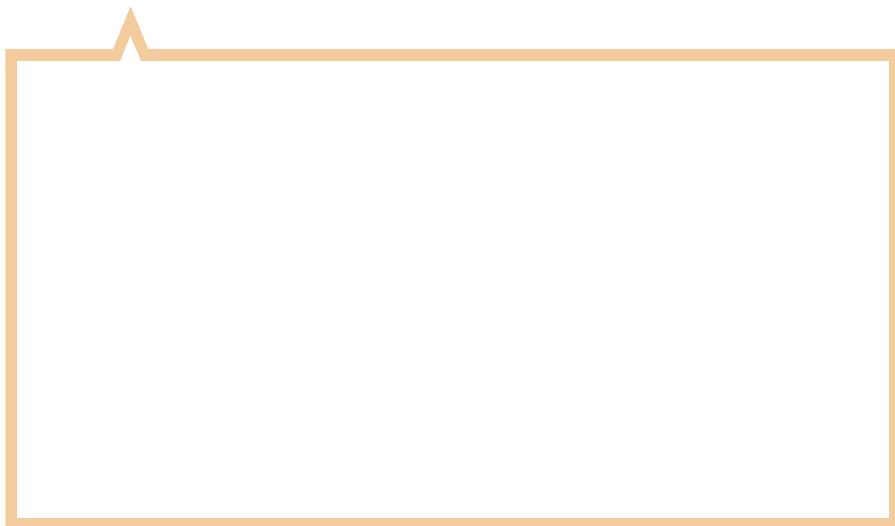
WRITE IT ON YOUR HEART
THAT EVERY DAY IS THE
BEST DAY IN THE YEAR.

- Ralph Waldo Emerson

ONE REASON TO BE HAPPY RIGHT NOW



SOMETHING THAT WORKED OUT
MUCH BETTER THAN I'D HOPED



POSITIVE AFFIRMATIONS
TO REMIND MYSELF TODAY

I AM
STRONG

I AM
BRAVE

I AM
LOVED

I AM
ENOUGH

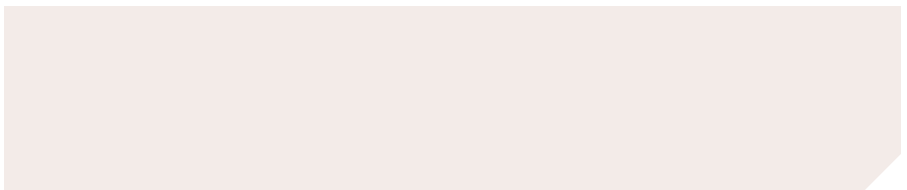
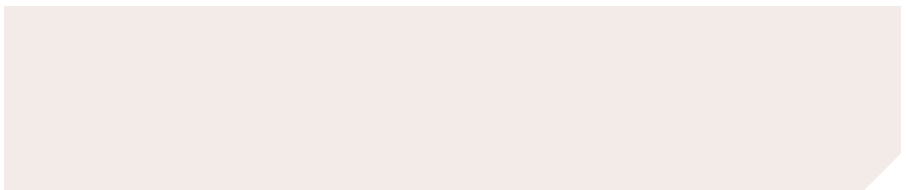
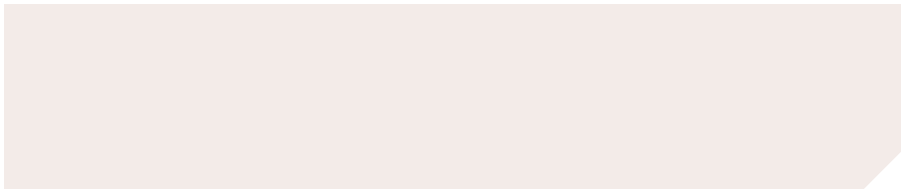
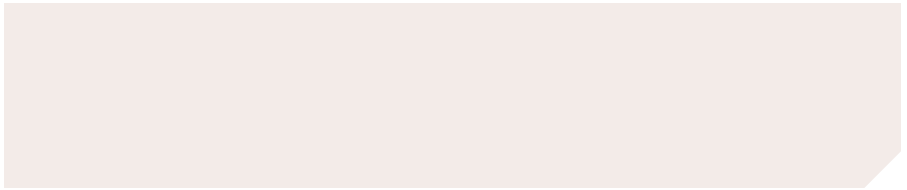
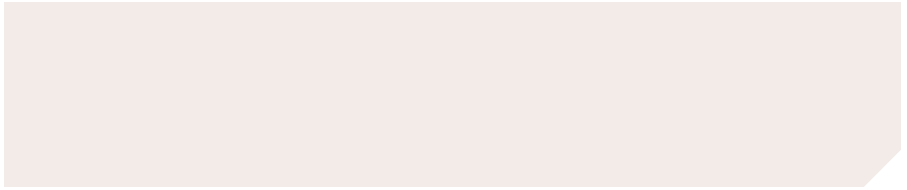
A MAN IS BUT A
PRODUCT OF HIS THOUGHTS.
WHAT HE THINKS,
HE BECOMES.

- *Gandhi*

THE LAST COMPLIMENT I RECEIVED

THE LAST COMPLIMENT I GAVE

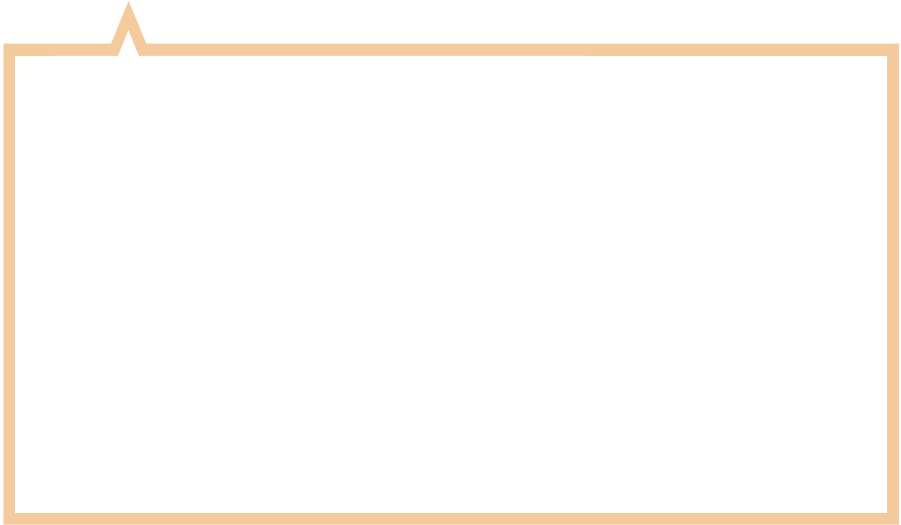
FIVE WEIRD BUT WONDERFUL THINGS ABOUT ME AND MY LIFE



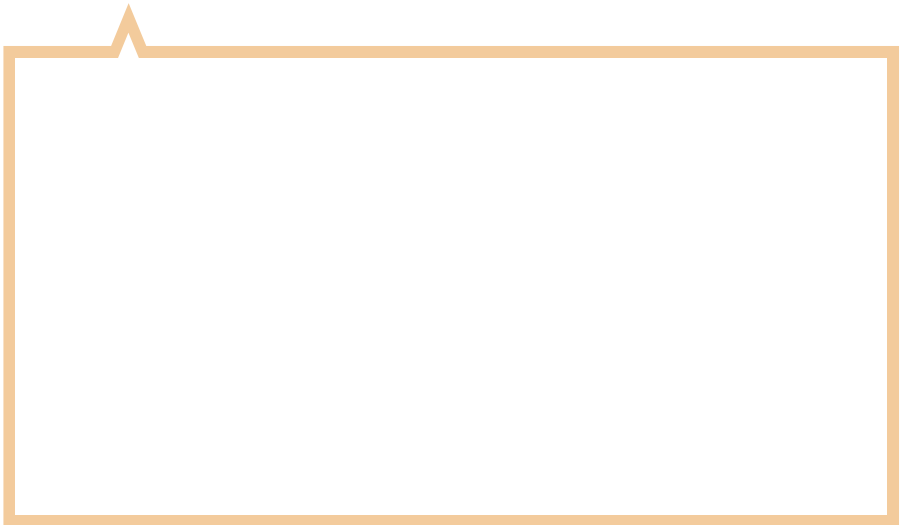
GRATITUDE IS THE
MEMORY OF THE HEART.

- Jean Baptiste Massieu

WHAT MADE ME LAUGH TODAY



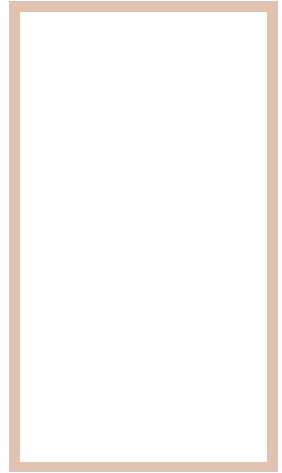
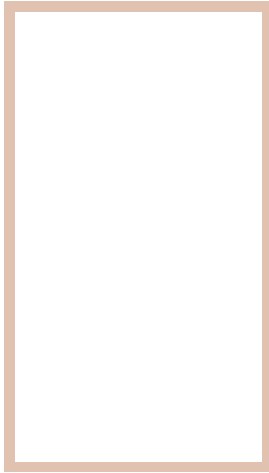

ONE LIFE LESSON I'VE LEARNT
FROM A DIFFICULT EXPERIENCE



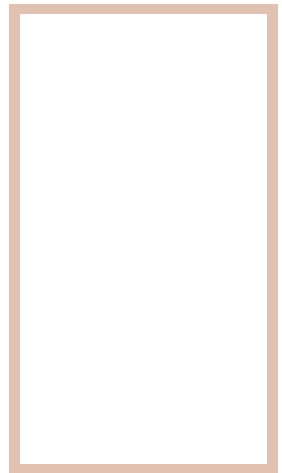
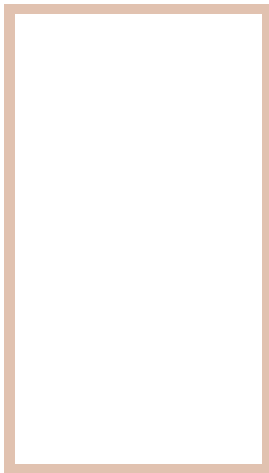
GIVE THANKS FOR A LITTLE
AND YOU WILL FIND A LOT.

