Gratitude Journal

BY CORNERSTONE FAMILY MINISTRIES



Week 1-	Day 1
TODAY I FEEL (circle one)	I FEEL THIS WAY BECAUSE:
Ordered Men Fine Good Energy	
TO FEEL MORE E	NERGIZED I CAN:
WHAT DOES T Read Matt	
Thoughts:	

	"Trust in the Lord with all your heart!"				
TODAY I'M	GOING TO T	RUST THE	LORD THAT		
		12			
		1			
	<u> </u>			, "	
	<u>/</u>		•		

Week 1-	Day 2
TODAY I FEEL (circle one)	I FEEL THIS WAY BECAUSE:
Depleted Meh Fine Good Energy Street	
TO FEEL MORE E	NERGIZED I CAN:
WHAT DOES T Read Philippi	
houghts:	

	"Trust in the Lord with all your heart!"				
TODAY I'M	GOING TO T	RUST THE	LORD THAT		
		12			
		1			
	<u> </u>			, "	
	<u>/</u>		•		



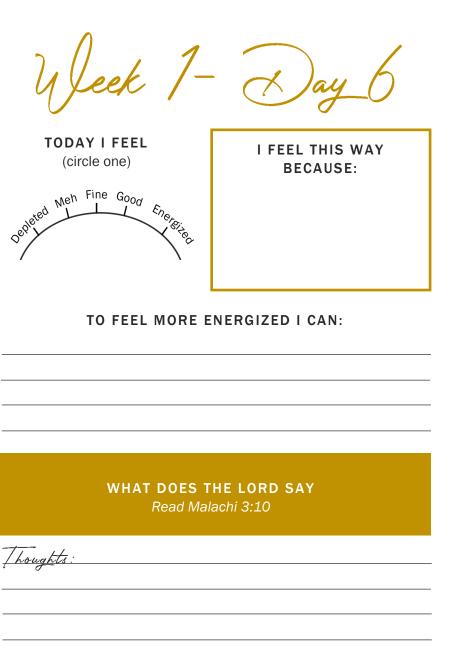
	"Trust in the Lord with all your heart!"				
TODAY I'M	GOING TO T	RUST THE	LORD THAT		
		12			
		1			
	<u> </u>			, "	
	<u>/</u>		•		

Week 1-	Nay 4
(circle one) Ochleted Men Fine Good Energy Control of the Good Energy Cont	I FEEL THIS WAY BECAUSE:
TO FEEL MORE E	NERGIZED I CAN:
WHAT DOES T Read Matth Thoughts:	

	"Trust in the Lord with all your heart!"				
TODAY I'M	GOING TO T	RUST THE	LORD THAT		
		12			
		1			
	<u> </u>			, "	
	<u>/</u>		•		

Wleek 1-	Day 5
TODAY I FEEL (circle one)	I FEEL THIS WAY BECAUSE:
Depleted Meh Fine Good Energy Property	
TO FEEL MORE E	NERGIZED I CAN:
WHAT DOES T Read 1 Timo	
Thoughts:	

	"Trust in the Lord with all your heart!"				
TODAY I'M	GOING TO T	RUST THE	LORD THAT		
		12			
		1			
	<u> </u>			, "	
	<u>/</u>		•		



	"Trust in the Lord with all your heart!"				
TODAY I'M	GOING TO T	RUST THE	LORD THAT		
		12			
		1			
	<u> </u>			, "	
	<u>/</u>		•		

Week 1-	1) ay 7
TODAY I FEEL (circle one)	I FEEL THIS WAY BECAUSE:
Ospiced Men Fine Good Energy	BECAUSE.
TO FEEL MORE E	NERGIZED I CAN:
WHAT DOES T Read Levitic	
Thoughts:	
•	

