



My  
Gratitude  
Journal



INTERNATIONAL  
GRAMMAR SCHOOL  
UNITY THROUGH DIVERSITY

# The IGS Gratitude Journal

Kindness and gratitude are  
very important to us at IGS.

Have you noticed that when you say  
thank you, it makes the other person smile  
and it also makes us feel happier?

We have so much to be grateful for.  
This book **The IGS Gratitude Journal** will help  
you capture those happy moments in your day.

As your day comes to an end, think about what  
was fun today and draw a picture or write a sentence  
or two about that happy moment.

If you do this every day, you'll have a special record  
of all the good things that have happened to you,  
while also helping to make the world a kinder,  
healthier, happier place, today and tomorrow.

We hope you enjoy this book!



# My Daily Journal



Today's date is: \_\_\_\_\_



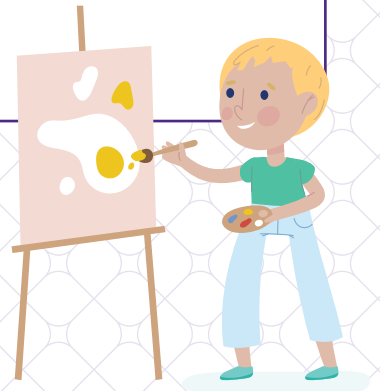
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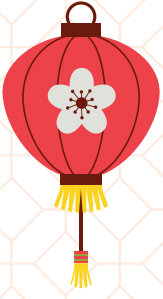


The weather was:



Today I had fun doing:





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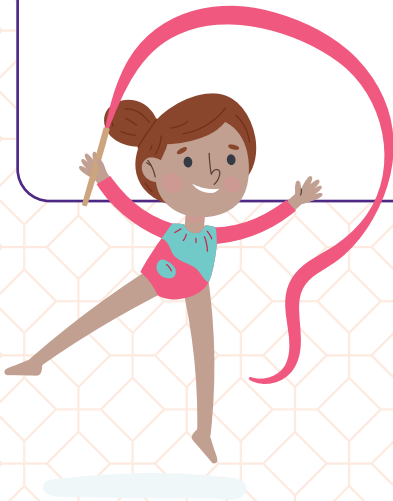
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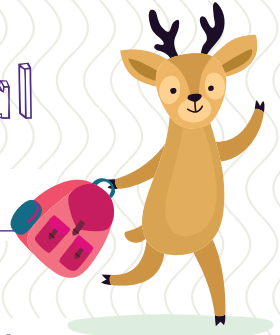
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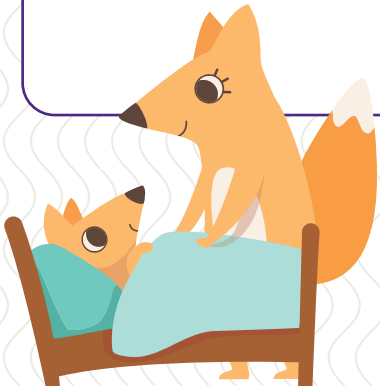
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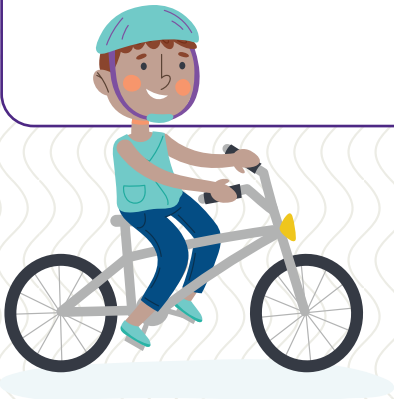
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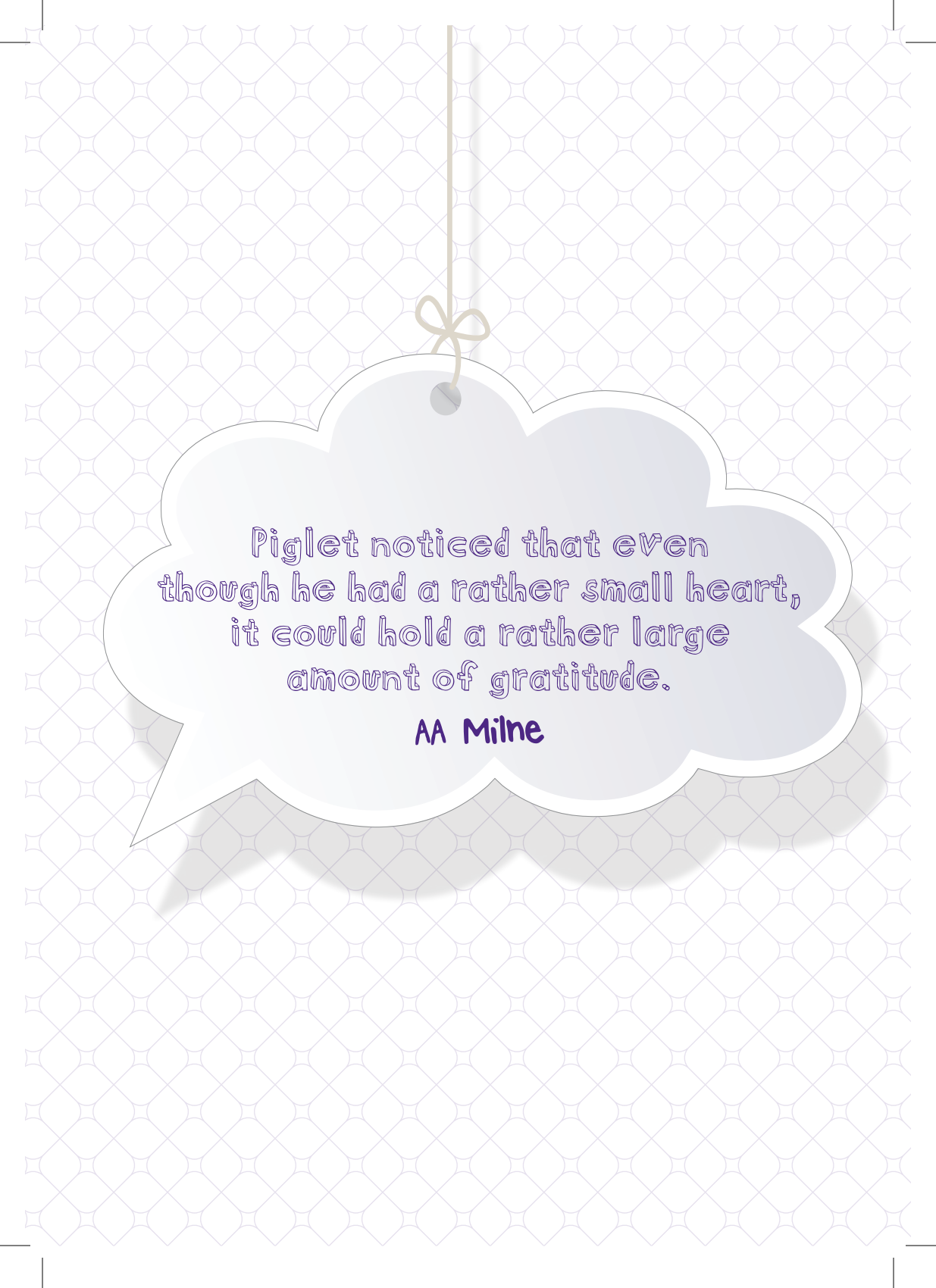


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Piglet noticed that even though he had a rather small heart, it could hold a rather large amount of gratitude.