- Hausa Proverb

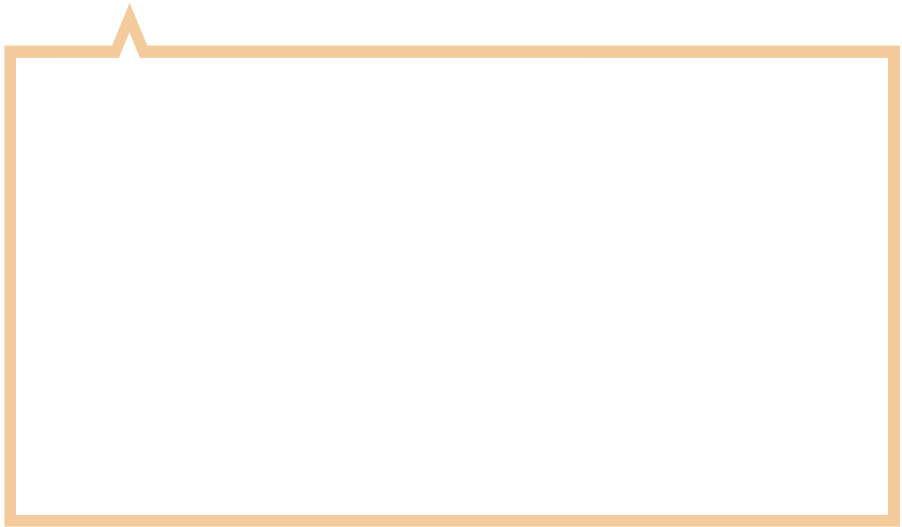
THREE THINGS I'M GRATEFUL FOR
IN THE SPACE I'M CURRENTLY IN



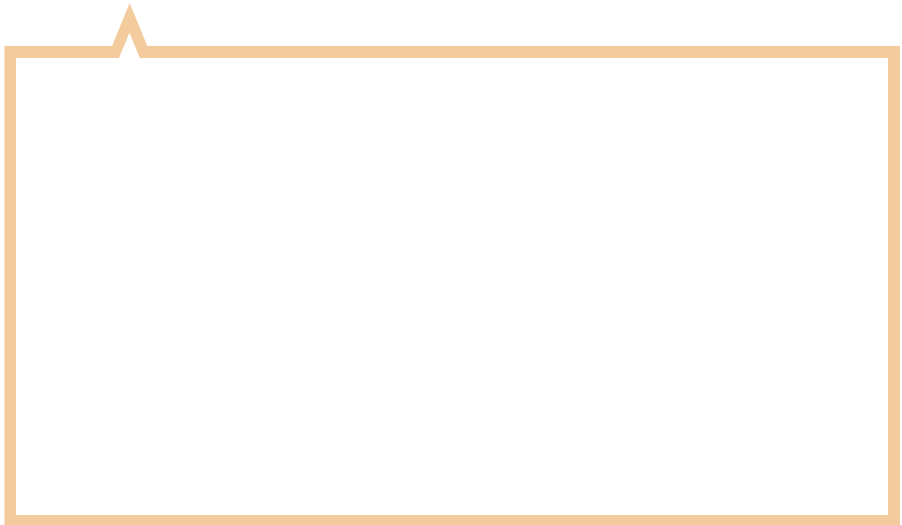
THREE BOOKS
I'M GRATEFUL TO HAVE READ



WHAT I APPRECIATE ABOUT THIS MOMENT



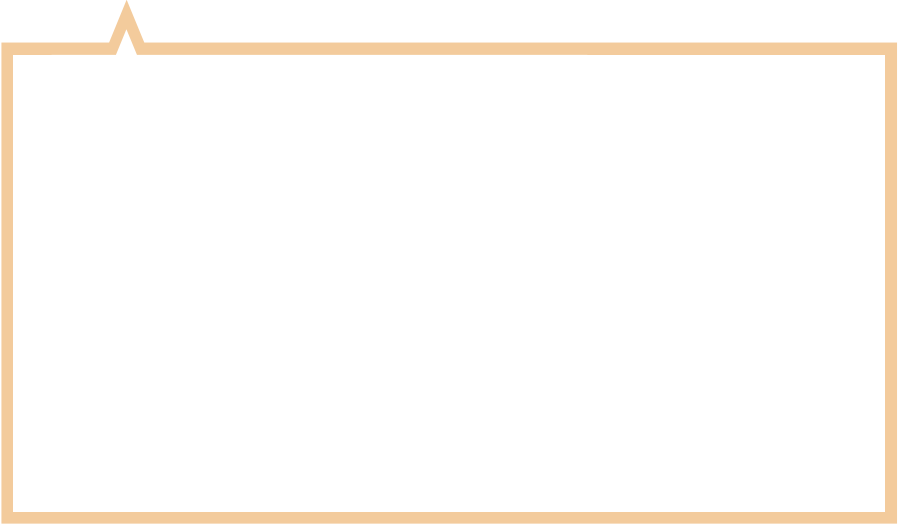
A SIGHT, SOUND OR FEELING THAT
REMINDS ME WHY LIFE IS SO AMAZING



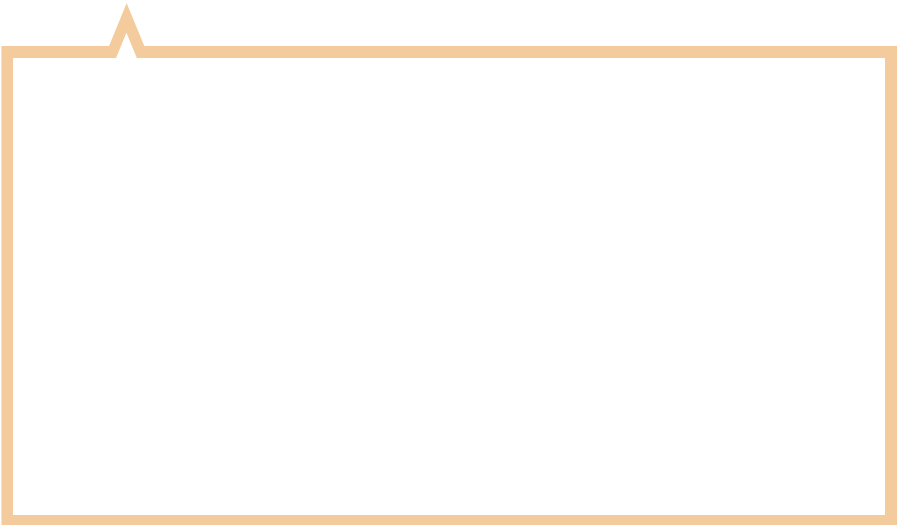
THE LAST TIME I PERCEIVED A
'GLASS HALF EMPTY' SITUATION WAS ...

I HAVE DECIDED TO SEE THIS AS A
'GLASS HALF FULL' SITUATION BY ...

A REASON TO SMILE

A large empty rectangular box with an orange border. At the top left corner, there is a small orange triangle pointing upwards, which is part of the box's design.

SOMEONE WHO HELPED ME
GET TO WHERE I AM TODAY

A large empty rectangular box with an orange border. At the top left corner, there is a small orange triangle pointing upwards, which is part of the box's design.

WE CAN ONLY BE SAID TO
BE ALIVE IN THOSE
MOMENTS WHEN OUR
HEARTS ARE CONSCIOUS
OF OUR TREASURES.

- *Thornton Wilder*

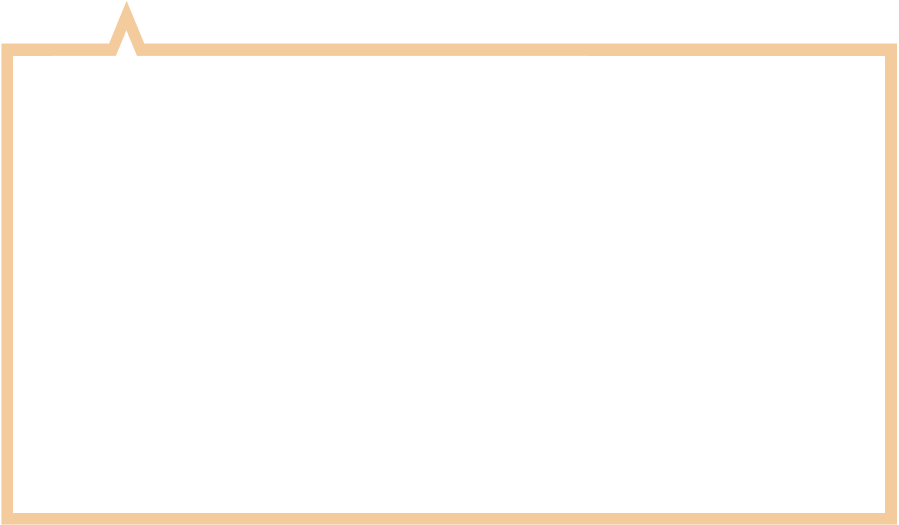
A POSITIVE HABIT I ENGAGED IN TODAY

A NEGATIVE HABIT I AVOIDED TODAY

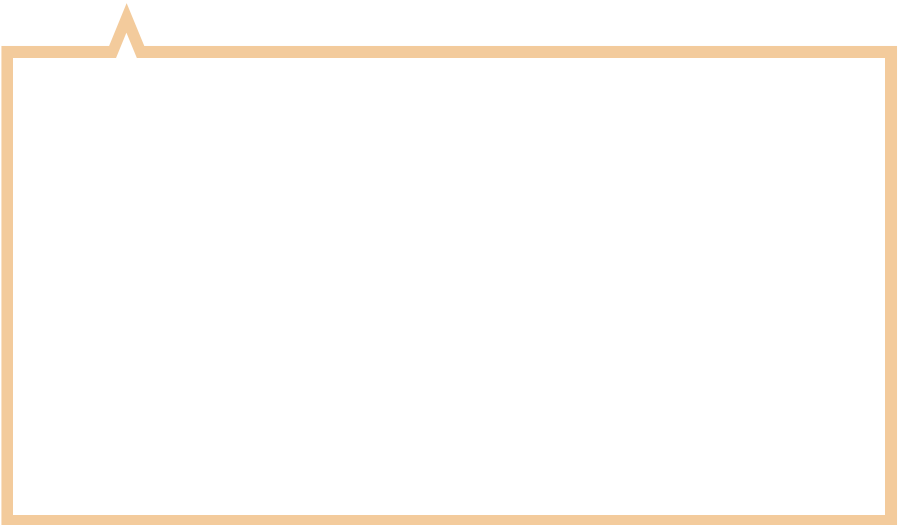
ATTITUDE IS A
LITTLE THING THAT MAKES
A BIG DIFFERENCE.

