

teentalk

gratitude journal

sharon witt

isbn: 978-0-9803895-5-5

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"Find Something to Be Grateful for Every Day" by Barbara Cage and "Make Every Day Special" by Donna Fargo are from the Blue Mountain (R) publication

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Typesetting and design by Communique Graphics
Printed in Singapore by Tien Wah Press

Hi there,

I am very thankful that you have received your very own Teen Talk journal!

Keeping a journal can be one of the most rewarding things you will do whilst you are growing up. You can use this journal in any way you like.

You can use it to record your day, special events, how you felt about something that happened in your life, your successes and failures and how you got through various episodes in your life. When you look back on the things you wrote in years to come, you will see that life is pretty amazing, and that even though you will go through many obstacles during your teen years, you will come out the other side, a successful and amazing person!!

You will notice that on many of the pages, there are cool quotes about being grateful. So as you write your thoughts and ideas each day, or whenever you choose to write, try and focus on the things that you can be grateful for each and every day. At first, it might seem like a difficult thing to do, but I guarantee that when you look for something positive in each and every day, it will make all the difference!

Have fun writing!

Sharon

A blank sheet of white paper with horizontal ruling lines, framed by a decorative border. The border features a light gray background with faint, overlapping circular and floral patterns. The paper itself is centered and has a thin black border. The ruling lines are evenly spaced and extend across the width of the page, leaving a small margin at the top and bottom.

We count our miseries carefully,
and accept our blessings
without much thought.

Chinese Proverb




A large area of horizontal dotted lines for writing, spanning the width of the page below the quote.

A blank sheet of white paper with horizontal ruling lines, framed by a decorative border. The border features a light gray background with faint, overlapping circular and floral patterns. The paper itself is centered and has a thin black border. The ruling lines are evenly spaced and extend across the width of the page.

Remember God's bounty in the year.
String pearls of His favour.

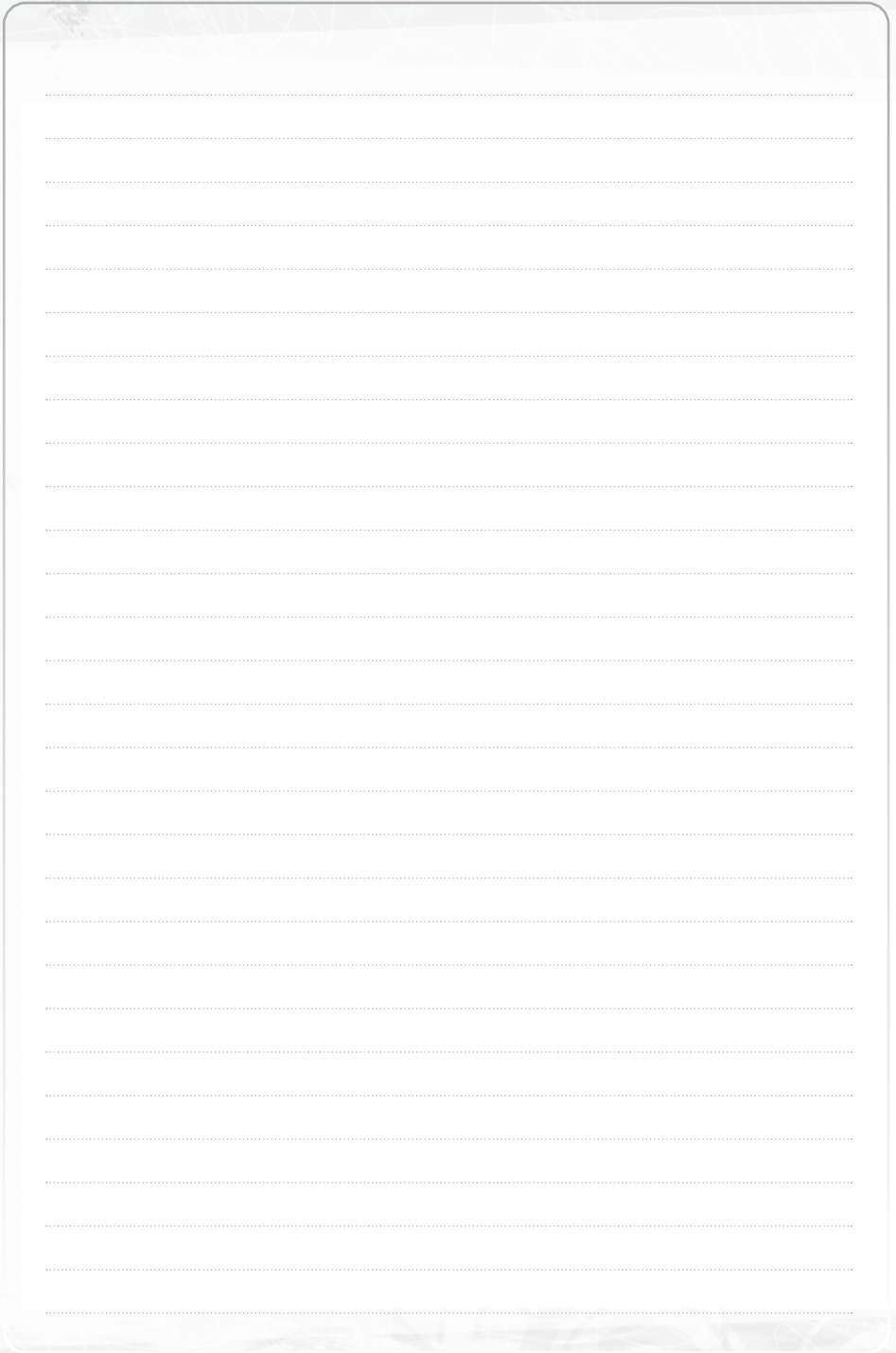
Hide the dark parts, except so far as they
are breaking out in the light! Give this
one day to thanks, to joy, to gratitude!

Henry Ward Beecher



Gratitude is happiness
doubled by wonder!

G.K. Chesterton



A blank sheet of lined paper with a decorative border. The paper is white with horizontal dashed lines for writing. The border consists of a light gray geometric pattern of overlapping lines and shapes, and a vertical strip of stylized floral or leaf patterns on the left and right sides.

A blank sheet of white paper with horizontal ruling lines, framed by a decorative border. The border features a light gray background with faint, overlapping circular and floral patterns. The paper itself is centered and has a thin black border. The ruling lines are evenly spaced and extend across the width of the page, leaving a small margin at the top and bottom. There are 24 horizontal lines in total, creating 23 rows for writing.