**AA Milne**





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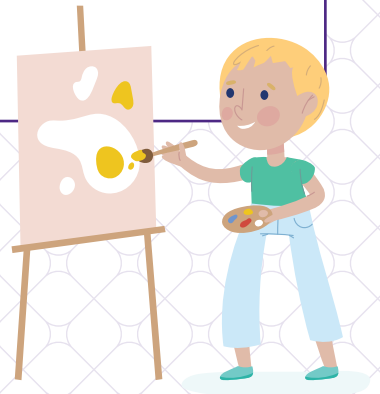
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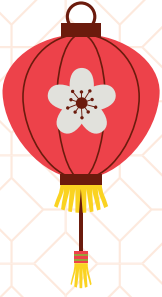


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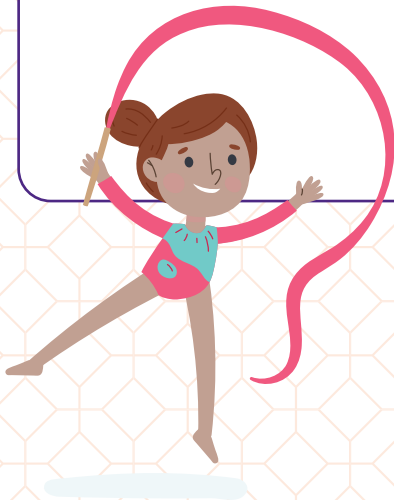
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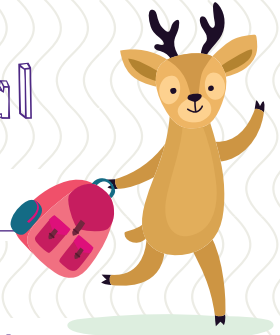
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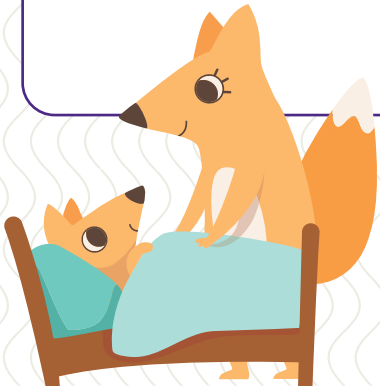
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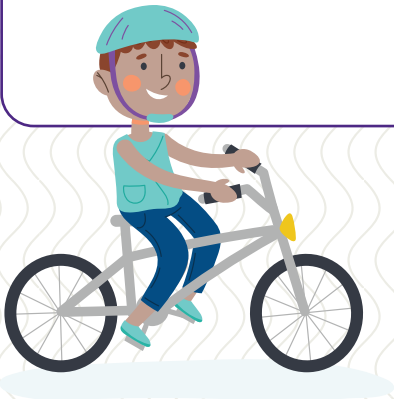
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You're off to great places  
today is your day!

Your mountain is waiting,  
So... get on your way!

**Dr Seuss**



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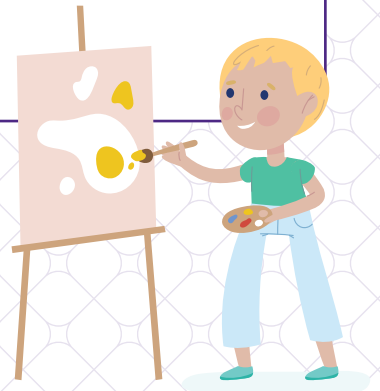
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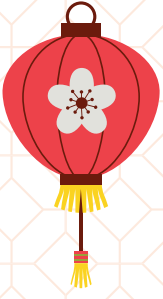


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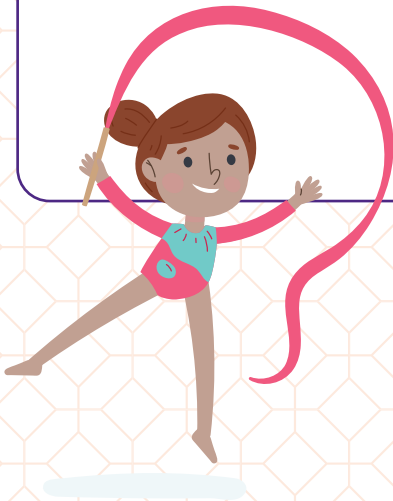
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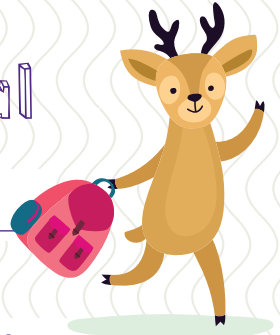
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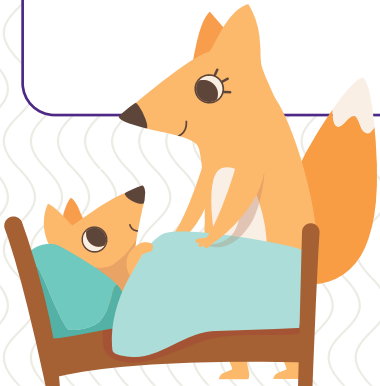
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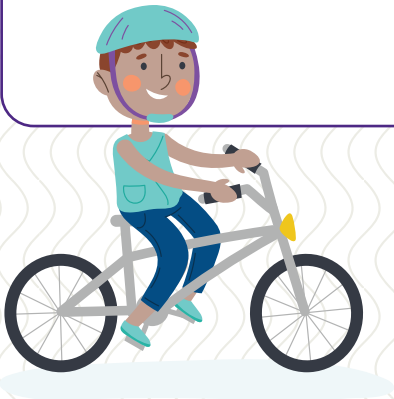
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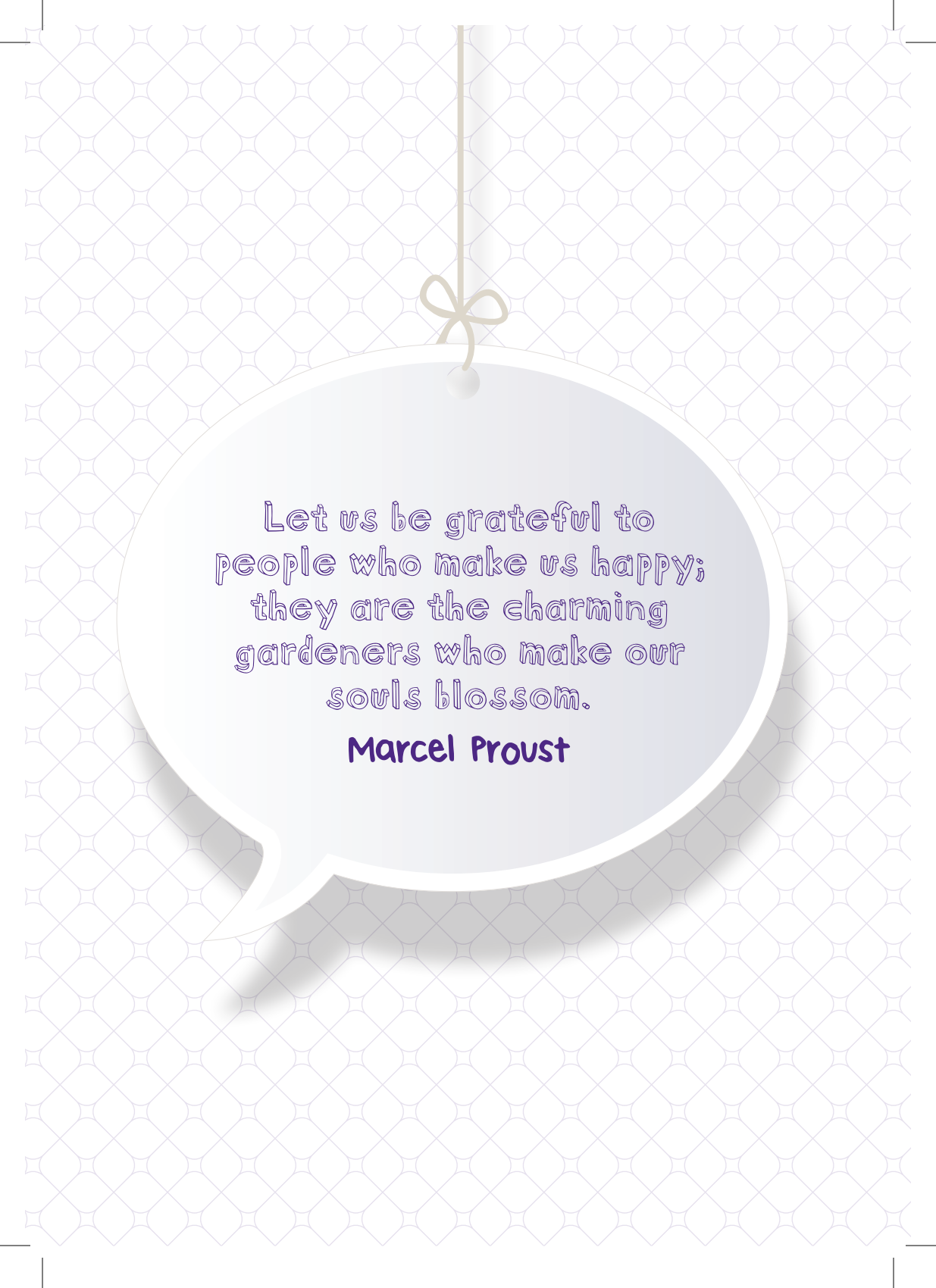


The weather was:



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Let us be grateful to  
people who make us happy;  
they are the charming  
gardeners who make our  
souls blossom.