- Winston Churchill

SOMETHING ABOUT ME WORTH CELEBRATING



A CHALLENGING EXPERIENCE THAT
HELPED ME GROW INTO A BETTER PERSON



THE FIRST THING THAT COMES TO MIND,
WHEN I THINK OF WHAT BRINGS ME
HAPPINESS. *(STARTING WITH EACH LETTER)*

M _____

N _____

O _____

P _____

Q _____

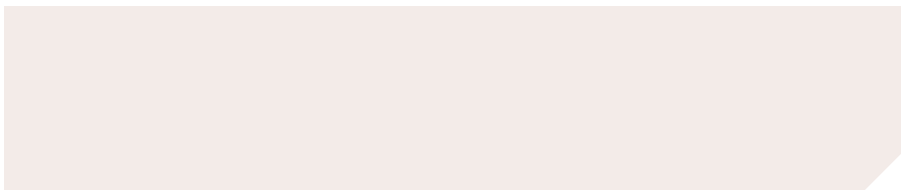
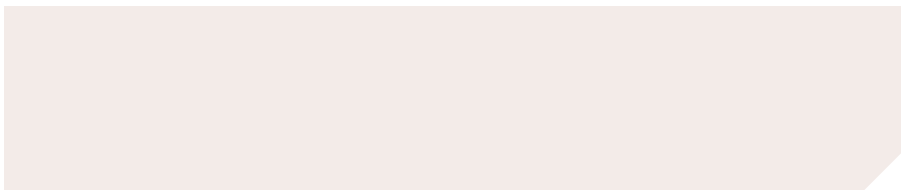
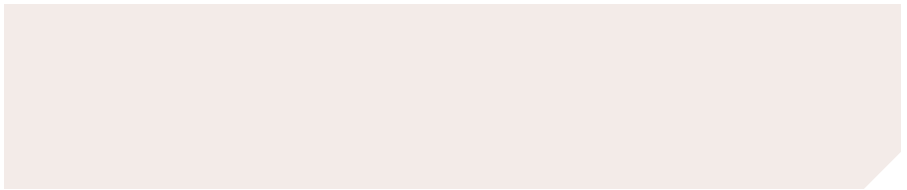
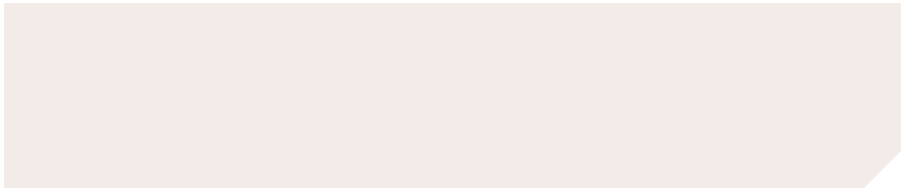
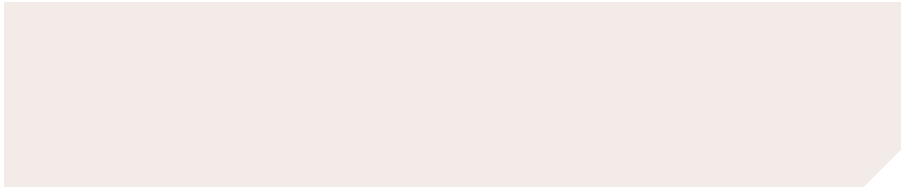
R _____

S _____

THE SECRET OF HAPPINESS IS
TO COUNT YOUR BLESSINGS
WHILE OTHERS ARE ADDING UP
THEIR TROUBLES.

- *William Penn*

FIVE THINGS
THAT NEVER FAIL TO AMAZE ME



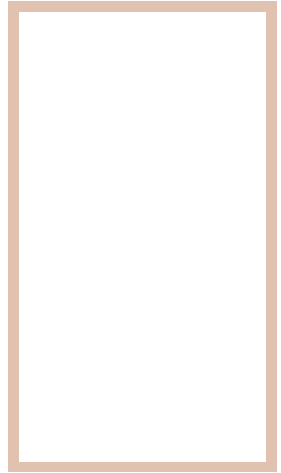
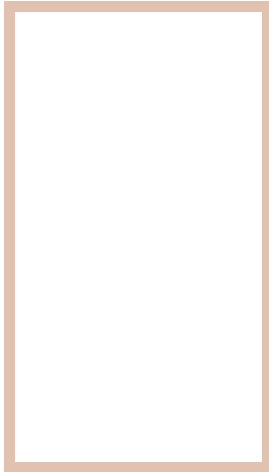
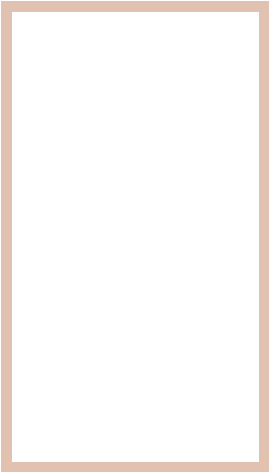
BE HAPPY WITH
WHAT YOU HAVE,
WHILE WORKING FOR
WHAT YOU WANT.

- Helen Keller

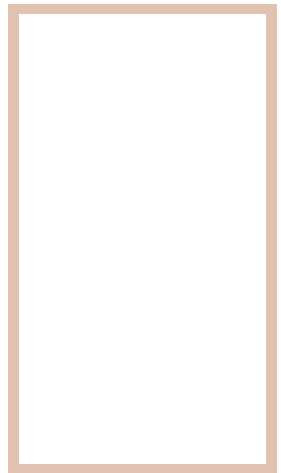
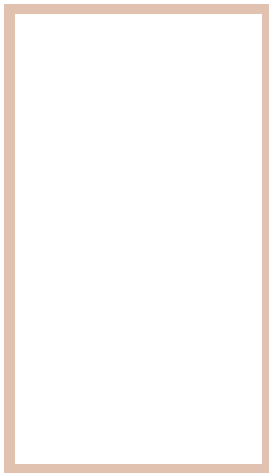
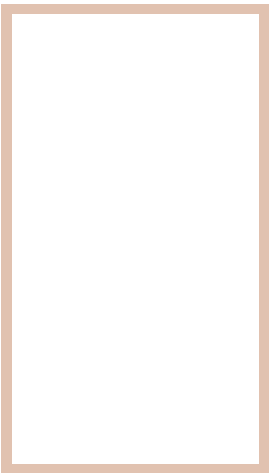
MY THOUGHTS AND FEELINGS WHEN I
THINK OF THE WORD 'ENOUGH' ARE ...

WHAT IT FEELS LIKE TO
HAVE 'ENOUGH' IS ...