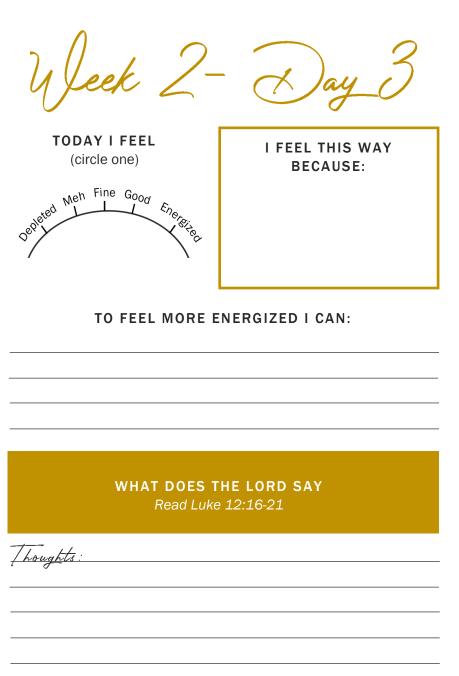
	"Trust in the Lord with all your heart!"				
TODAY I'M	GOING TO T	RUST THE	LORD THAT		
		12			
		1			
	<u> </u>			, "	
	<u>/</u>		•		

Week 2-	- Day 1			
TODAY I FEEL (circle one)	I FEEL THIS WAY BECAUSE:			
Depleted Meh Fine Good Energy				
TO FEEL MORE ENERGIZED I CAN:				
WHAT DOES THE LORD SAY Read 2 Corinthians 9:6-7				
Thoughts:				

	"Tr	ust in the Lord	d with all your h	eart!"
TODAY I'M	GOING TO T	RUST THE	LORD THAT	
		12		
		1		
	<u> </u>			, "
	<u>/</u>		•	

Week 2-	Day 2
(circle one) Meh Fine Goog Energy Coog	I FEEL THIS WAY BECAUSE:
TO FEEL MORE E	NERGIZED I CAN:
WHAT DOES T Read Isaia	
houghts:	

	"Tr	ust in the Lord	d with all your h	eart!"
TODAY I'M	GOING TO T	RUST THE	LORD THAT	
		12		
		1		
	<u> </u>			, "
	<u>/</u>		•	



	"Tr	ust in the Lord	d with all your h	eart!"
TODAY I'M	GOING TO T	RUST THE	LORD THAT	
		12		
		1		
	<u> </u>			, "
	<u>/</u>		•	



TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY Read Mark 8:36

Thoughts:

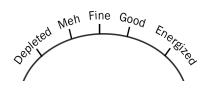
	"Tr	ust in the Lord	d with all your h	eart!"
TODAY I'M	GOING TO T	RUST THE	LORD THAT	
		12		
		1		
	<u> </u>			, "
	<u>/</u>		•	

Week 2-	Day 5			
TODAY I FEEL (circle one)	I FEEL THIS WAY BECAUSE:			
believed Meh Fine Good Energy Street				
TO FEEL MORE ENERGIZED I CAN:				
WHAT DOES T Read Jan				
houghts:				

	"Tr	ust in the Lord	d with all your h	eart!"
TODAY I'M	GOING TO T	RUST THE	LORD THAT	
		12		
		1		
	<u> </u>			, "
	<u>/</u>		•	



TODAY I FEEL (circle one)



I FEEL THIS WAY BECAUSE:

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY Read Proverbs 11:25

Thoughts:		

	"Tr	ust in the Lord	d with all your h	eart!"
TODAY I'M	GOING TO T	RUST THE	LORD THAT	
		12		
		1		
	<u> </u>			, "
	<u>/</u>		•	

- Day 7				
I FEEL THIS WAY BECAUSE:				
TO FEEL MORE ENERGIZED I CAN:				
THE LORD SAY Im 41:1-3				

"Trust in the Lord with all your heart				heart!"
TODAY I'M	GOING TO T	RUST THE	LORD THA	T
		1		
		1		
	<u> / </u>			,
	<u>/</u>			

Week 3-	- Day 1				
(circle one) Ochield Men Fine Good Energy Control of the Good Energy Contr	I FEEL THIS WAY BECAUSE:				
TO FEEL MORE ENERGIZED I CAN:					
WHAT DOES THE LORD SAY Read Ecclesiastes 5:10 houghts:					
-					

"Trust in the Lord with all your heart				heart!"
TODAY I'M	GOING TO T	RUST THE	LORD THA	T
		1		
		1		
	<u> / </u>			,
	<u>/</u>			

Week 3-	Day 2				
(circle one) Neh Fine Good Free Goo	I FEEL THIS WAY BECAUSE:				
TO FEEL MORE E	NERGIZED I CAN:				
WHAT DOES THE LORD SAY Read Psalm 24:1					
houghts:					

"Trust in the Lord with all your heart				heart!"
TODAY I'M	GOING TO T	RUST THE	LORD THA	T
		1		
		1		
	<u> / </u>			,
	<u>/</u>			

