



MY
Thank
You
journal

JOYCE MEYER

This journal belongs to

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Contact Information

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Date


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Each day, *write something*
for which you are *thankful*.

When *God blesses you* in
special ways, write them down
so you *don't forget* them.



Introduction

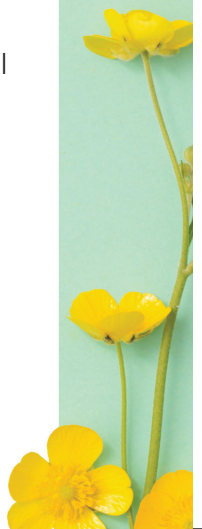
One of the best ways to stay happy and positive is to keep a thankful heart and to say “Thank you” often. Negative feelings typically come from focusing on negative situations or thoughts. But when you remember how much you have to be grateful for, negativity will give way to optimism and hope.

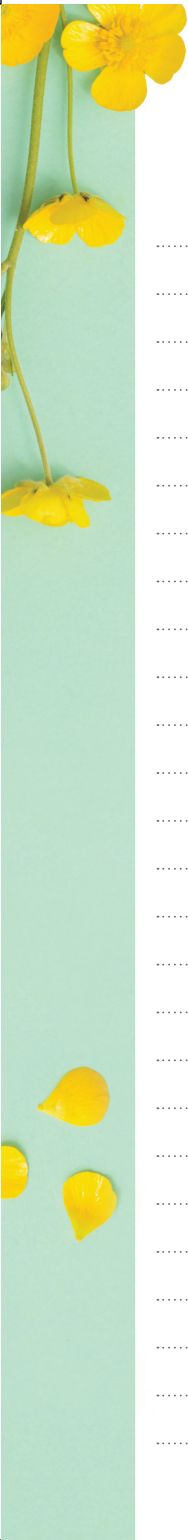
I’m sure you can think of many creative ways to use this journal, but I’ll make a few suggestions in case you’re wondering how to get started. You may want to take time each day to jot down one thing—or anything you can think of—for which you are thankful. After a month, you will have at least thirty things you are thankful for, and if you have a disappointing or stressful day, you can reread your journal and feel encouraged.

You might also consider writing down your prayer requests. Then, when God answers them, record how He answered you, and simply write, “Thank You, Lord!” As you build a list of answered prayers, your faith and trust in God will grow stronger and stronger.

In addition, you may want to make note of any special or unexpected blessings God brings into your life. This way, you will remember that God knows what is meaningful to you and that sometimes He blesses you just because He wants to show you that He loves you.

I pray that this journal will become a treasure to you as it becomes a record of God’s faithfulness in your life.





Devote yourselves to prayer, being watchful and thankful.
Colossians 4:2

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