THREE PLACES
I'M GRATEFUL TO HAVE TRAVELLED TO



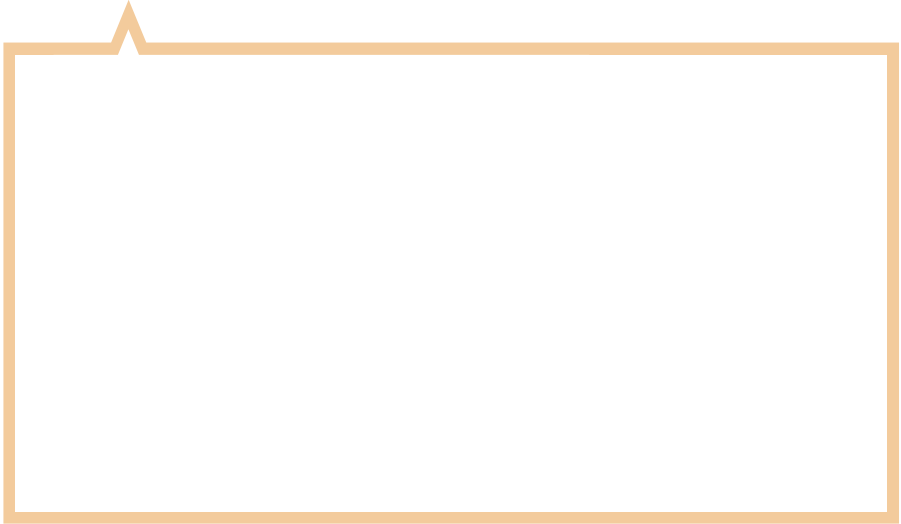
THREE SONGS
I'M GRATEFUL FOR AT THIS TIME IN MY LIFE



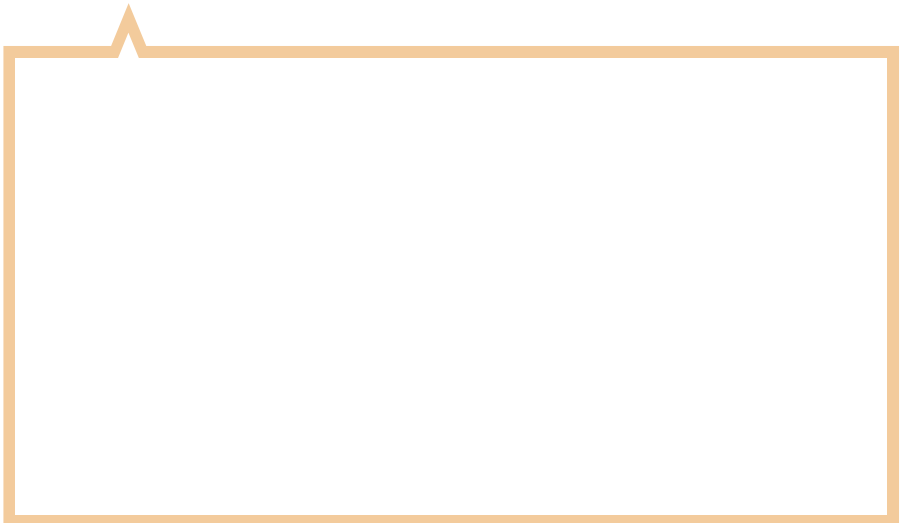
INSTEAD OF
COMPLAINING THAT
THE ROSEBUSH IS
FULL OF THORNS,
BE HAPPY THAT
THE THORNBUSH
HAS ROSES.

- *German Proverb*

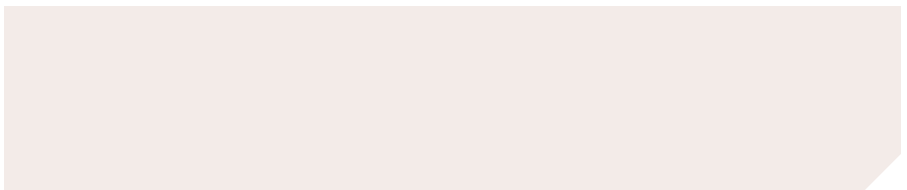
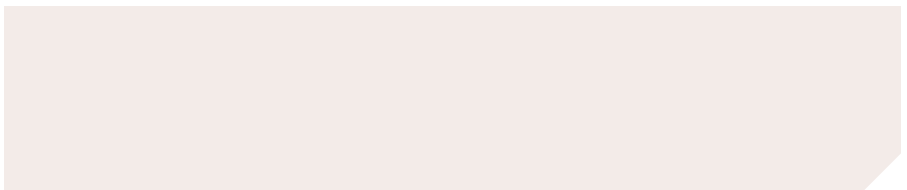
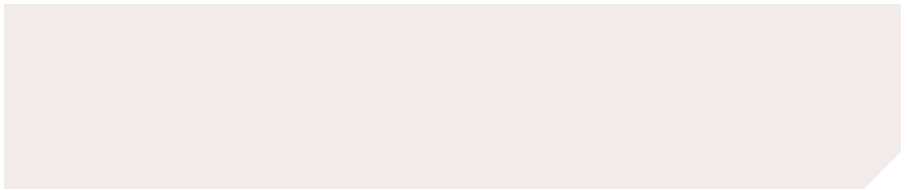
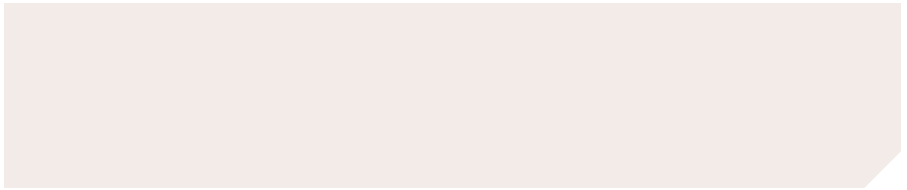
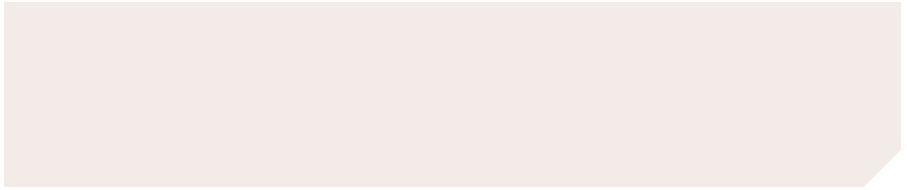
SOMETHING THAT WENT RIGHT TODAY



SOMEONE WHO HAS GIVEN ME HOPE
ON A BAD DAY



FIVE THINGS IN MY LIFE
THAT ARE MESSY BUT STILL BEAUTIFUL

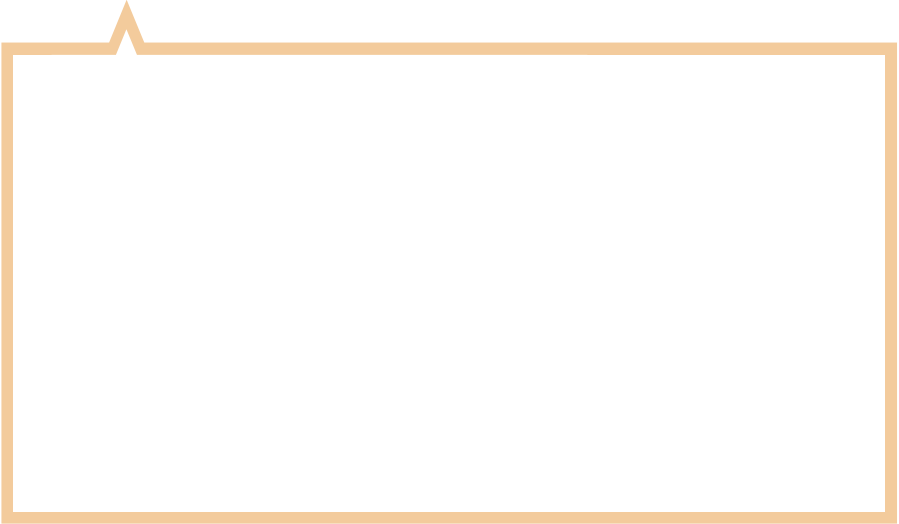


THINGS I'M GRATEFUL FOR TODAY

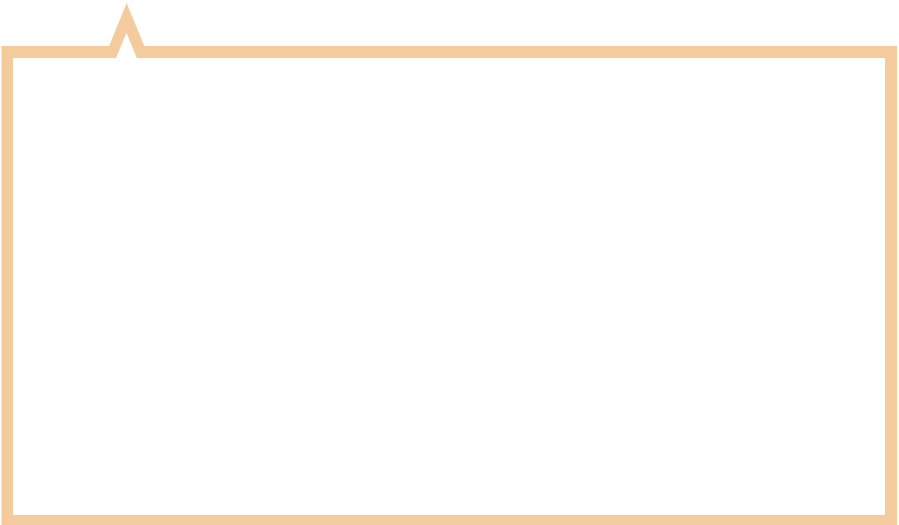
(CHECK THE BOXES)

- STARTING ON SOMETHING I
PROCRASTINATED
- FINISHING SOMETHING I STARTED
- GREAT CONVERSATION
- HONESTY FROM A FRIEND
- A WARM HUG
- FINDING A CLOUD THAT'S SHAPED LIKE
AN ANIMAL
- MAKING NEW MEMORIES
- THE WIND IN MY HAIR

MY FAVOURITE DAY OF THE YEAR



SOMETHING GREAT ABOUT TODAY THAT
MAKES ME LOOK FORWARD TO TOMORROW



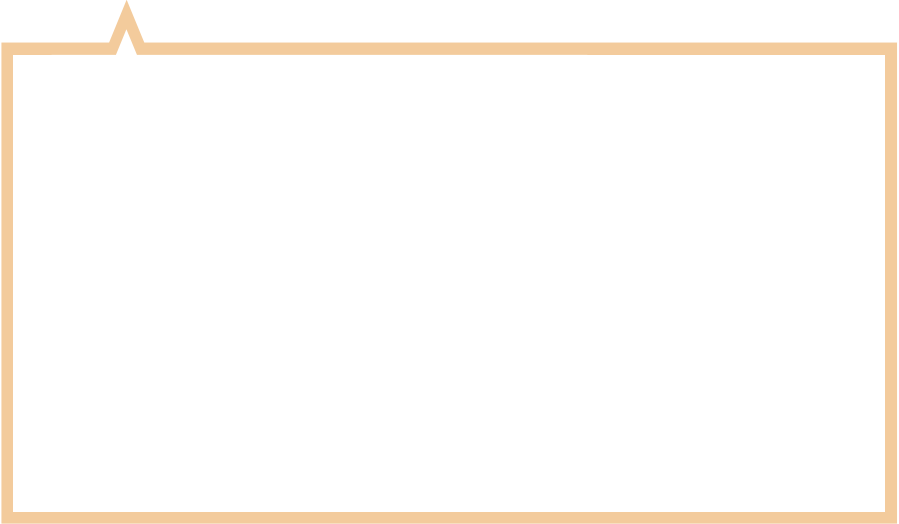
EVERY MOMENT IS A
GOLDEN ONE, FOR HIM WHO
HAS THE VISION TO
RECOGNISE IT AS SUCH.