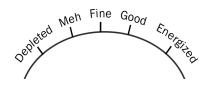


Thoughts:

"Trust in the Lord with all your heart				heart!"
TODAY I'M	GOING TO T	RUST THE	LORD THA	T
		1		
		1		
	<u> / </u>			,
	<u>/</u>			



TODAY I FEEL (circle one)



Thoughts:

I FEEL THIS WAY BECAUSE:

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY Read Mark 12:41-44

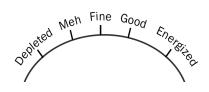
	"Tr	ust in the Lord	d with all your h	eart!"
TODAY I'M	GOING TO T	RUST THE	LORD THAT	
		12	1	
		1		
	<u> </u>			, "
	<u>/</u>		•	

Week 3-	Day 5
TODAY I FEEL (circle one)	I FEEL THIS WAY BECAUSE:
Ordered Men Fine Good Energy	
TO FEEL MORE E	NERGIZED I CAN:
WHAT DOES T Read 2 Corin	
Thoughts:	

	"Tr	ust in the Lord	d with all your h	eart!"
TODAY I'M	GOING TO T	RUST THE	LORD THAT	
		12	1	
		1		
	<u> </u>			, "
	<u>/</u>		•	



TODAY I FEEL (circle one)



Thoughts:

I FEEL THIS WAY BECAUSE:

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read Isaiah 40:28-30

·	·

	"Tr	ust in the Lord	d with all your h	eart!"
TODAY I'M	GOING TO T	RUST THE	LORD THAT	
		12	1	
		1		
	<u> </u>			, "
	<u>/</u>		•	

Week 3-	- Day 7
TODAY I FEEL (circle one)	I FEEL THIS WAY BECAUSE:
Oedered Meh Fine Good Energy	
TO FEEL MORE E	NERGIZED I CAN:

WHAT DOES THE LORD SAY Read Luke 11:13 Thoughts:

	"Tr	ust in the Lord	d with all your h	eart!"
TODAY I'M	GOING TO T	RUST THE	LORD THAT	
		12	1	
		1		
	<u> </u>			, "
	<u>/</u>		•	

Week 4-	- Day 1
TODAY I FEEL (circle one)	I FEEL THIS WAY BECAUSE:
Ordered Men Fine Good Energy	
TO FEEL MORE E	NERGIZED I CAN:
WHAT DOES T Read 1 Timo	
Thoughts:	

	"Tr	ust in the Lord	d with all your h	eart!"
TODAY I'M	GOING TO T	RUST THE	LORD THAT	
		12	1	
		1		
	<u> </u>			, "
	<u>/</u>		•	

Week 4-	Nay 2
TODAY I FEEL (circle one)	I FEEL THIS WAY BECAUSE:
oppleted Meh Fine Good Energy Energy	
TO FEEL MORE E	NERGIZED I CAN:
WHAT DOES T Read Hag	
Thoughts:	

	"Tr	ust in the Lord	d with all your h	eart!"
TODAY I'M	GOING TO T	RUST THE	LORD THAT	
		12	1	
		1		
	<u> </u>			, "
	<u>/</u>		•	



	"Tr	ust in the Lord	d with all your h	eart!"
TODAY I'M	GOING TO T	RUST THE	LORD THAT	
		12	1	
		1		
	<u> </u>			, "
	<u>/</u>		•	

Wleek 4-	Day 4					
TODAY I FEEL (circle one)	I FEEL THIS WAY BECAUSE:					
Ospered Meh Fine Good Energy	BECAUSE:					
TO FEEL MORE ENERGIZED I CAN:						
WHAT DOES T Read Lu						
Thoughts:						
Ø						

	"Trust in the Lord with all your heart!"				
TODAY I'M	GOING TO T	RUST TH	IE LORD	THAT	
			/7~		
		1.			
	<u> </u>	1/1,		y,	
				<u> </u>	
	<u>/</u>				

Wleek 4-	Nay 5
(circle one) Neh Fine Good Energy Control of the Street Control o	I FEEL THIS WAY BECAUSE:
TO FEEL MORE E	NERGIZED I CAN:
WHAT DOES T Read Psa Thoughts :	
rougnis.	

