

# COASTAL

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A GRATITUDE JOURNAL FOR THE OCEAN LOVER

**CONNECT WITH US**  
**WWW.SALTWATERPAPER.COM**

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Week 1

# GRATITUDE

"The grand essentials to happiness in this life are something to do,  
something to love and something to hope for."  
- George Washington Burnap

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Today, I am grateful for...

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Week 2

# GRATITUDE

"Gratitude is not only the greatest of virtues, but the parent of all others." - Marcus Tullius Cicero

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Week 3

# GRATITUDE

"Go confidently in the direction of your dreams. Live the life you have imagined." - Henry David Thoreau

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Week 4

# GRATITUDE

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."  
- Albert Einstein

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