- *Henry Miller*

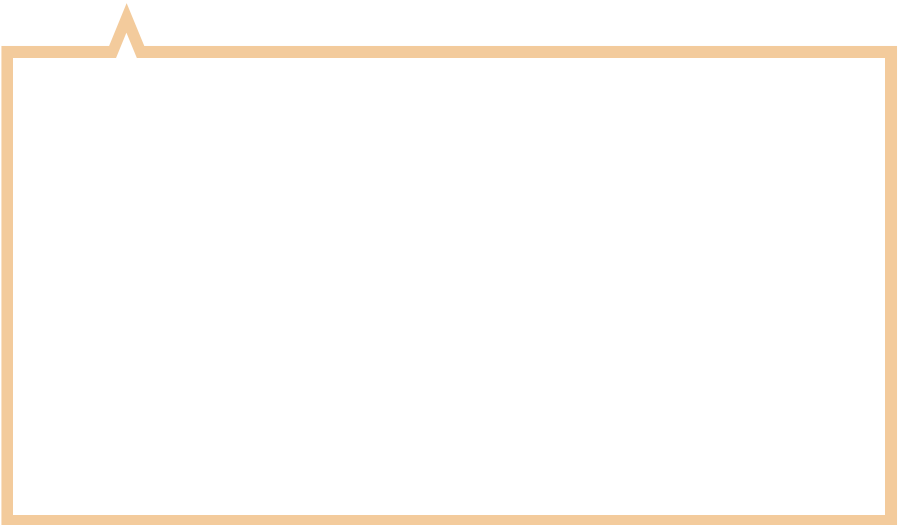
A STRENGTH I APPLIED TODAY

A WEAKNESS I KEPT IN CHECK TODAY

AN UNFORGETTABLE MEMORY I TREASURE



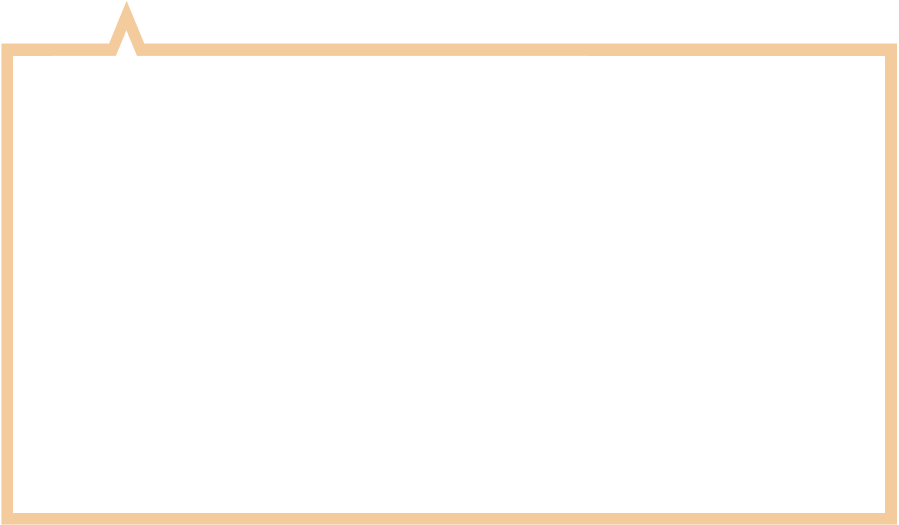
ONE WAY MY LIFE IS BETTER NOW
THAN I EXPECTED IT TO BE



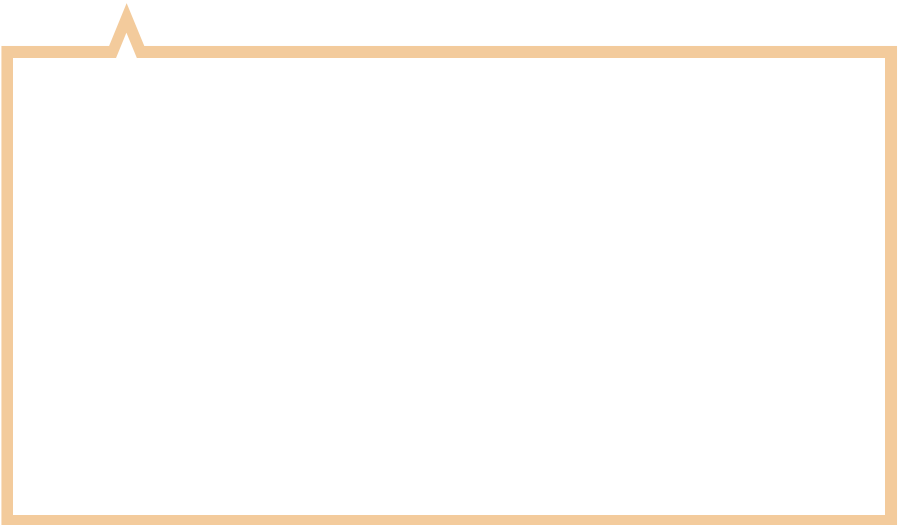
GRATITUDE IS LOOKING ON
THE BRIGHTER SIDE OF LIFE,
EVEN IF IT MEANS
HURTING YOUR EYES.

- Ellen DeGeneres

A NEW DOOR THAT OPENED RECENTLY



A PERSON, PLACE OR THING THAT
MAKES MY LIFE EASIER AND HAPPIER



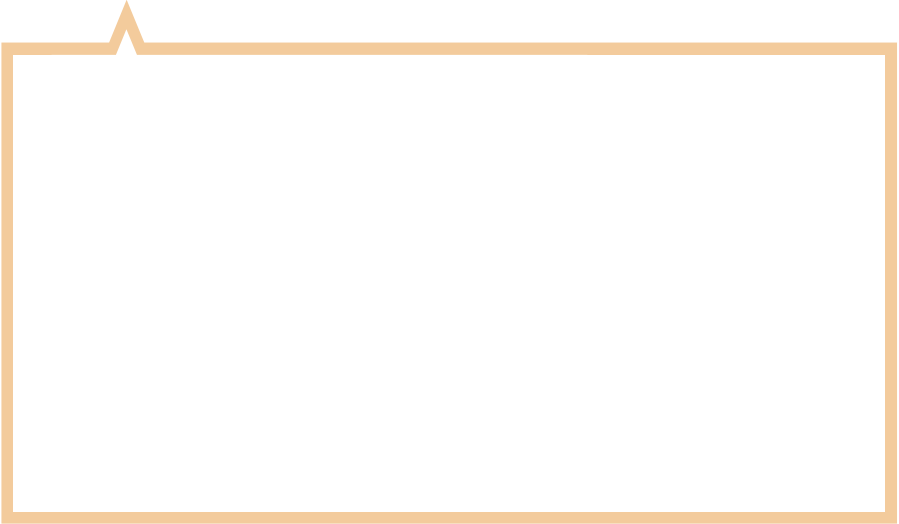
I'M BECOMING A BETTER ...

ONE NEW THING I RECENTLY TRIED IS ...

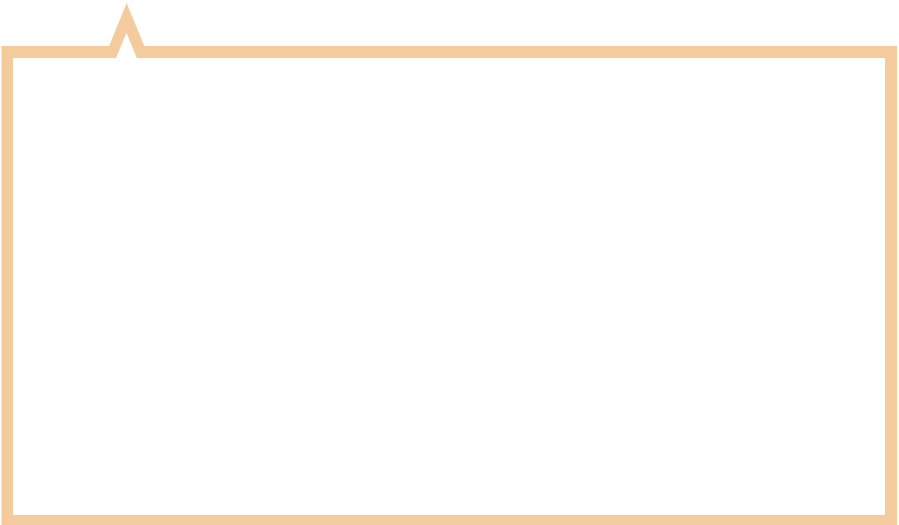
BE ABOUT TEN TIMES
MORE MAGNANIMOUS
THAN YOU BELIEVE
YOURSELF CAPABLE OF.
YOUR LIFE WILL BE
A HUNDRED TIMES
BETTER FOR IT.

