COASTAL

A GRATITUDE JOURNAL FOR THE OCEAN LOVER

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PURPOSE

Write your "why" statement. In this statement, answer the following questions: Who am I? What do I value? What makes me come alive? What gifts and talents do I have to share with the world?

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ACTION

For the next 30 days, listen to an inspiring podcast, masterclass, or TED Talk every day to explore a topic that matters to you.

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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GRATITUDE

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

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GRATITUDE

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

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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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