



Parenting The Gratitude Habit: a journal and resource for fostering gratitude in your heart, home, and family

Wendy Meg Siegel

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This journal is designed for parents and guardians as a means for deepening their personal gratitude practice and as a resource for creating a grateful environment in which to raise a child. Gratitude is a powerful gift we can give our children to help them lead happy, well-adjusted, and productive lives. It helps both children and adults develop a positive outlook and better manage the stresses of everyday life. As you develop your relationship with gratitude, you are in a better position to impart a sense of thankfulness and appreciation in your children. The 365 journal entries are numbered so you can start recording your appreciations on any day of the year. If you miss one or more days, at any point, you can continue without leaving blank pages. The journal is filled with gratitude prompts and suggestions, tips, and ideas for fostering gratitude in your home and family. In just minutes a day, you can develop a powerful habit and become a grateful role model for your children.

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