- Cheryl Strayed

A SECOND CHANCE I'VE BEEN GIVEN



SOMETHING UNEXPECTED IN MY LIFE
THAT I'M THANKFUL IT HAPPENED



FIVE GO-TO PRACTICES TO ADD TO MY DAY
TO MAKE GRATITUDE PART OF MY ROUTINE

[Blank writing area for practice 1]

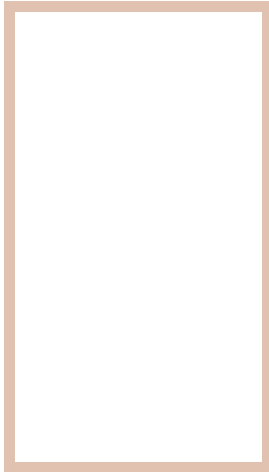
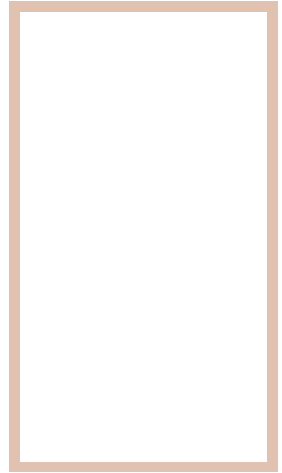
[Blank writing area for practice 2]

[Blank writing area for practice 3]

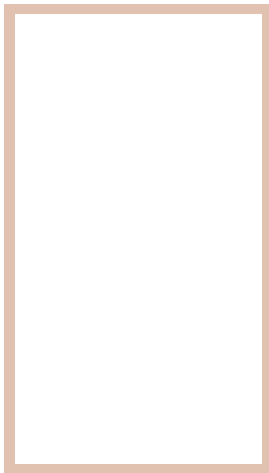
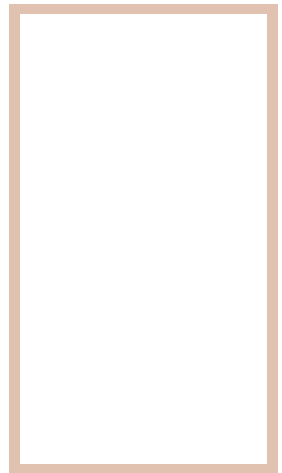
[Blank writing area for practice 4]

[Blank writing area for practice 5]

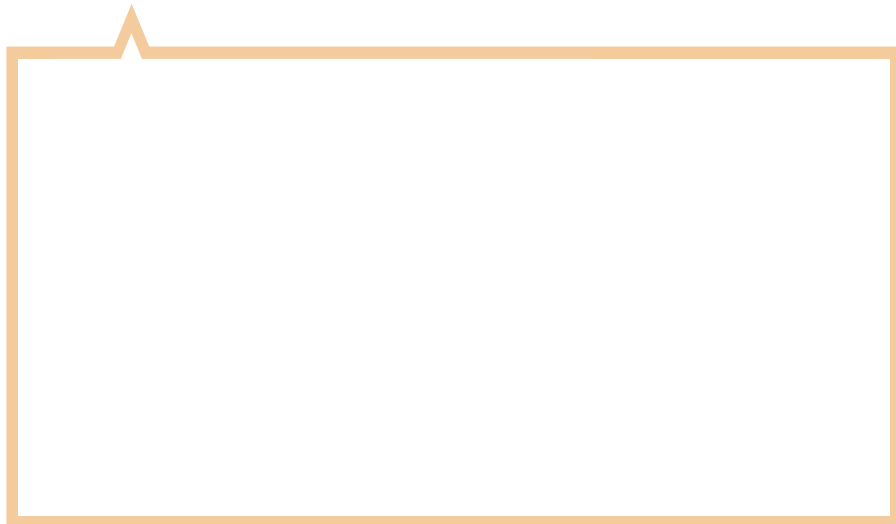
THREE THINGS I LOVE
ABOUT MY FAVOURITE SPOT AT HOME

An empty rectangular box with a thin brown border, intended for writing the first of three things loved about a favorite spot at home.An empty rectangular box with a thin brown border, intended for writing the second of three things loved about a favorite spot at home.An empty rectangular box with a thin brown border, intended for writing the third of three things loved about a favorite spot at home.

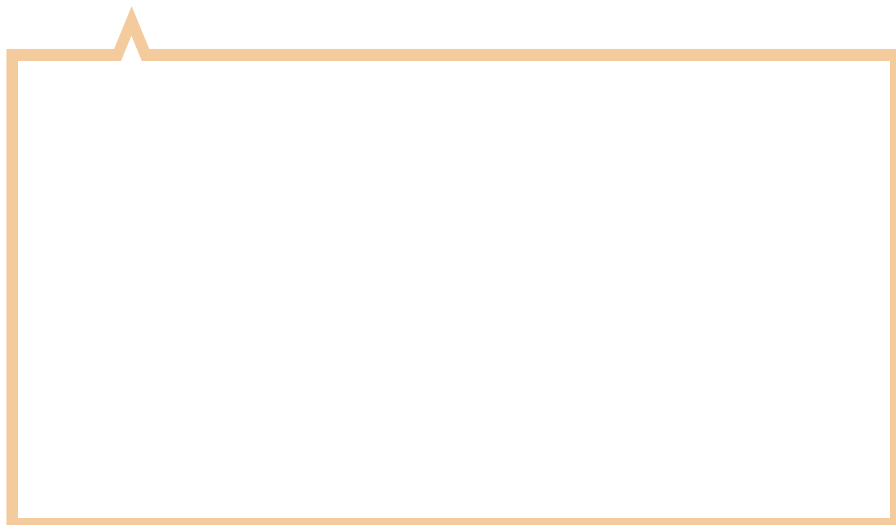
THREE TRAITS I'M GRATEFUL
TO HAVE RECEIVED FROM MY FAMILY

An empty rectangular box with a thin brown border, intended for writing the first of three traits received from family.An empty rectangular box with a thin brown border, intended for writing the second of three traits received from family.An empty rectangular box with a thin brown border, intended for writing the third of three traits received from family.

MY EARLIEST HAPPY MEMORY



SOMETHING OLD I OWN
THAT BRINGS ME HAPPINESS



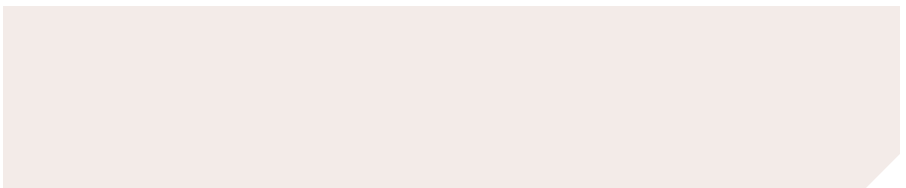
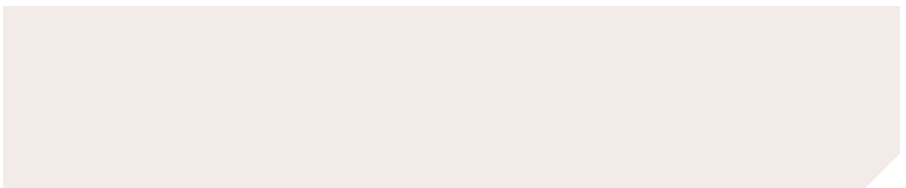
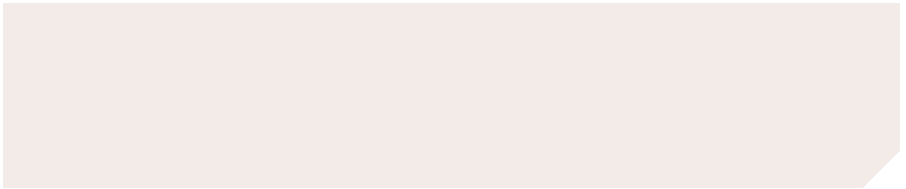
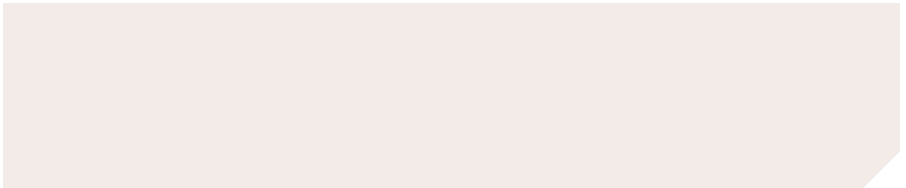
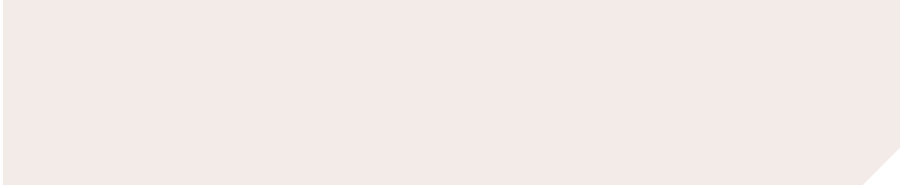
OUR GREATNESS HAS ALWAYS
COME FROM PEOPLE WHO
EXPECT NOTHING AND
TAKE NOTHING FOR GRANTED.

- Michelle Obama

ONE OF THE BEST WAYS I HAVE EVER
SPENT MONEY ON MYSELF

ONE OF THE BEST WAYS I HAVE EVER
SPENT MONEY ON SOMEONE ELSE

FIVE FAVOURITE THINGS TO DO TO BOOST MY MOOD



THE FIRST THING THAT COMES TO MIND,
WHEN I THINK OF WHAT BRINGS ME
HAPPINESS.

