

A Sneak Peek Inside the Book  
Find Your Joy & Keep It Glowing:  
A Guided Interactive Gratitude Journal  
by Angel Ika

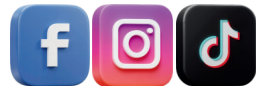


A journal made to help you pause, reflect, and glow  
from the inside out.

Let your thoughts bloom and your gratitude glow.

Enjoy, relax, and get creative!

Let this journal be your quiet companion — and if it  
brings you joy, feel free to tag @pagesbyangelika  
and share the light. 💖



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*Hey there, lovely!*

*I've got something amazing to share with you:  
the incredible power of gratitude. Ready to glow?*

*Gratitude is more than just a feeling of being thankful and appreciative; it's a beautiful experience that fills your heart with warmth and kindness, bringing peaceful joy to your life. Not only does it feel amazing, but practicing gratitude has been proven to increase our well-being and make the world a better place.*

*This book is first and foremost a guide to gratitude, but it also shines a light on positivity and mindfulness, offering practical ways to bring these into your everyday life.*

*Let's embrace gratitude, spread joy and fill each day with mindful positivity!*

*This is about YOU*

- *Keep a Gratitude Journal*
- *Interactive Activities*
- *Mindfulness and Meditation*
- *Inspiring Quotes*

*HAVE FUN*



*Start your day with gratitude and watch how your perspective shifts. A simple journal entry can turn ordinary moments into extraordinary blessings. Write down three things you're grateful for every day, no matter how small. It's a simple habit that can transform your mindset and brighten your outlook on life.*

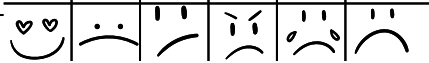
*Gratitude turns what we have into enough. Capture those moments in a journal, and you'll always have a reason to smile.*



*This person gave me this  
gratitude journal*



*S M T W T F S*



*I'm thankful for:*



*The best  
part of my  
day was:*







\*notice\*  
your  
thoughts  
\*

Gratitude is like a mental high-five!  
The more you do it, the less room stress  
and bad vibes have to hang out! It's  
like telling worry to take a chill pill  
while you focus on the awesome stuff in  
your life!

Shift focus from negative  
thoughts to positive ones.

For every negative  
thought look for  
five good thoughts



life's tough  
  
take a break 

bad days  
don't stay  
bad forever

I AM  
Strong

I have the power to turn  
difficult situations into  
positive outcomes.

I am  
capable

Be  
Brave

I am  
Smart

Fearless

I am  
enough



Write five positive thoughts:

I can do anything

"Start each day with a positive thought  
and a grateful heart." - Roy T. Bennett

*This person encouraged me*




	S	M	T	W	T	F	S

*I'm thankful for:*



*My best  
thought  
today*

With  by Angel Ika –@pagesbyangelika

*Practicing gratitude has been linked to increased levels of happiness and overall well-being. It helps create a more positive outlook on life.*

*"good things ahead"*

*Gratitude boosts Mood*

*Life is good*

*Smile and say Thank you*

*today  
I CHOOSE*

*live  
laugh  
love*

*joy*

*Hug a friend or family for five to ten seconds. Trust me, it works!*



*Compliment someone!*



*Their appreciation will make both of you feel good and they may throw a flattering return compliment your way, too.*

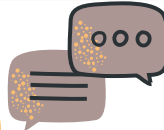
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*Your positivity is truly infectious. You have a way of brightening up any room you walk into.*



*PS: Track your mood daily*

*Today this person*



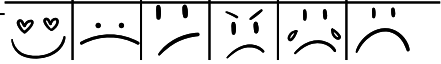
*smiled at me*

S M T W T F S

*hugged me*



*complimented me*



*I'm thankful for:*



*I smiled at ...*

*I hugged ...*

*I paid a*

*compliment to...*