**Marcel Proust**



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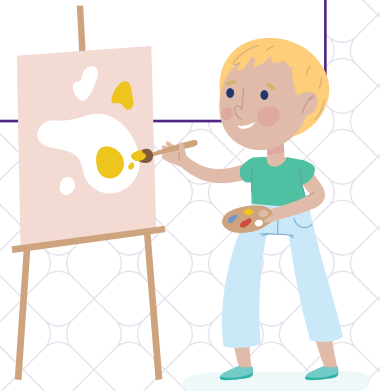
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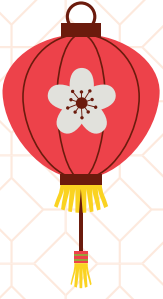


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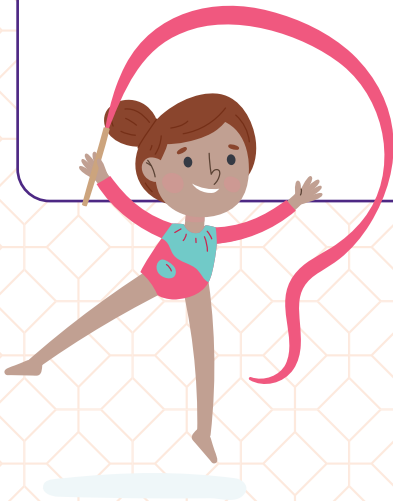
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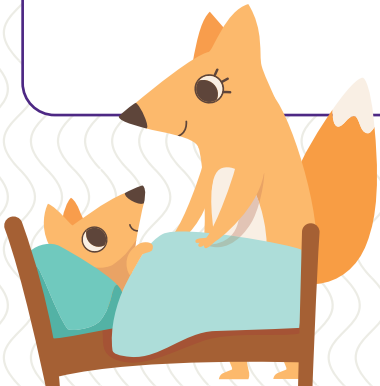
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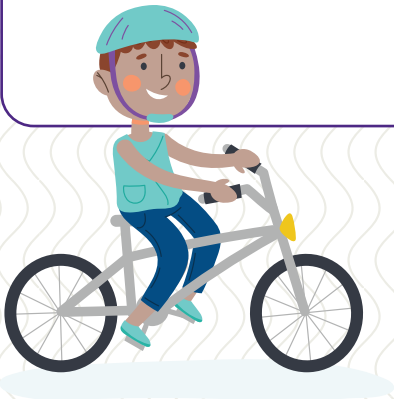
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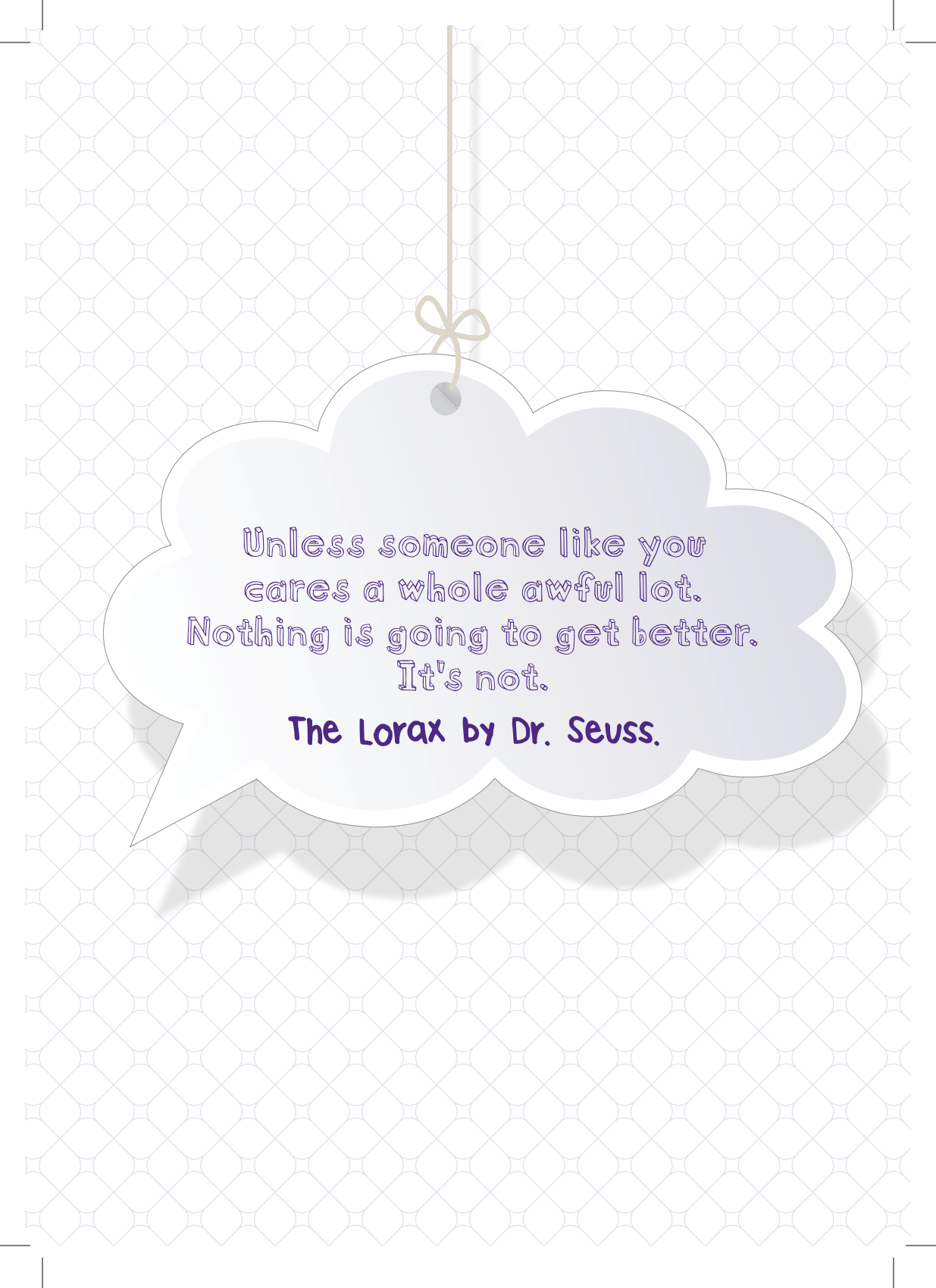


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Today I had fun doing:





Unless someone like you  
cares a whole awful lot.  
Nothing is going to get better.  
It's not.

**The Lorax by Dr. Seuss.**



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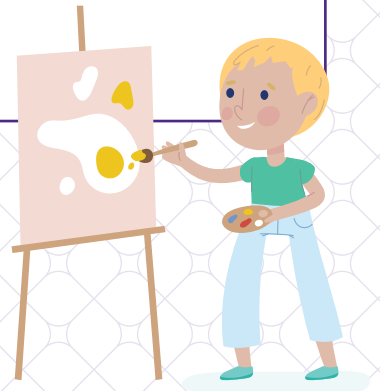
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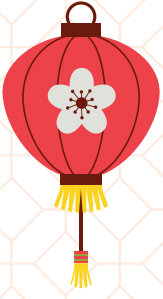


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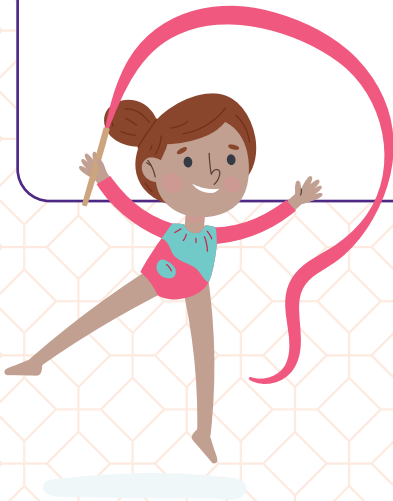
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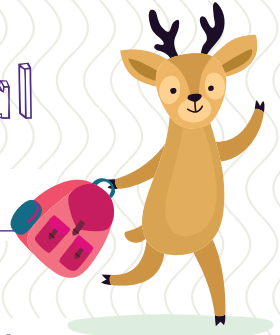
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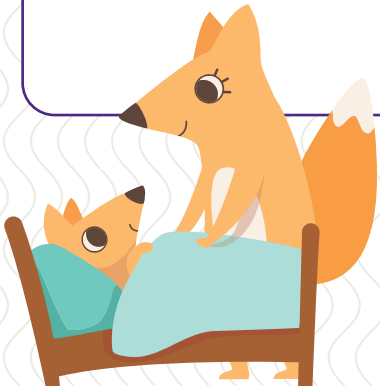
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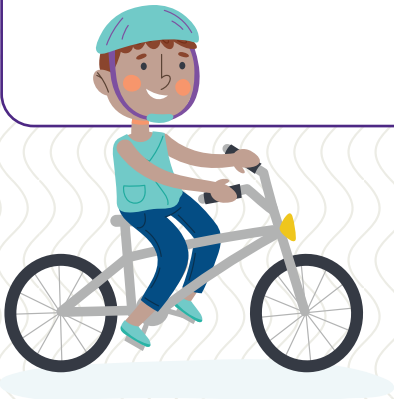
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No act of kindness,  
no matter how small,  
is ever wasted.