(STARTING WITH EACH LETTER)

T _____

U _____

V _____

W _____

X _____

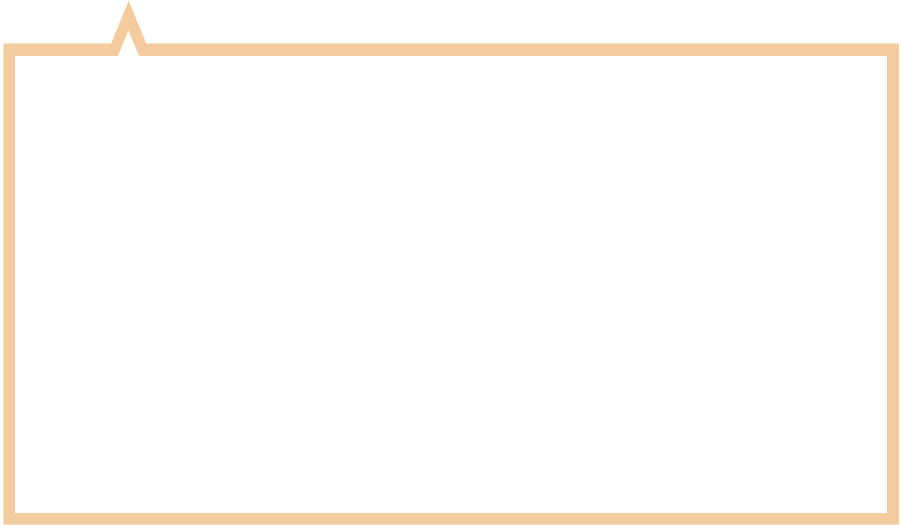
Y _____

Z _____

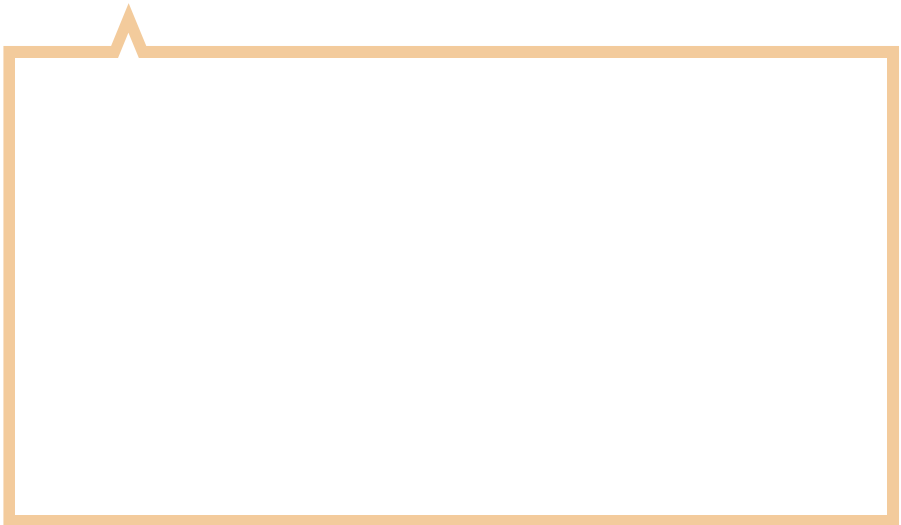
A GRATEFUL MIND
IS A GREAT MIND
WHICH EVENTUALLY
ATTRACTS TO ITSELF
GREAT THINGS.

- Plato

THE BEST ADVICE I'VE EVER RECEIVED



ONE WAY I'M ALREADY LIVING
THE LIFE THAT I WANT



COUNT YOUR RAINBOWS,
NOT YOUR THUNDERSTORMS.

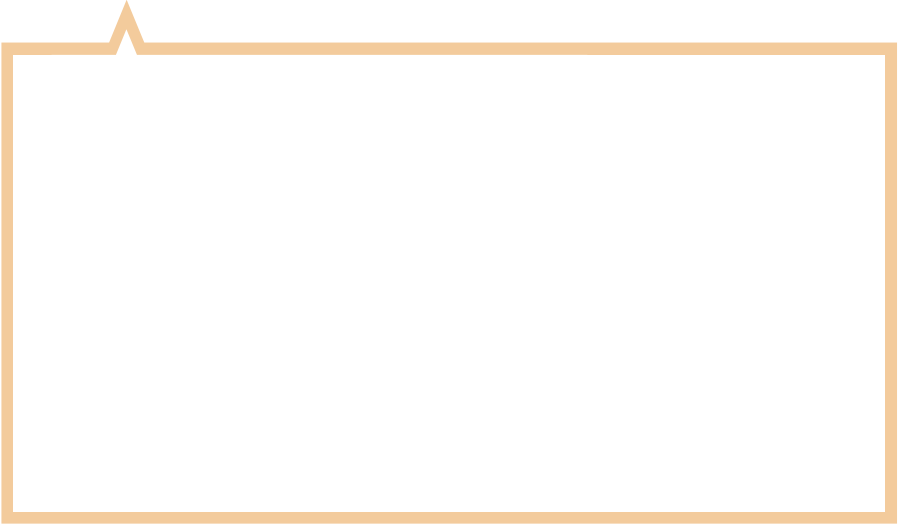
- Alyssa Knight

THINGS I'M GRATEFUL FOR TODAY

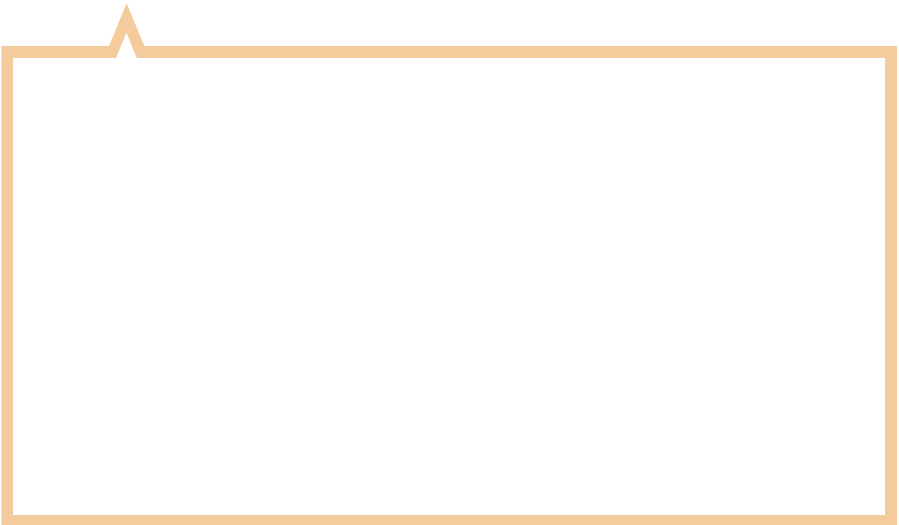
(CHECK THE BOXES)

- A ROOF OVER MY HEAD
- A GOOD NIGHT'S SLEEP
- A SMILE FROM A STRANGER
- A FUNNY JOKE
- A LONG HOT SHOWER
- A JOB THAT PUTS FOOD ON THE TABLE
- A GOOD WORKOUT
- A HEARTY MEAL

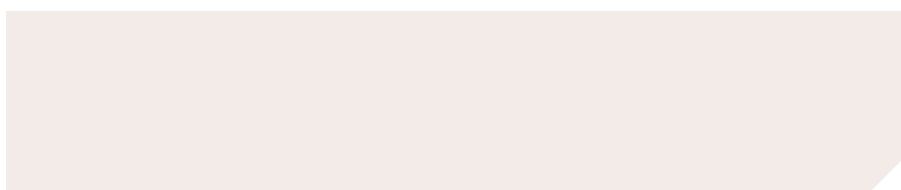
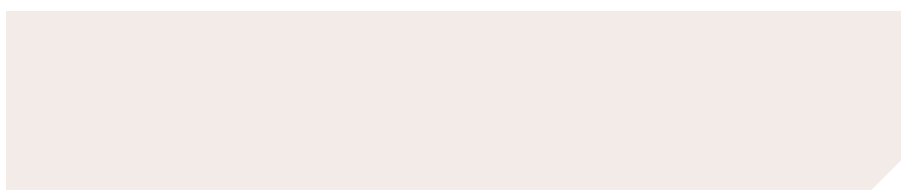
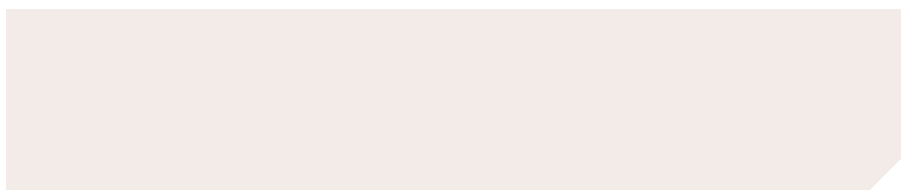
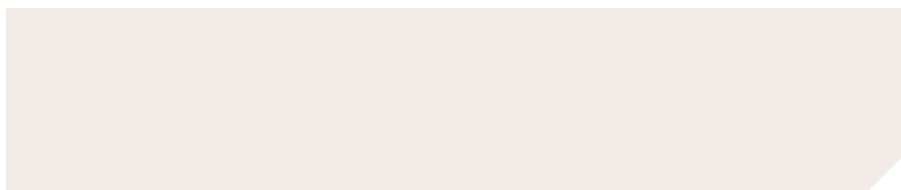
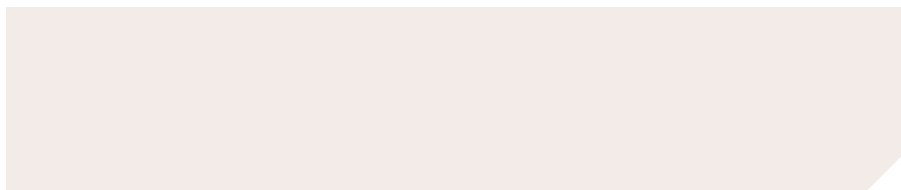
MY FAVOURITE WAY TO SPEND TIME ALONE



AN UNEXPECTED JOY THAT
POPPED UP TODAY



FIVE THINGS
I LOVE ABOUT MYSELF



REFLECT UPON YOUR
PRESENT BLESSINGS,
OF WHICH EVERY MAN
HAS MANY -
NOT ON YOUR
PAST MISFORTUNES,
OF WHICH ALL MEN
HAVE SOME.