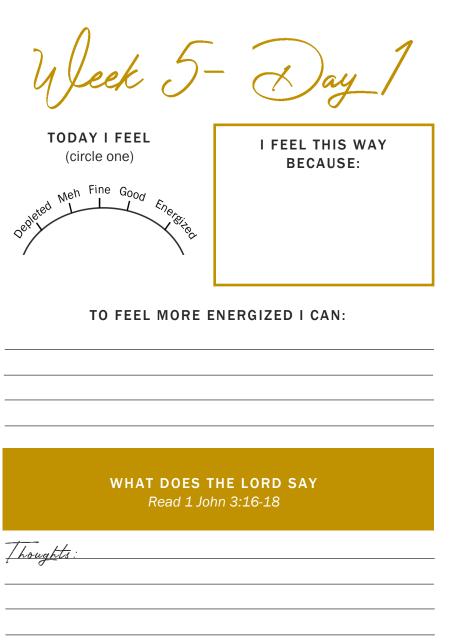
	"Trust in the Lord with all your heart!"				
TODAY I'M	GOING TO T	RUST THE	LORD THAT		
		12	1		
		1			
	<u> </u>			, "	
	<u>/</u>		•		

Wleek 4-	Nay 6				
TODAY I FEEL (circle one)	I FEEL THIS WAY BECAUSE:				
Ordered Meh Fine Good Energy					
TO FEEL MORE ENERGIZED I CAN:					
WHAT DOES T Read 2 Corir					
Thoughts:					

	"Trust in the Lord with all your heart!"				
TODAY I'M	GOING TO T	RUST TH	IE LORD	THAT	
			/7~		
		1.			
	<u> </u>	1/1,		y,	
				<u> </u>	
	<u>/</u>				

Week 4-	Day 7					
TODAY I FEEL (circle one)	I FEEL THIS WAY BECAUSE:					
Ordered Men Fine Good Energy						
TO FEEL MORE E	NERGIZED I CAN:					
WHAT DOES T Read Deutero						
Thoughts:						

	"Trust in the Lord with all your heart!"				
TODAY I'M	GOING TO T	RUST THE	LORD THAT		
		12	1		
		1			
	<u> </u>			, "	
	<u>/</u>		•		



	"Trust in the Lord with all your heart!"				
TODAY I'M	GOING TO T	RUST TH	IE LORD	THAT	
			/7~		
		1.			
	<u> </u>	1/1,		y,	
				<u> </u>	
	<u>/</u>				

Week 5-	Nay 2
(circle one) Neh Fine Goog Free Goog	I FEEL THIS WAY BECAUSE:
TO FEEL MORE E	NERGIZED I CAN:
WHAT DOES T Read Acts	
houghts:	

TODAY I'M GOING TO TRUST THE LORD THAT...



(circle one)

Oppleted Meh Fine Good Energy Street

I FEEL THIS WAY BECAUSE:

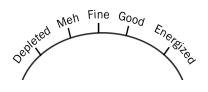
WHAT DOES THE LORD SAY Read Matthew 25:14-30

Thoughts:

	"Trust in the Lord with all your heart!"				
TODAY I'M	GOING TO T	RUST TH	IE LORD	THAT	
			/7~		
		1.			
	<u> </u>	1/1,		y,	
				<u> </u>	
	<u>/</u>				



TODAY I FEEL (circle one)



I FEEL THIS WAY BECAUSE:

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY Read Leviticus 25:35-37

Thoughts:

	"Tr	ust in the Lor	d with all your	heart!"
TODAY I'M	GOING TO T	RUST THE	LORD THA	T
		1		
		1		
	<u> / </u>			,
	<u>/</u>			

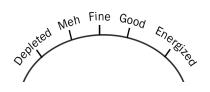


	TO FEEL MORE ENERGIZED I CAN:	
	WHAT DOES THE LORD SAY Read Luke 6:37-38	
Thoughts:		

	"Tr	ust in the Lord	d with all your h	eart!"
TODAY I'M	GOING TO T	RUST THE	LORD THAT	
		12	1	
		1. 6		
	<u>, , , , , , , , , , , , , , , , , , , </u>			, ,
	<u>/</u>			



TODAY I FEEL (circle one)



I FEEL THIS WAY BECAUSE:

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY Read Galatians 6:2

Thoughts:

	"Tr	ust in the Lor	d with all your	heart!"
TODAY I'M	GOING TO T	RUST THE	LORD THA	T
		1		
		1		
	<u> / </u>			,
	<u>/</u>			



TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY Read Psalm 119:36

Thoughts:

	"Tr	ust in the Lord	d with all your h	eart!"
TODAY I'M	GOING TO T	RUST THE	LORD THAT	
		12	1	
		1. 6		
	<u>, , , , , , , , , , , , , , , , , , , </u>			, ,
	<u>/</u>			

Week 6-	- Day 1					
TODAY I FEEL (circle one)	I FEEL THIS WAY BECAUSE:					
Depleted Meh Fine Good Energy						
TO FEEL MORE ENERGIZED I CAN:						
WHAT DOES THE LORD SAY Read Malachi 3:10						
Thoughts:						

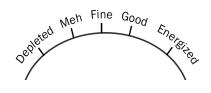
"Trust in the Lord with all your heart!"					
TODAY I'M	GOING TO T	RUST THE	LORD THA	T	
		1			
		1			
	<u> / </u>			,	
	<u>/</u>				

Week 6-	Nay 2
TODAY I FEEL (circle one)	I FEEL THIS WAY BECAUSE:
Ordered Meh Fine Goog Energy	BECAUJE.
TO FEEL MORE E	NERGIZED I CAN:
WHAT DOES T Read Joh	
Thoughts:	

	"Trust in the Lord with all your heart!"					
TODAY I'M	GOING TO T	RUST THE	LORD THAT			
		12	1			
		1. 6				
	<u>, , , , , , , , , , , , , , , , , , , </u>			, ,		
	<u>/</u>					



TODAY I FEEL (circle one)



Thoughts:

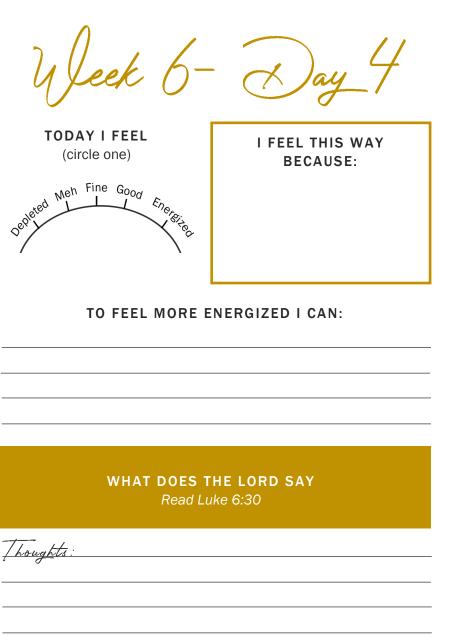
I FEEL THIS WAY BECAUSE:

TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY

Read 2 Corinthians 9:6-7

"Trust in the Lord with all your heart!"					
TODAY I'M	GOING TO T	RUST THE	LORD THA	T	
		1			
		1			
	<u> / </u>			,	
	<u>/</u>				



	"Trust in the Lord with all your heart!"					
TODAY I'M	GOING TO T	RUST THE	LORD THAT			
		12	1			
		1. 6				
	<u>, , , , , , , , , , , , , , , , , , , </u>			, ,		
	<u>/</u>					



TO FEEL MORE ENERGIZED I CAN:

WHAT DOES THE LORD SAY Read Matthew 19:24-25

Thoughts:

"Trust in the Lord with all your heart!"					
TODAY I'M	GOING TO T	RUST THE	LORD THA	T	
		1			
		1			
	<u> / </u>			,	
	<u>/</u>				



	"Trust in the Lord with all your heart!"					
TODAY I'M	GOING TO T	RUST THE	LORD THAT			
		12	1			
		1. 6				
	<u>, , , , , , , , , , , , , , , , , , , </u>			, ,		
	<u>/</u>					

Week 6-	- Day 7
TODAY I FEEL (circle one)	I FEEL THIS WAY BECAUSE:
Ordered Meh Fine Good Energy	
TO FEEL MORE E	NERGIZED I CAN:
WHAT DOES T Read Proverbs 19:	
Thoughts:	

"Trust in the Lord with all your heart!"					
TODAY I'M	GOING TO T	RUST THE	LORD THA	T	
		1			
		1			
	<u> / </u>			,	
	<u>/</u>				









CORNERSTONEBRIGHTON.COM/STUDENTS