**Aesop's Fables**  
**The Lion and the Mouse**





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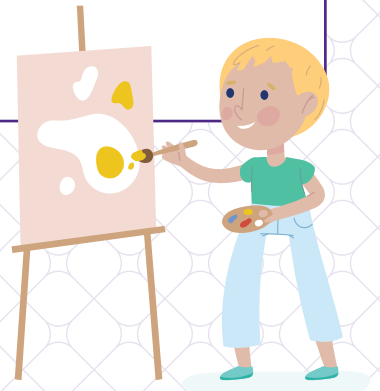
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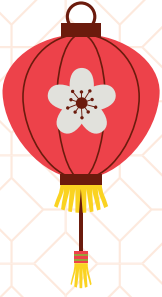


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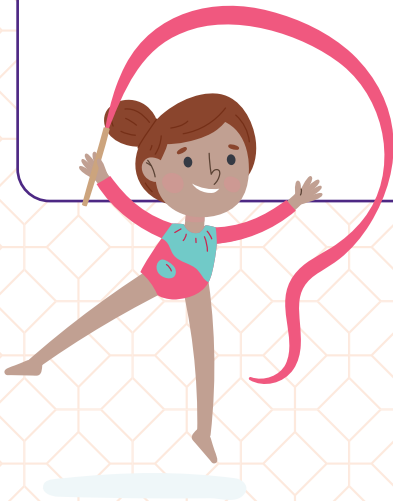
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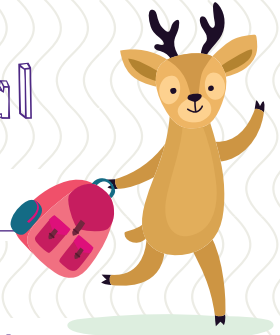
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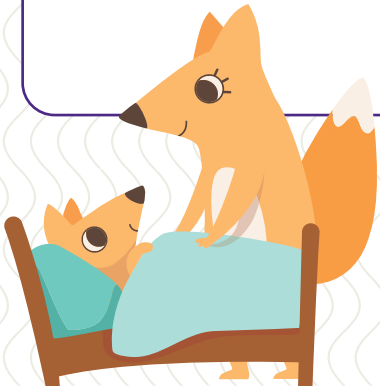
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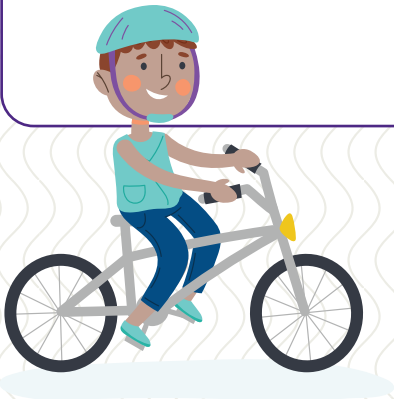
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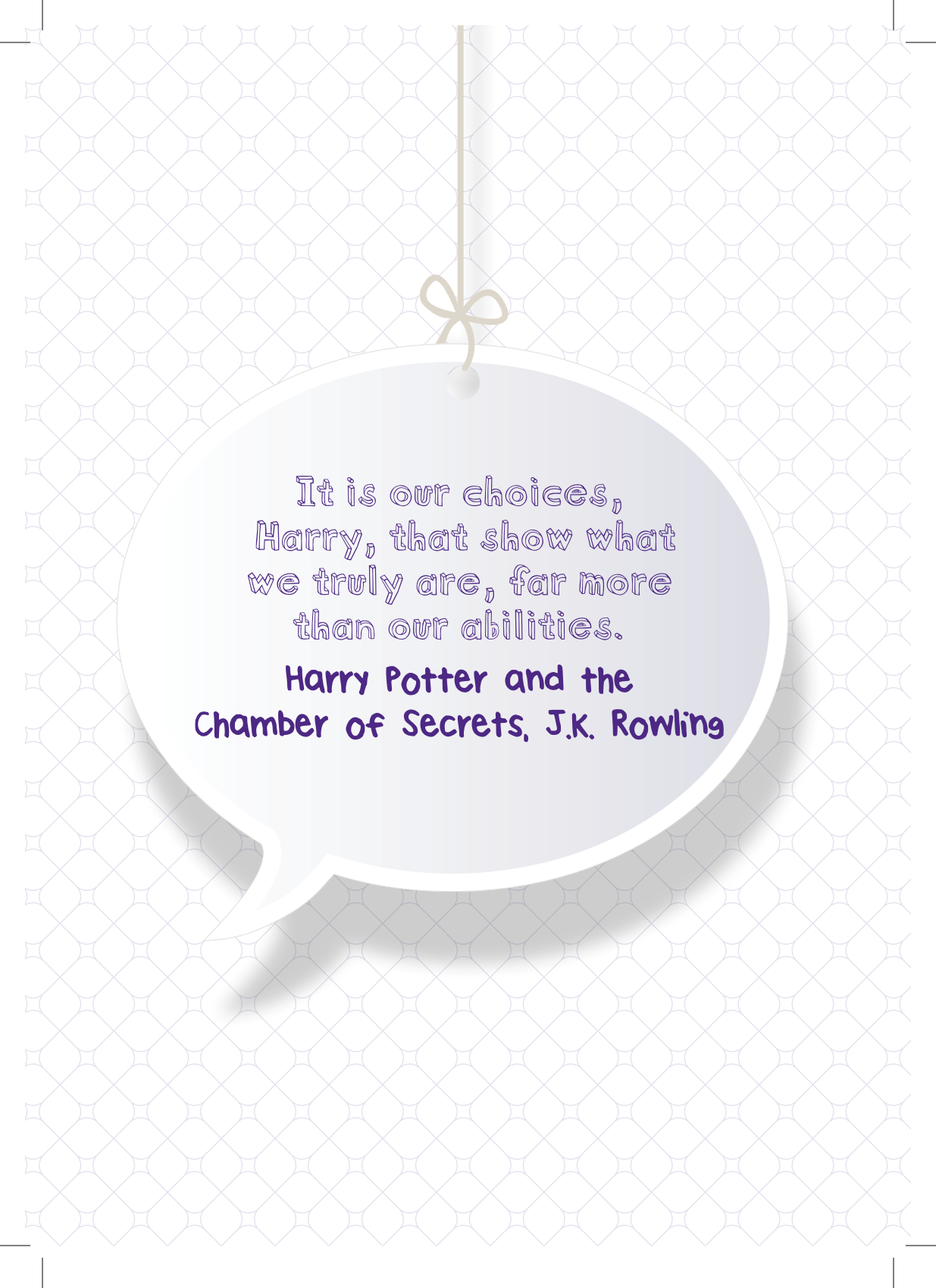


The weather was:



Today I had fun doing:





It is our choices,  
Harry, that show what  
we truly are, far more  
than our abilities.