- Charles Dickens

POSITIVE AFFIRMATIONS
TO REMIND MYSELF TODAY

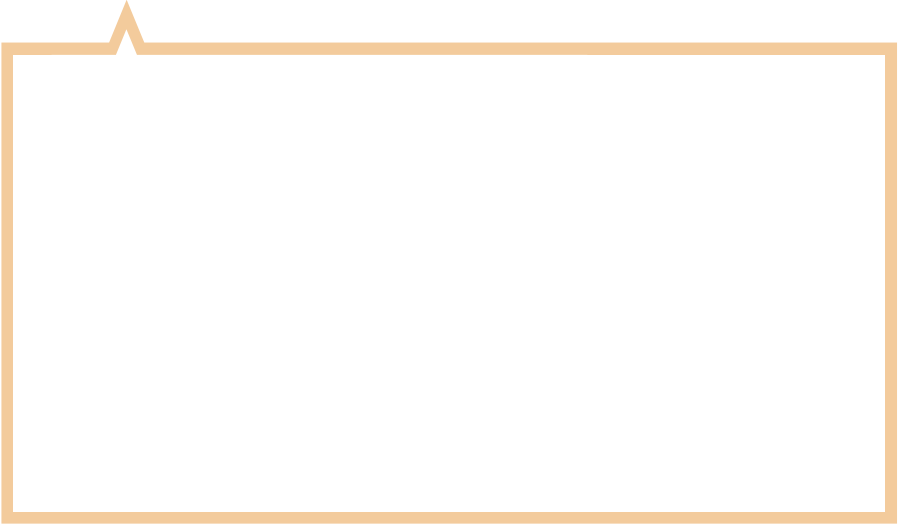
I CAN
DO IT

I AM
WILLING TO
LEARN

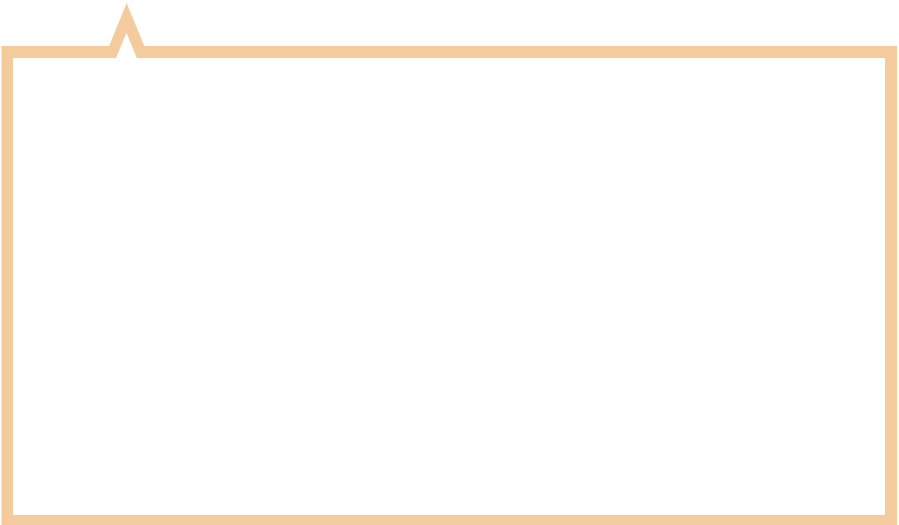
I FOCUS
ON
POSITIVITY

I GET
STRONGER
EVERY DAY

A FEAR I FACED AND OVERCAME



SOMETHING SILLY OR INDULGENT I DO
WHEN NO ONE IS WATCHING



WORDS OR IMAGES THAT POP UP WHEN I
THINK OF THE WORD 'ABUNDANCE' ARE ...

THE AREAS OF MY LIFE THAT FEEL
ABUNDANT WITH GOODNESS ARE ...

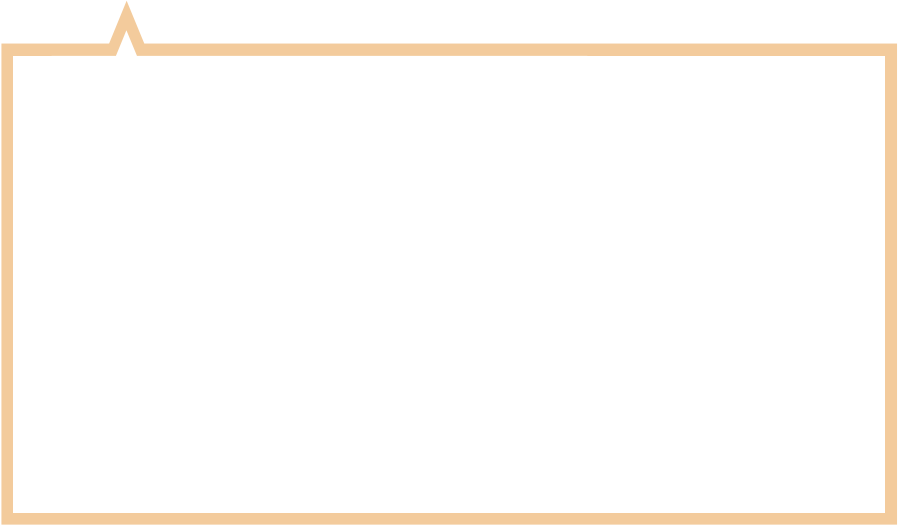
SOMETIMES THE
SMALLEST THINGS
TAKE UP
THE MOST ROOM
IN YOUR HEART.

- *Winnie The Pooh*

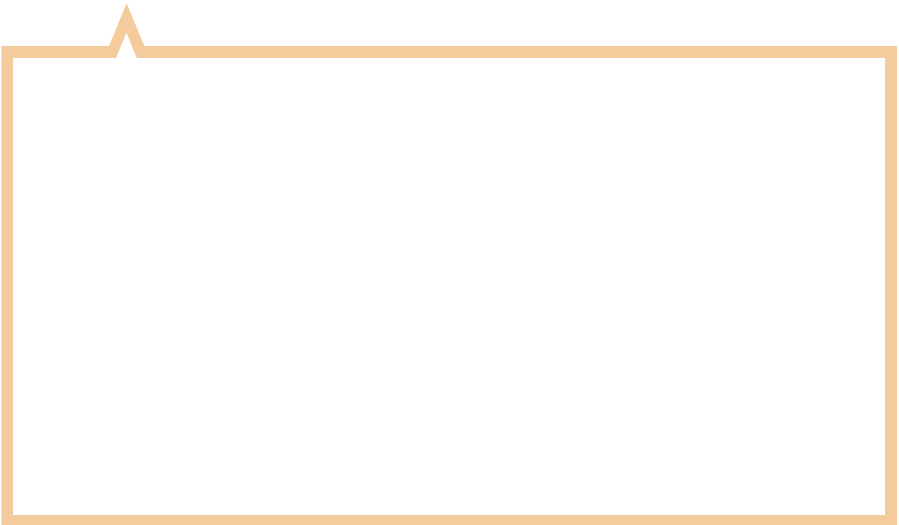
SOMETHING I RECENTLY WITNESSED
THAT REMINDS ME THAT LIFE IS GOOD

SOMETHING I RECENTLY WITNESSED
THAT REMINDS ME THAT PEOPLE ARE GOOD

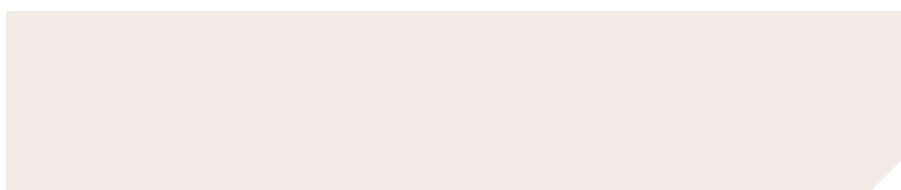
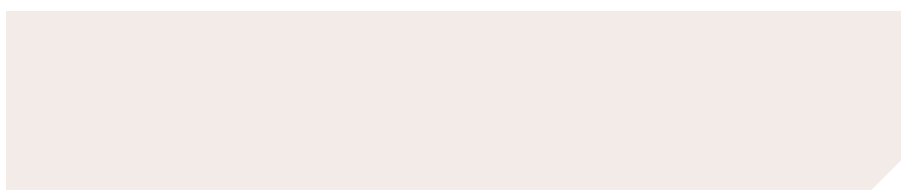
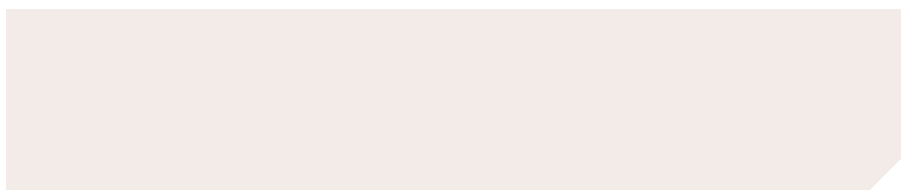
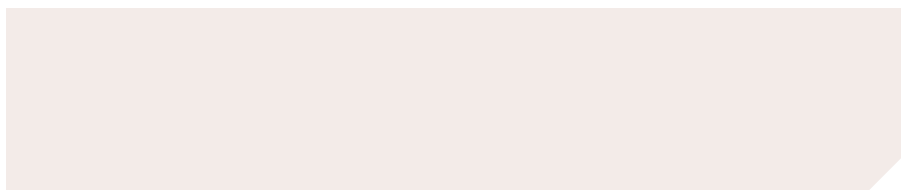
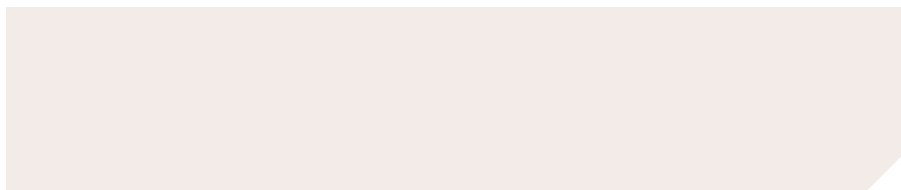
THE BEST SURPRISE I'VE RECEIVED



SOMETHING I WAKE UP TO THAT
REMINDS ME IT'S SUCH A GIFT TO BE ALIVE



FIVE SIMPLE PLEASURES
I ENJOYED TODAY



AT SOME POINT IN LIFE,
THE WORLD'S BEAUTY
BECOMES ENOUGH.

- Toni Morrison

