

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



With ❤️ by Angel Ika - @pagesbyangelika

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.

Be
Brave

I am
capable



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*

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

live laugh love
today I CHOOSE joy

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

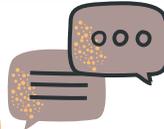


Compliment someone!



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

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 _____



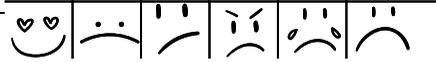
smiled at me _____

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... _____