**Harry Potter and the  
Chamber of Secrets, J.K. Rowling**



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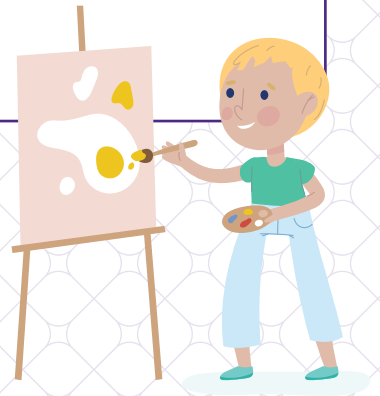
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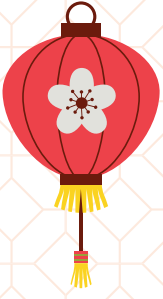


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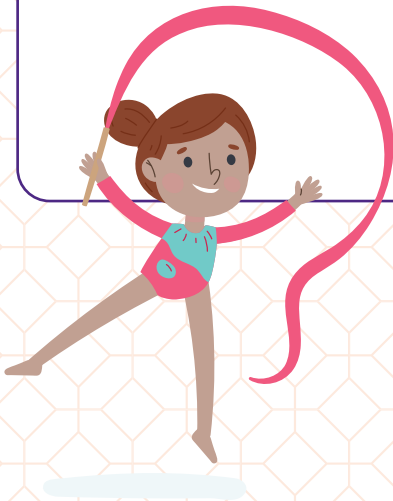
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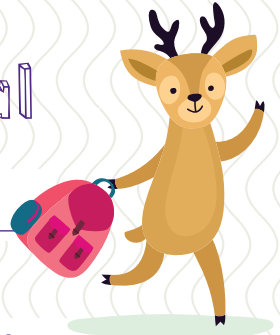
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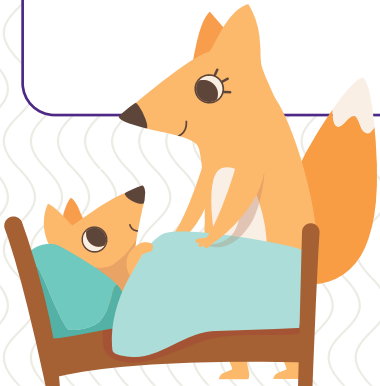
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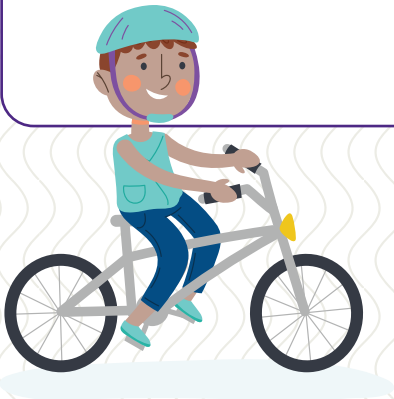
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The weather was:



Today I had fun doing:





How much good inside  
a day? Depends how good  
you live 'em.

How much love inside  
a friend?

Depends how much  
you give 'em.

**A Light in the Attic**  
**by Shel Silverstein**



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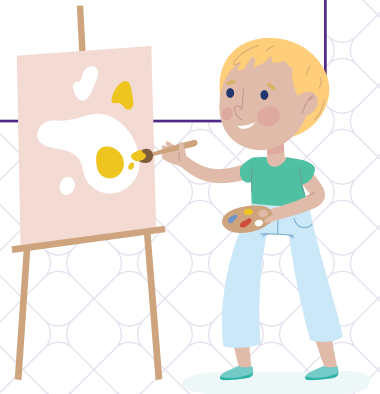
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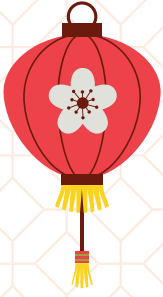


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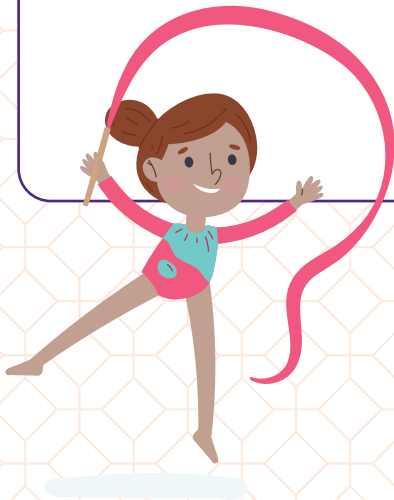
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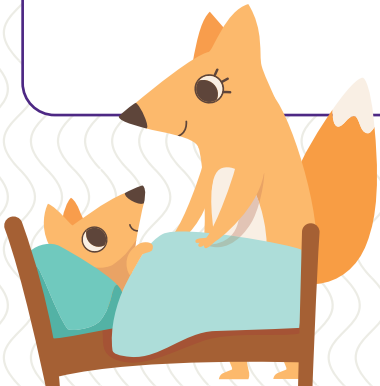
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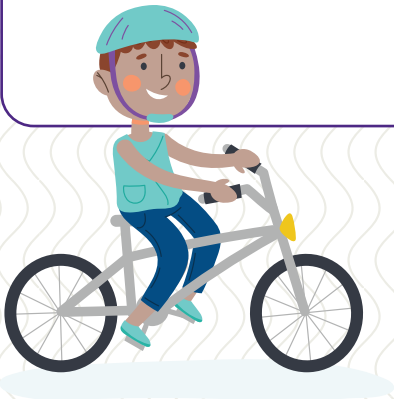
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Somewhere inside all of us  
is the power to change the world.

**Matilda by Roald Dahl**



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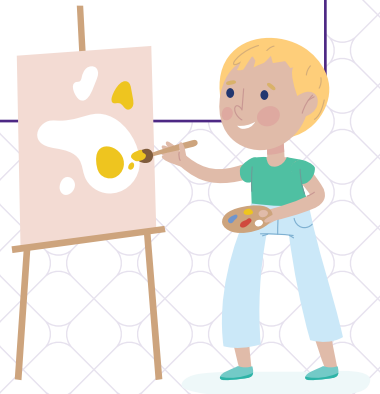
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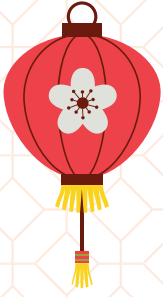


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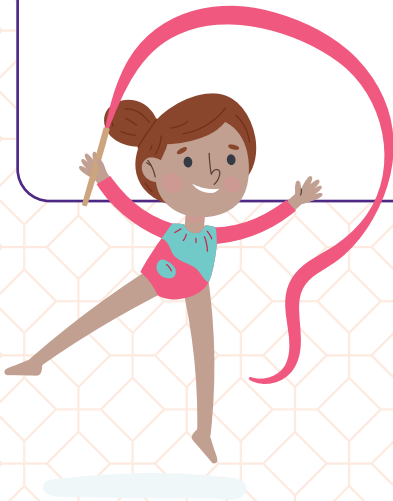
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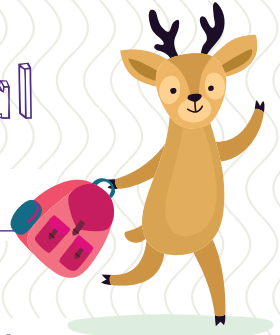
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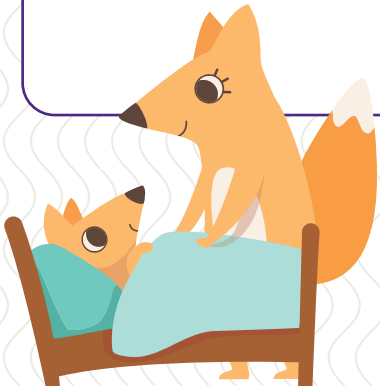
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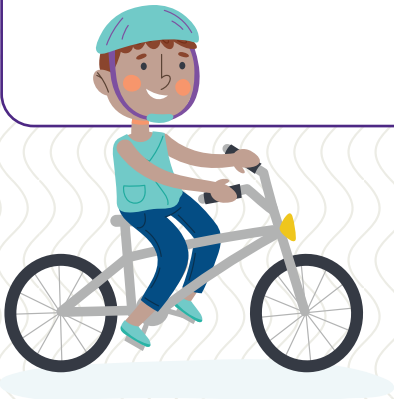
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A little magic can  
take you a long way.  
**James and the Giant Peach**  
by **Roald Dahl**





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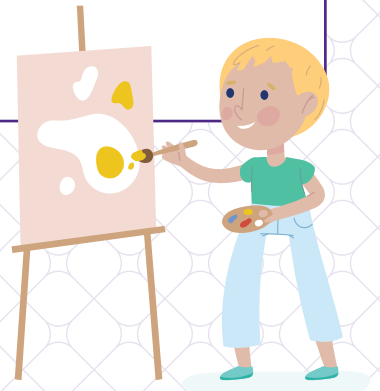
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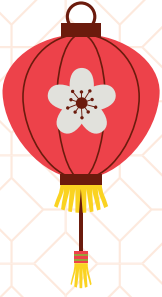


