

## Grateful

Written by Gayle Nobel

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### Blog-a-thon Day 23

We recently began a Kyle-gratitude journal. By noting the little and big things we appreciate about Kyle or our work with Kyle on a daily basis, our glass becomes fuller. Then on the rough days, our souls have something from which to sip.

Gratitude journals are an awesome way to make gratitude more tangible. And buying the right book is fun too.

For some reason, my website is not cooperating with the photos hence the rotation. Consider this a good opportunity to stretch the side of your neck. Or if you are a subscriber, the photo seems to come out correctly but you can stretch your neck anyway if you want. :-)



"In the midst of our lives, we must find the magic that makes our souls soar".