



Gratitude

JOURNAL

nicole bayliss



Welcome to your personal Gratitude Journal

Why do I need a gratitude journal?

The practice of gratitude is the key to stepping out of the vibration of lack, which most of us fall into by default.

By noticing and writing about all that you are grateful for, you put your attention on what you have and not what you don't have. By being grateful for all that you have, you begin to feel different - full and not empty, bountiful and not lacking.

This very shift in feeling changes your vibration. The feeling of having actually draws more to you to be grateful for!

How do I use my gratitude journal?

Write in your gratitude journal daily. Choose a time of day that suits you best, usually mornings or evenings are the most convenient times. You can give gratitude for:

- Your life in general
- The positive things that have happened
- The abundance you already have
- The people in your life
- Your health and wellbeing

... anything you are grateful for!

And then say the Gratitude Prayer that is at the top of each page of your journal.



Hi, I'm Nicole...

I am a spiritual healer and teacher and I am here to assist people on their journey to soul awakening and creating a life they love.

Through online courses, healing meditations, books and individual sessions, I help people understand their soul purpose and find meaning and true happiness.

Life can be painful; it certainly was for me. Through the challenge of toxic relationships, divorce, loss, financial struggle and feelings of "not good enough" came my soul awakening and the realisation of who I really was. I realised I had the power to recreate my life. And I did just that.

Through soul connection came inner guidance, truth and self-empowerment. I realised the Universe loved me and had been trying to guide me all along. I had to help myself before I could help others.

Now it's my turn to give back, and it is such a pleasure to do so.



I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

[illegible]

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

Gratitude creates happiness. It's that simple.

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

[illegible]

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

Acknowledging the good in your life is the only foundation to creating further abundance.

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

[illegible]

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

We are ALL already rich; some of us just don't know it!

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

[illegible]

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

Be grateful for your challenges. There are gifts in them.

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

[illegible]

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

The Universe will always provide when you are in a state of gratitude.

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

[illegible]

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

When you learn to appreciate every present moment,
you have mastered your life.

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

[illegible]

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

Be thankful and remember to say thank you to other people and the Universe.

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

[illegible]

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

Every day you have two choices - to either feel grateful or lacking. One creates miracles, the other creates misery.

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

[illegible]

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

Gratitude can transform any situation.

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

[illegible]

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

Give gratitude to yourself for all you have achieved so far -
this day, this week, this month, this year and this lifetime!

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

[illegible]

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

Give gratitude for the infinite opportunities that haven't yet presented themselves.

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

[illegible]

I give thanks for the abundance in my life. Thank You.

Date

Today I am Grateful for...

When you are grateful, you are sent more to be grateful for!