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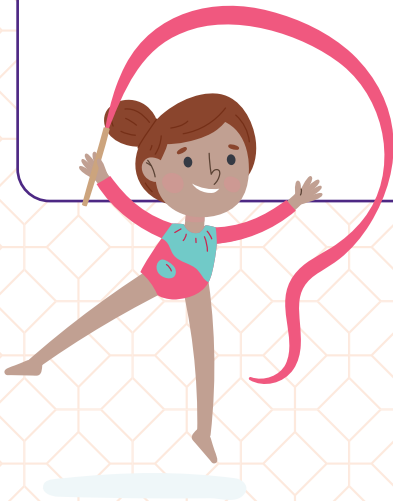
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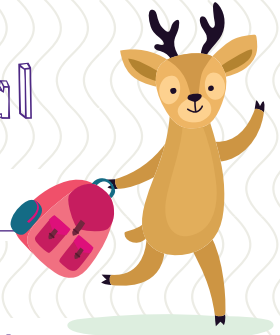
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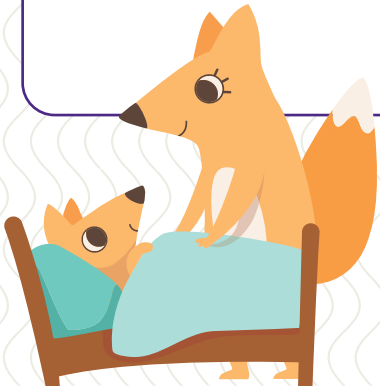
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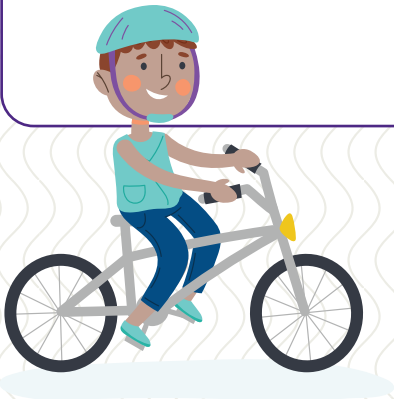
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Simplify, slow down,  
be kind.  
Eric Carle



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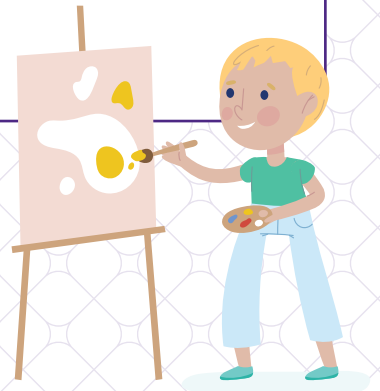
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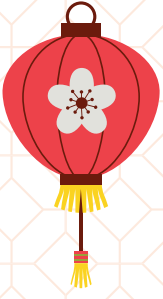


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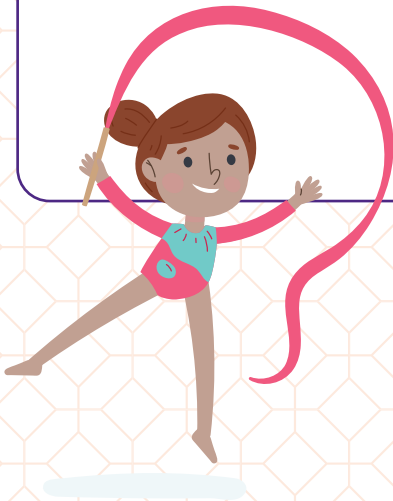
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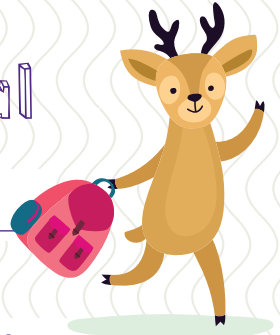
Today I had fun doing:



# My Daily Journal



Today's date is: \_\_\_\_\_



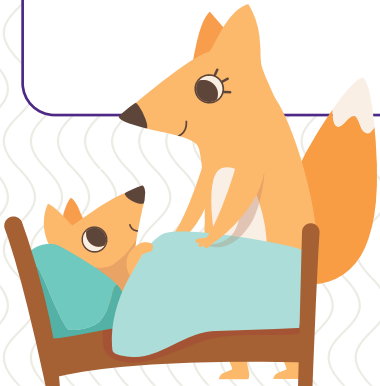
I felt:



The weather was:



Today I had fun doing:



# My Daily Journal



Today's date is: \_\_\_\_\_

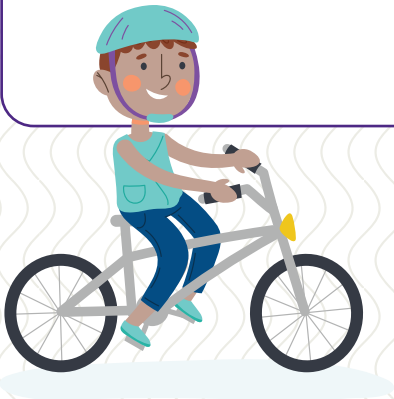
I felt:



The weather was:



Today I had fun doing:





Be kind whenever possible.  
It is always possible.

**Dalai Lama**



# My Daily Journal



Today's date is: \_\_\_\_\_



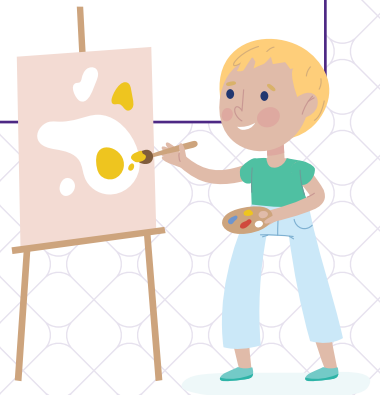
I felt:

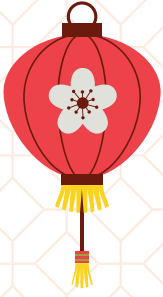


The weather was:



Today I had fun doing:





# My Daily Journal



Today's date is: \_\_\_\_\_

I felt:



The weather was:



Today I had fun doing:



# My Daily Journal



Today's date is: \_\_\_\_\_



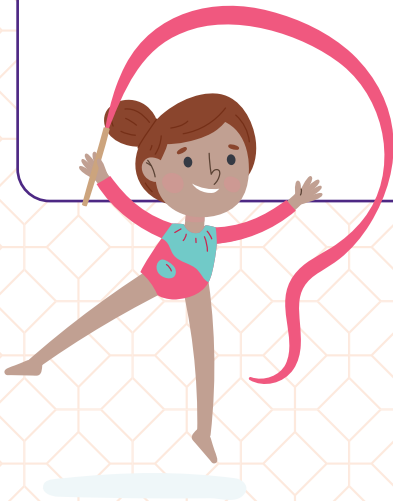
I felt:



The weather was:



Today I had fun doing:



# My Daily Journal



Today's date is: \_\_\_\_\_



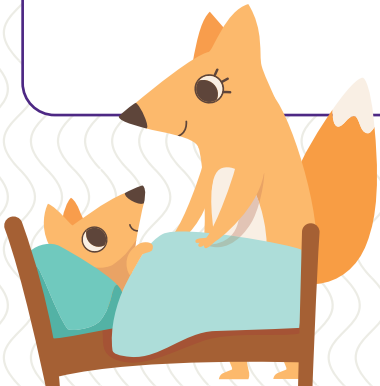
I felt:



The weather was:



Today I had fun doing:





# My Daily Journal



Today's date is: \_\_\_\_\_

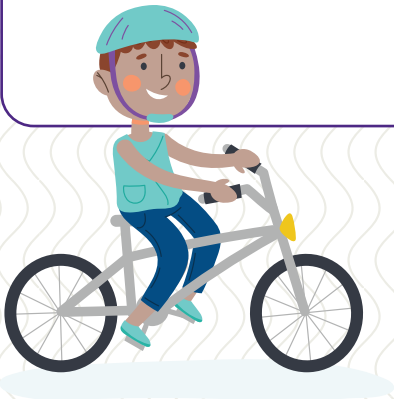
I felt:




The weather was:



Today I had fun doing:





There are always flowers  
for those who want  
to see them.

**Henri Matisse**



# My Daily Journal



Today's date is: \_\_\_\_\_



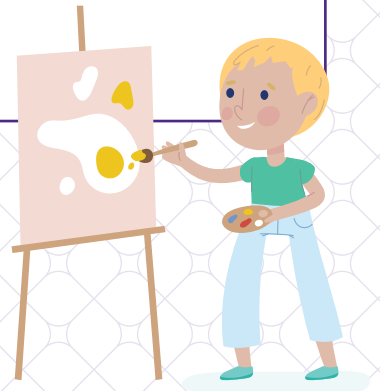
I felt:

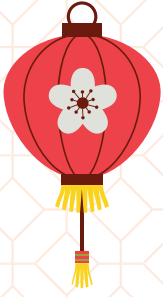


The weather was:



Today I had fun doing:





# My Daily Journal



Today's date is: \_\_\_\_\_

I felt:



The weather was:



Today I had fun doing:



# My Daily Journal



Today's date is: \_\_\_\_\_



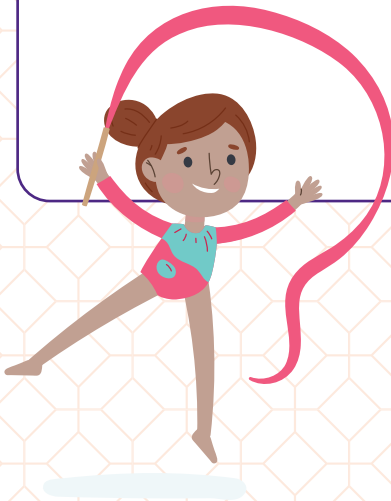
I felt:



The weather was:



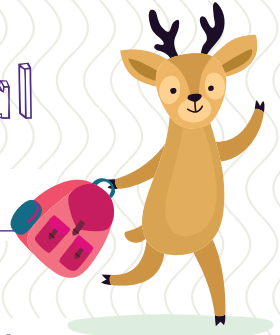
Today I had fun doing:



# My Daily Journal



Today's date is: \_\_\_\_\_



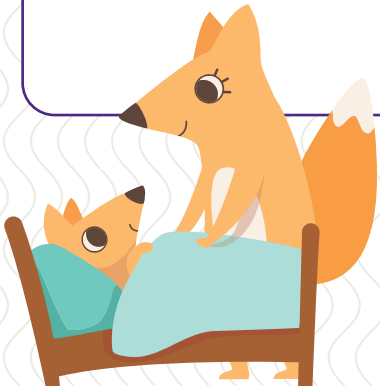
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The weather was:



Today I had fun doing:



# My Daily Journal



Today's date is: \_\_\_\_\_

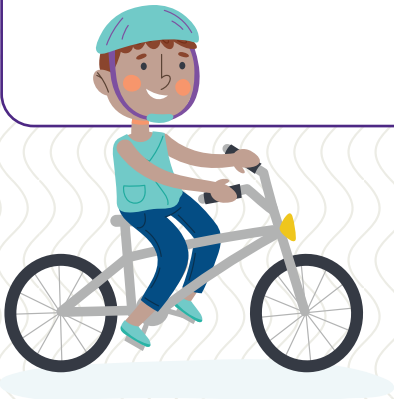
I felt:



The weather was:



Today I had fun doing:





When we give cheerfully  
and accept gratefully,  
everyone is blessed.

**Maya Angelou**





# My Daily Journal



Today's date is: \_\_\_\_\_



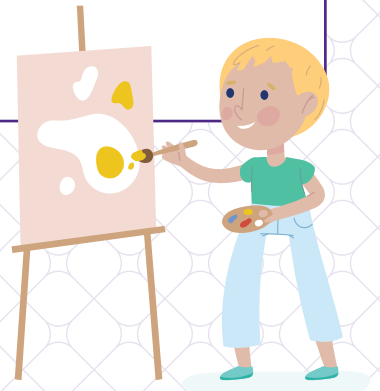
I felt:

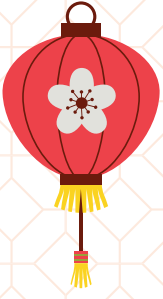


The weather was:



Today I had fun doing:





# My Daily Journal



Today's date is: \_\_\_\_\_

I felt:



The weather was:



Today I had fun doing:



# My Daily Journal



Today's date is: \_\_\_\_\_



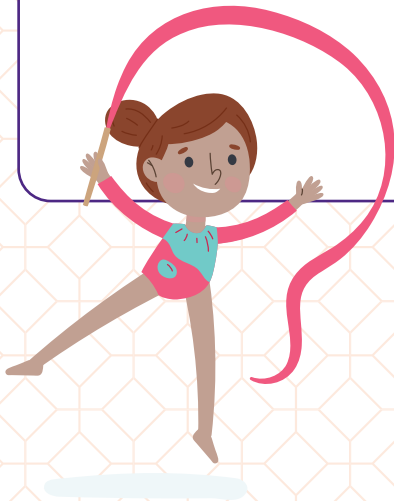
I felt:



The weather was:



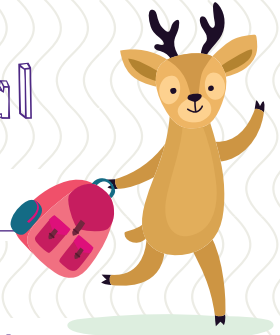
Today I had fun doing:



# My Daily Journal



Today's date is: \_\_\_\_\_



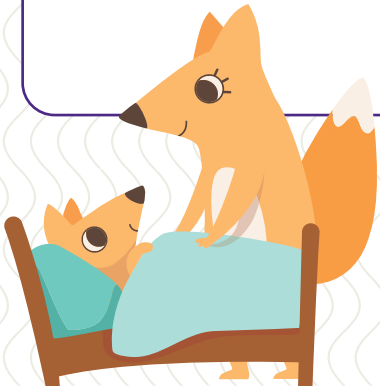
I felt:



The weather was:



Today I had fun doing:



# My Daily Journal



Today's date is: \_\_\_\_\_

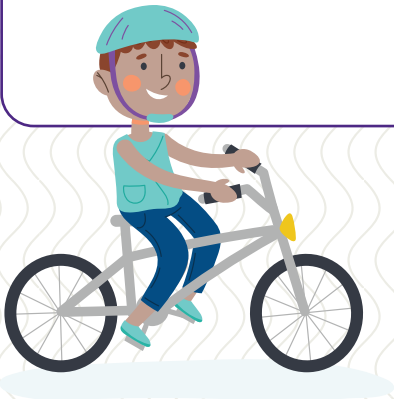
I felt:

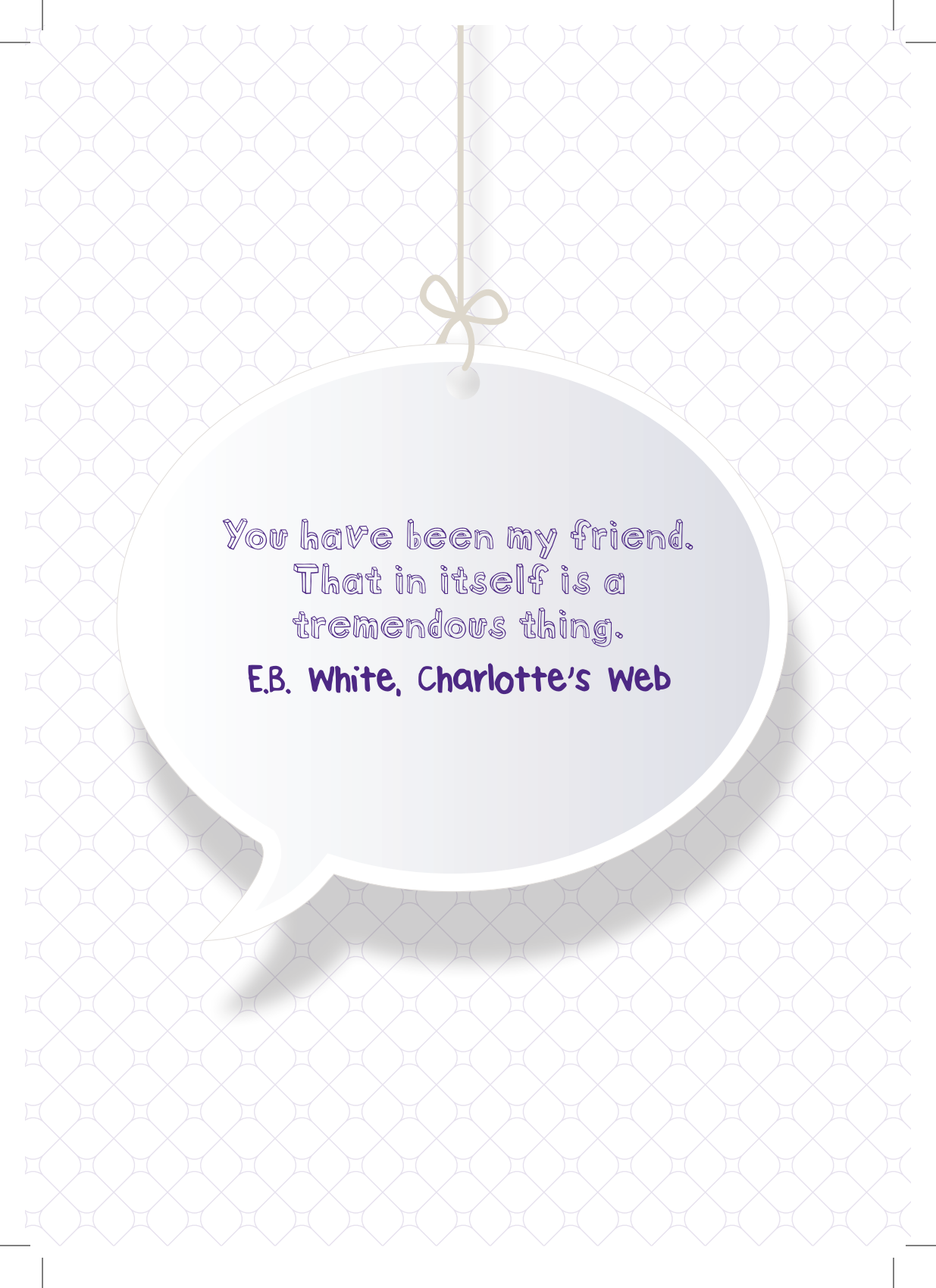


The weather was:



Today I had fun doing:





You have been my friend.  
That in itself is a  
tremendous thing.

**E.B. White, Charlotte's Web**



# My Daily Journal



Today's date is: \_\_\_\_\_



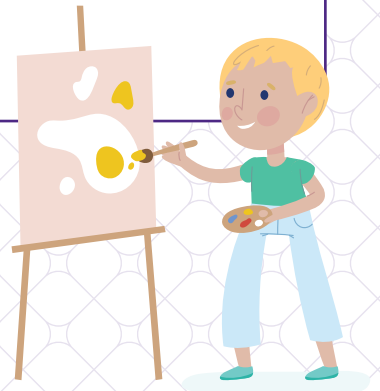
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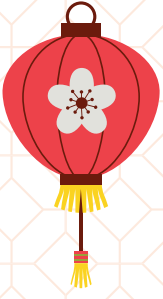


The weather was:



Today I had fun doing:





# My Daily Journal



Today's date is: \_\_\_\_\_

I felt:



The weather was:



Today I had fun doing:





# My Daily Journal



Today's date is: \_\_\_\_\_



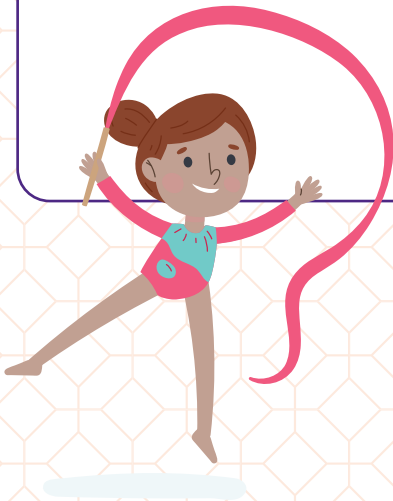
I felt:



The weather was:



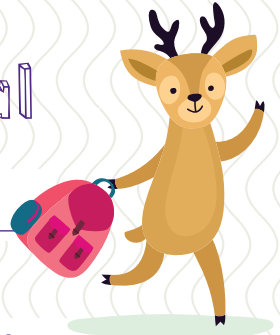
Today I had fun doing:



# My Daily Journal



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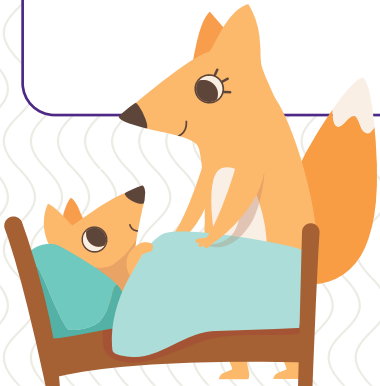
I felt:



The weather was:



Today I had fun doing:



# My Daily Journal



Today's date is: \_\_\_\_\_

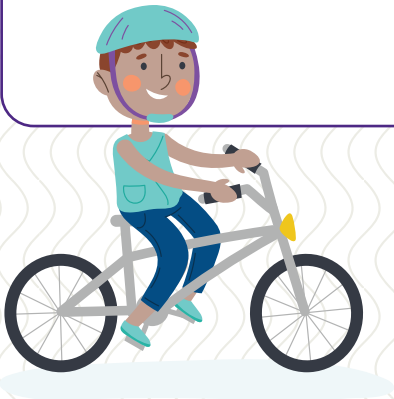
I felt:



The weather was:



Today I had fun doing:





Be the change you want  
to see in the world.

**Ghandi**



# My Daily Journal



Today's date is: \_\_\_\_\_



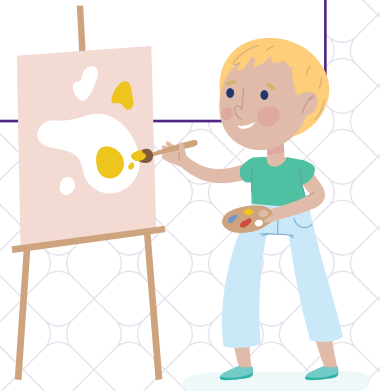
I felt:

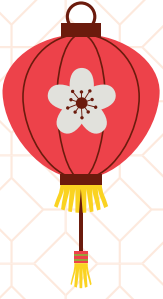


The weather was:



Today I had fun doing:





# My Daily Journal



Today's date is: \_\_\_\_\_

I felt:



The weather was:



Today I had fun doing:



# My Daily Journal



Today's date is: \_\_\_\_\_



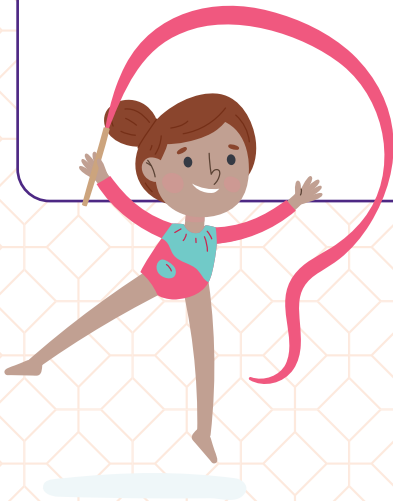
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The weather was:



Today I had fun doing:



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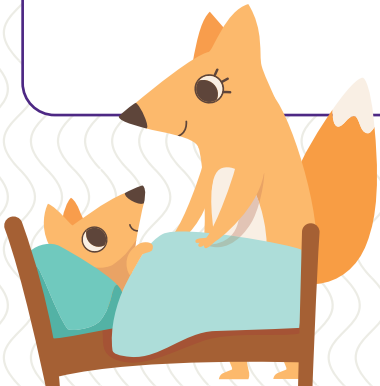
I felt:



The weather was:



Today I had fun doing:





# My Daily Journal



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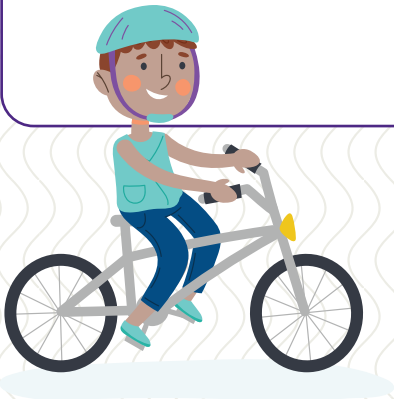
I felt:



The weather was:



Today I had fun doing:





Learn from yesterday,  
live for today, look to tomorrow,  
rest this afternoon.

**Charlie Brown by Charles M. Schulz**



# My Daily Journal



Today's date is: \_\_\_\_\_



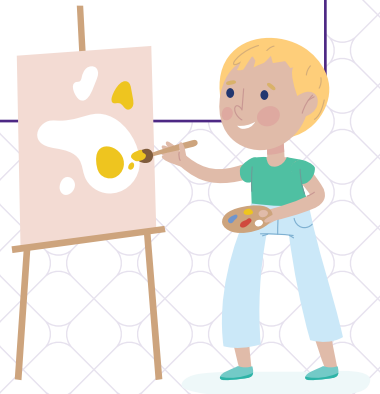
I felt:

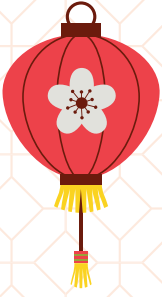


The weather was:



Today I had fun doing:





# My Daily Journal



Today's date is: \_\_\_\_\_

I felt:



The weather was:



Today I had fun doing:

